

# Sun Up



# For Lake Chuck

## About the Project

Because of the ongoing COVID-19 pandemic, we are all isolated like never before, spending more time at home and away from others. This has made park programming difficult since we can't safely have groups in close contact at our parks, so the City of Lake Charles Recreation and Parks Department is bringing our programs to you.

Sun Up for Lake Chuck is a participatory program for residents of all ages! Simply sign up to receive updates and plant your own sunflower seeds. If you need seeds, they can be picked up from each City of Lake Charles Recreation and Parks community center! Then we'll send you updates periodically throughout the growing season with informative lessons focused on different parts of the sunflower life cycle. This is a free program.

We encourage you to plant one or more sunflowers in a visible part of your yard. We want to see your sunflowers, and your neighbors will appreciate them! Update us by posting photos of your sunflowers to social media [#sunupforlakechuck](#).



### Why Sunflowers?

Sunflowers are a large, showy flower that anyone can easily grow in a sunny part of their yard, a garden, or even a medium to large pot. They require very little maintenance and are drought and heat tolerant. Sunflowers support many different types of insects, from small caterpillars to bees to butterflies. By planting even one sunflower plant, you can help support an ecosystem!

Sunflowers can also act as a symbol of solidarity, growth, and unity during these challenging times. We hope the sunflowers teach us all something and inspire us to continue working for a better and sustainable future!



The City of Lake Charles fully complies with Title VI of the Civil Rights Act of 1964, Americans With Disabilities Act, and related statutes, executive orders, and regulations in all programs and activities. The City operates without regard to race, color, national origin, income, gender, age, and disability. Any person who believes him/herself or any specific class of persons, to be subjected to discrimination prohibited by Title VI/Americans with Disabilities Act may by him/herself or by representative file a written complaint with the City of Lake Charles. The City's Title VI Coordinator/ADA Coordinator may be reached by phone at (337) 491-1440, the Mayor's Action Line at (337) 491-1346, or contact the appropriate Department Head.

# Sun Up



# For Lake Chuck

## Instructions

Welcome to the Sun Up for Lake Chuck program! This is a pretty informal program. If you've given us your email address, you'll get periodic lessons sent to you during the course of the growing season. If you're receiving this in the mail, all lessons are attached.

Each lesson will focus on one aspect of growing sunflowers that you will be able to observe with your sunflowers, such as seeding, germination, and pollinators. Also included with each lesson will be a set of related line-drawings that we encourage you to color!

### Planting Instructions

Please plant your sunflower seeds as soon as possible about 1 inch deep in soil in a sunny location. Once the seedlings are up and growing, add about 3 inches of mulch. Mulch can consist of wood chips, leaves, pine cones, or other natural materials. Sunflower are hardy and drought tolerant so they won't need much upkeep. Water if the soil feels dry and the leaves are wilted. Fertilization isn't necessary but can result in bigger plants. If you do fertilize, a little goes a long way for sunflowers. Enjoy your sunflowers!

### Share Your Experience with Us!

Since this is a social project, please post photos of your sunflowers and the activity sheets to social media using the hashtag [#sunupforlakechuck](#). We will highlight your experiences through the Lake Charles City Hall and Nature in Focus Facebook pages.



The City of Lake Charles fully complies with Title VI of the Civil Rights Act of 1964, Americans With Disabilities Act, and related statutes, executive orders, and regulations in all programs and activities. The City operates without regard to race, color, national origin, income, gender, age, and disability. Any person who believes him/herself or any specific class of persons, to be subjected to discrimination prohibited by Title VI/Americans with Disabilities Act may by him/herself or by representative file a written complaint with the City of Lake Charles. The City's Title VI Coordinator/ADA Coordinator may be reached by phone at (337) 491-1440, the Mayor's Action Line at (337) 491-1346, or contact the appropriate Department Head.