



SUNFLOWERS

The sunflower is native to the Americas and was used extensively by Native American Indians for food, as oil, in bread, medical ointments, dyes and body paints. Roasted sunflower seeds make a coffee-like drink. The stem of the flower can grow up to 10 feet tall; although the tallest one recorded is 30 feet 1 inch.

Sunflower seeds grow from the flowers in the center of the head of the sunflower and are actually the means of sunflower reproduction. Each sunflower head can contain as many as 1000 to 2000 seeds, and each sunflower seed can be planted to grow into a new sunflower the following growing season.