



Sunflower plants grow well in most soils. Sunflowers are not picky about the conditions of the soil, but like any other plant they will do better in better soil.

They need to grow their roots deep and wide, to enable them to withstand strong winds. If you have a choice, sandy soil is not recommended because it is so loose and the sunflowers can be too easily uprooted.

Rich soil is especially important if you want to grow the big guys. They need a lot of nutrients to support their size.



Why do you think they call them "SUN"flowers?

They need FULL SUN and lots of it!

Sunflowers need full sun... at least 6-8 hours of direct sunlight per day... the more the better if you are trying to grow the huge varieties.



Plant seedling or seeds in just about any sunny location in your garden. You can plant single stems by themselves or in rows. You can even plant them in groups or even in patterns.

If possible, choose a site in full sun on the north side of the garden so the tall plants won't shade your other vegetables. Sow seeds 1" deep and 6" apart. Thin large types to 1 1/2-feet apart and dwarf or medium-sized cultivars to 1-foot apart.

If you plant the tallest varieties in a circle just a foot so so apart, the stems will form the falls of an open-air Sunflower House.



Sunflowers are a pretty hearty crop. They need normal amounts of water.

Sunflowers should be watered frequently enough that the soil does not dry out too much – although they can tolerate short dry spells. Deep roots help sunflowers to withstand most droughts.

Over-watering for extended periods is a definite no-no and will cause root rot.

DIG IN.

Your sunflower seeds will be ready to harvest when the head turns down towards the ground. Harvest the seeds after the flower begins to die back and most if not all, of the petals have fallen off. Check one of the seeds to make sure the kernel inside is plump and fills the whole shell. Cut the flower along with 2' of stem and hang the head upside down in a dry, well-ventilated place.



If birds are a problem, cut the heads off when the backs of the flower starts to yellow and set it aside to dry.
