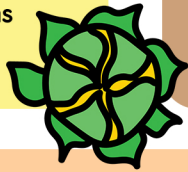


FUN FACTS ABOUT SUNFLOWERS

FROM THE AMERICAS

Sunflowers are native to North America. Indigenous peoples grew and used sunflowers for food, oil, and medicine for thousands of years before Europeans ever saw them.



FOLLOWING THE SUN

Young sunflowers practice heliotropism — they slowly turn to face the sun as it moves from east to west each day. Scientists believe this helps warm the plant and attract more pollinators.

FAST GROWERS

Sunflowers are some of the fastest-growing plants. Under the right conditions, they can grow up to one foot (30 cm) per week during their growth stage!

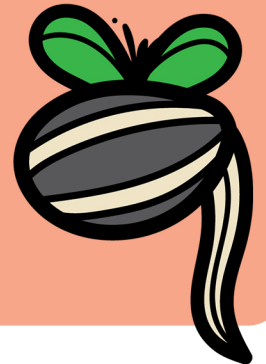
A FLOWER MADE OF FLOWERS



A sunflower's "flower" is actually made of up to 2,000 tiny individual flowers called florets, all packed tightly together into one large flower head!

ANNUAL OR PERENNIAL?

Most common garden sunflowers are annuals — they grow, bloom, produce seeds, and die all in one year. Some wild species of sunflowers are perennials, meaning they come back each year.



RECORD BREAKERS

The world's tallest sunflower ever grown measured over 30 feet tall - taller than a two-story building! Most grow between 5 and 12 feet tall.

MORE THAN YELLOW

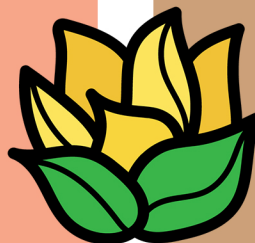
Sunflowers come in more than 70 varieties. While bright yellow is most common, you can also find sunflowers in red, orange, burgundy, white, and even nearly black.

A WORLDWIDE CROP

Sunflowers are one of the world's most important food crops. The seeds are pressed to make sunflower oil, which is used for cooking all over the world — especially in Europe and Asia.

A SEED-PACKED CENTER

A single large sunflower head can hold between 1,000 and 2,000 seeds, arranged in a beautiful spiral pattern. Those spirals follow a special number sequence found throughout nature.



WILDLIFE MAGNETS

Sunflowers are a critical food source for many animals. Birds like goldfinches and chickadees eat the seeds, squirrels store them for winter, and bees rely on sunflower pollen and nectar.