



Vermont Plants Sunflowers for Ukraine

Our Mission:

Vermont Plants Sunflowers for Ukraine is a Vermont-based community action group. Like many of you, we feel the weight of the crimes against humanity being perpetrated on the people of Ukraine. We often feel helpless, and that does not sit well with Vermonters.

Our Action Plan:

We will ask every town and city in Vermont as well as the appropriate branches of Vermont government, churches, schools, organizations, media, the business community, and individuals to join in this act of solidarity with the people of Ukraine.

**To follow, to support and to make a
donation, go to:
www.vtsunflowers4ukraine.org**

In both large and small ways, Vermonters across the state are already taking action. Governor Phil Scott signed H.717, an



act relating to providing humanitarian assistance to the people of Ukraine, and announced that more than \$640,000 of aid will go to Save the Children, a humanitarian organization dedicated to supporting children around the globe. A small act, yes, but each one of us in Vermont has already given \$1 to lift up those suffering acts of atrocities in Ukraine.



The simple ask is to begin planning now for this act of solidarity. Plan for where you will plant sunflowers, how you will acquire seeds, what types of sunflowers will have the greatest and longest

impact, and who will join in your act of solidarity. Add your voice in telling the world that Vermont stands in solidarity with the people of Ukraine.

To Plant Sunflowers for Ukraine

1. In Vermont plant in full sun after last frost when the soil is 60+ degrees. Space seeds about 6" to 12" apart depending on variety / size. Plant directly in fertile soil between 1/2" - 1" deep. In sandy soil, 2" deep is better.
2. Cover and keep your seeds damp but not wet until they sprout.
3. When first true leaves appear (the second set of leaves), thin plants as needed per variety (1' to 2').
4. Depending on the variety, sunflowers will mature and develop flowers in 70 to 100 days.
5. Sow seeds every 7 to 10 days until July to enjoy continuous blooms until the first hard frost.

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