

To make a sunflower birthday bouquet, pair fresh sunflowers with a few smaller flowers and leafy stems, then arrange them at different heights. Tie the stems together, wrap them in paper, and keep them in water until it is time to give the bouquet.

Choose your flowers and supplies

Start with sunflowers that have firm stems and fresh looking petals. For a hand tied bouquet, smaller sunflower varieties can be easier to hold than very large heads. Three to five stems make a cheerful starting point, though the right number depends on their size.

Choose a few supporting flowers that the recipient enjoys. White daisies can give the bouquet a light, simple look, while pink or purple blooms add contrast to the yellow petals. Leaves such as eucalyptus or other fresh greenery can soften the edges.

Gather clean scissors or floral snips, string or ribbon, and a sheet of wrapping paper. You will also need a clean vase or jar filled with water while you work.

Prepare and arrange the stems

Remove leaves from the lower part of each stem, especially any that would sit below the waterline. Trim the ends with clean, sharp snips and place the stems in water. Give them a drink before you begin arranging.

Hold one sunflower as the center of the bouquet. Add the other sunflowers around it, turning their faces slightly outward so each one can be seen. Place smaller flowers between them and tuck greenery around the outside.

Let some stems sit a little higher than others. A bouquet does not need to be perfectly round to feel thoughtful. If one sunflower is especially large, give it room rather than crowding smaller blooms against it.

Tie, wrap, and give the bouquet

Once you like the arrangement, tie the stems firmly with string. The flowers should stay together without the string crushing the stems. Trim the ends so they are easy to place in a vase.

Lay the bouquet on a sheet of paper, fold the sides around the stems, and secure the paper with ribbon. Leave the flower heads uncovered so they are not pressed against the wrapping. A small handwritten birthday note can be tucked under the ribbon.

Keep the bouquet in a clean vase of water until you leave. For a longer journey, bring it in a container that can hold the stems in water, and keep it out of direct sun and heat. The recipient can remove the wrapping before putting the flowers in a vase.

Questions about sunflower bouquets

How can I help the bouquet last longer?

Use a clean vase, change the water regularly, and trim the stem ends as needed. Keep the flowers away from direct sunlight and heat.

Can I make the bouquet ahead of the birthday?

Yes. You can arrange it ahead of time and keep the stems in water in a cool spot. Add the paper wrapping shortly before giving it, so the paper stays dry.

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