

I am growing a sunflower

at _____

(your school name, or 'home in the garden')

I am asking people to sponsor my sunflower to raise money for the charity Send a Cow. They help families in African countries by giving them things like cows, goats, bees and trees. They also give people training in how to make the most of their land and animals as well as advice to help their crops grow really well. This is very important, as about one in three children in Africa don't get the right food to eat to keep them healthy.

Where do sunflowers fit in?

Many people in African countries look after animals for milk, eggs and meat and have to grow their own fruit and vegetables in their gardens. All sorts of crops are grown to eat, helping them fight malnutrition - but some crops are useful in other ways.

Sunflowers are one of these crops, and they have lots of uses. They can: improve the soil for next season's crops, be used as fuel-wood, be crushed to make oil to sell and the husks can be used to make a nutritious biscuit to feed to cows!

Also... sunflowers are lots of fun for me to grow here in the UK!

