God could surely could surely create the world in six seconds if he wanted, he et didn't need six 24-hour days. He could certainly cause the processes described in this first chapter of Genesis to reach over a period of billions of years if he chose. He does not have to speed His work up to suit our human ideas of time. It is not a question of what God could do but what He chose to do. As far as the 3rd day is concerned it is definitely stated that light was made on the first day. How much light plants need to grow cannot be proven by the experience of a farmer today, it is a matter of how God made the plants.

The situation in the world in many ways must have been very different before the flood than it is after. Even a cursory of reading of the early chapters of Genesis makes this clear, yet exactly how it was or what differences there were in the makeup of the universe we are not in a position fully to understand. We do not know just what the conditions were during the 3rd day, but the Bible says that during the 3rd day God ordered that plants should grow up and wover the earth, and then it was on the 4th day that he made the snn appear and become usable as a measure of time. If this is the way that the Bible says God did it and I see no difficulty in accepting it regardless of the length of the days involved.