

Sunflower (Mix)

This mix of sunflower seeds will produce tall, thick stems with bright yellow blooms that open in midsummer. It is a favourite of pollinators and peoples alike. Petals and seeds can be eaten, or left for birds and animals to eat.

Type: Annual

Height: 1.5-2.5m (5-8')

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before the last frost date and transplant or direct sow towards late spring. Sow seeds 1 cm (1/2") deep and about 15-30cm (6-12") apart. Seeds should sprout in one to two weeks.

Water plants well and provide lots of sun. Flower heads will bloom by mid to late summer, and will bear seeds by early fall.

Saving

Allow flowers to fade on the plant, until the petals dry and fall away. Cut the flower head off of the stalk and allow to dry out in a sunny spot. Gently lift seeds away from the flower head, and store them in a paper bag in a cool, dry location. Put the seeds into a dated and labelled envelope and return to Brock!