



Can you grow the **ONE?**

April - September 2022

Following on from the success of Carrot
Club last year, this year we are launching a
Sunflower Show!



Creative
environments
for health and wellness



The challenge has been set – every member of staff can now collect a packet of sunflower seeds from the office. Using what ever crafty methods you can dream up, can you grow the tallest stem, most blooms on one plant, largest/smallest head, prettiest, or most unusual specimen?

Entry is open to everyone, but participation is definitely not compulsory. Get whoever you live with involved if they're up for it. If you want to get stuck in, but don't have a garden, do not fret. If you can find a spot on a windowsill, sunflowers can be grown successfully indoors.

Programme

International Earth Day is Friday 22nd April, and seeds will be available to collect by then.

Ready...steady...go! As soon as you collect your seeds, you can get growing.

Judging will take place once we are back in the office in September. The date and arrangements for entries will be confirmed closer to the time.

We look forward to following your progress on the ONE Health & Wellbeing WhatsApp group soon. Let us know if you'd like to be added to this as it's a great place to share new generally as well as sunflower progress photos, or tips depending how competitive you are!

Rules

- A sunflower can not be entered into more than one category.
- A maximum of one entry is allowed per member of staff per category.
- If you don't want to dig up/ cut your sunflower to submit your entry, honest photographic evidence (specific criteria tbc) will also be accepted.

Judging

Awards will be made for:

- **Tallest stem** (measured from soil line to base of head)
- **Biggest head** (measured as the diameter of the seed head i.e. petals excluded)
- **Smallest bloom** (measured as the diameter from the outer tips of the petals of fully open flowers)
- **Most blooms** (will include fully mature flowers and unopened flower buds)
- **Prettiest** (at judges discretion)
- **Most unusual** (at judges discretion)
- **Photographic category** (at judges discretion)

The identity of the judges has yet to be confirmed. If you don't fancy growing, let us know if you'd like to be involved with judging.



Finally some trivia for inspiration!

- Each sunflower is actually thousands of teeny flowers.
- You should harvest sunflowers in the morning. If you wait until the afternoon, they may wilt.
- Bees love sunflowers.
- A dried sunflower makes a unique, natural birdfeeder.
- Each sunflower can contain as many as 1000-2000 seeds.
- The sunflower (or "soniashnyk") is Ukraine's national flower and has historically been used as a symbol of peace there. Since Russia invaded the country, it's been adopted by the world to signal solidarity against the military onslaught.
- The French word for sunflower is 'tournesol' which means 'turns with the sun'.
- The tallest sunflower on record was over 30 feet tall.

Judging: September 2022