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| A close-up of a plant  AI-generated content may be incorrect.**Common Sunflower (Helianthus annuus)**  **USES**: Edible microgreens (harvest after X days), produces edible seeds at end of life cycle (x days), has an ornamental flower  **HARVESTABLE**: As edible microgreens (# inches), as seed (# feet), as flower (anytime after blooming)  **GROWS** **TO**: 10 feet tall (recommended to move to a larger planter or outside at # feet) | | |
| **NOT ENOUGH** |  | **TOO MUCH** |
| A drawing of a sunflower  AI-generated content may be incorrect. | **WATER** | A drawing of a sunflower  AI-generated content may be incorrect. |
| A drawing of a sunflower  AI-generated content may be incorrect. | **LIGHT** | A sunflower with leaves on a stem  AI-generated content may be incorrect. |
| A sunflower with leaves and a stem  AI-generated content may be incorrect. | **FOOD** | A sunflower with leaves  AI-generated content may be incorrect. |