

# Sunflowers

Sunflowers are large flowers that produce a round face full of petals.

These petals are usually yellow in colour,

though different varieties can display other colours such as red and orange.

Many people think that they are called sunflowers because they look like the sun.

It actually has to do with the fact the face of the flower always points towards the sun.

The sunflower seeds it produces has many uses that date back as far as 3000 years B.C.

These uses include oils for cooking, soap, margarines, breads, flour and even birdseed.

Some people eat the seeds for nutritional value.

They are a great source of protein, iron and calcium.

## How to grow a sunflower

You must first make sure you soil is well dug with good drainage.

Potting mix or organic soils are often the best to use.

Create a hole in your soil about 2cm deep in which you place your sunflower seed.

Then cover it over so that the seed is buried under the soil.

Position the pot somewhere that allows full sun.

Water well until a sprout appears from the soil.

This may take 1-2 weeks. After this water your seedling every 2-3 days.

Remember that over watering can harm your plant.

A sunflower can take a few months to grow and reach its potential height.

This can be anywhere between 50cm to 3 meters tall.

## Sunflower Growth Chart

