

SUNFLOWERS AT-A-GLANCE



ABOUT

- Sunflowers are annuals
- Heliotropic - their heads turn toward the sun until too large
- Excellent pollinators
- Native to North America
- Can be trellises for other crops
- Seeds can be harvested and roasted or saved for next year

- 6-12" apart; Rows 30" apart
- Water well every few days
- Can stagger planting times
- Germination takes 7-10 days
- Thin seeds if needed

STATS

- Height ranges from 1-15 feet tall
- Heads grow up to 12" across
- Blooms come in colors of yellow, red, orange, and browns
- Over 70 different varieties

MAINTENANCE

- Water 4" around the base
- Water heavily once established but not every day; One gallon of water once a week
- Fertilizing isn't needed
- Blooms can be left on plants to feed birds or cut to harvest seeds

REQUIREMENTS

- Growing zones 2 to 11
- Require location with full sun
- Soil pH of 6.0-7.5
- Well-draining and loose soil
- May need staking

HARVESTING SEEDS

- Cut heads leaving 6-8" stalk on
- Put cut heads in location with good airflow and pest free
- Takes 2-3 weeks to dry out
- Scrape seeds to store or roast

PLANTING SEEDS

- Plant when soil is 50° or above
- Direct sowing is preferred
- Add compost prior to planting
- Plant seeds 1-1/2" deep and

ISSUES

- Pest resistant and heat tolerant
- Powdery & downy mildew, rust

MISC

- Sunflower seed sprouts are edible
- Make beautiful cut flowers; Will last about a week in water



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Life**

keeping the fun in gardening by keeping it simple!