



Evening Sun SUNFLOWER *Helianthus annuus*

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Native Americans may have cultivated sunflowers as early as 3000 B.C.

Culture: Direct sow in May through June. Soil should be well-drained, slightly acid to neutral, and well amended with compost. Stake taller varieties with a pole at the base of the stalk. Use twine or soft ties to secure the stem to the stake every 4-6 ft.

Harvest: Leave the seed heads in the garden all winter to attract birds, or cut and finish drying indoors.

Seed Savers: To save seeds for home planting, isolate from other sunflowers by at least ½ mile. Protect the developing seeds with netting if necessary, securing the bottom edges to avoid trapping persistent birds. Let the seed heads dry on the plants, then snip off and bring indoors to completely dry the seeds.

Soil
Temp.
70°F

Sowing
Depth
¼-½"

Final Plant
Spacing
12-18"

Final Row
Spacing
4-6'

Light
Full Sun

Days to
Emerge
7-14