

# Sunflowers



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## What's the gist?

- Sunflowers are happy flowers!
- They are so eye-catching, and people want to reach out and touch them.
- There are 70 species of sunflowers, and most of them are native to North America and Central America.
- The sunflower is a large inflorescence. What this means is that the flower head of the sunflower is composed of many tiny flowers called florets. The central florets look like the center of a normal flower while the outer florets look like yellow petals, and together, they make up a "false flower."
- They range in size from the dwarf species like the "Little Becka," that will grow to about 3 feet tall to the "Mammoth Russian" that can grow up to 15 feet tall.
- Flower heads on the "Mammoth Russian" can be 12 inches in diameter!
- Sunflowers are one of the best pollinator plants. They attract all kinds of insects including native bees and honeybees.
- In the flower heads are where the seeds are produced, and the birds love sunflower seeds! And so do we!
- Sunflowers can be grown from seed.
- They need about 8 hours of full sun, and they can be grown in the ground, in a raised bed, or in a container.
- Sunflowers do not like soggy soil.
- Seeds are planted in the spring.
- Seeds can be harvested to roast and eat, but save some for the birds, and for next year so that you can plant for more of these happy flowers.
- Sunflowers are grown as annuals, but if you leave some flower heads on the plant will self-germinate from the dropped seeds.

# Picture It!

Check out these pictures of sunflowers!



# Learning Links

Take a look at these materials to further your experience!

**Read a story, Listen to a story, Take a tour here: <https://bit.ly/30v3yAQ>**

Lady Bird Johnson Wildflower Center Plant Database:

[https://www.wildflower.org/plants/result.php?id\\_plant=hean3](https://www.wildflower.org/plants/result.php?id_plant=hean3)

Science Kids: Sunflower Facts for Kids:

<https://www.sciencekids.co.nz/sciencefacts/plants/sunflowers.html>

The Great Sunflower Project:

<https://www.greatsunflower.org/> is a citizen science project that focuses on pollinators.

How to Plant, Grow and Harvest Sunflowers in Your Garden:

<https://www.youtube.com/watch?v=Jp-ngQtP-q4>

# Activity Corner

Check out these awesome activities for an enriching learning experience!

Sunflower Coloring Pages:

<https://www.pinterest.com/pin/584834701581763897/>

An Array of Activities:

<https://www.redtedart.com/30-stunning-sunflower-crafts/>