



Sunflower

Sunflowers are easy, fun and inexpensive to grow from seed. There are hundreds of varieties to choose from in a range of yellows, oranges, and russets and in heights from pint-size plants for containers to giants for the back of the garden. With large seeds, quick germination and rapid growth once the weather is warm, this is an ideal plant for children to grow.

Plant in full sun in well-drained soil. Stake taller varieties before they bloom. Once blooming, the flowerheads tilt to follow the sun, so consider this when planting so you can appreciate the flower faces. For cut flowers, harvest when the flowers are almost completely open.

Leave the seed heads standing for birds to eat. Or cut the heads with 2" of the stem when they start to turn brown and hang to dry in an airy place; store in a dry place.

Provided by
wimastergardener.org



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Additional Resources

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- *Sunflowers*, a University of Minnesota Yard & Garden article at <http://www.extension.umn.edu/garden/yard-garden/flowers/sunflowers/>
- *Here Come the Sunflowers!*, a USDA – Ag in the Classroom project for kids at <http://forces.si.edu/ltop/pdfs/prek-1-herecomesthesunflower.pdf>

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