

The **common sunflower** (*Helianthus annuus*) is a species of large [annual forb](#) of the daisy family [Asteraceae](#). The common sunflower is harvested for its [edible oily seeds](#), which are often eaten as a [snack food](#). They are also used in the production of cooking oil, as food for livestock, as [bird food](#), and as plantings in domestic gardens for aesthetics. Wild plants are known for their multiple flower heads, whereas the domestic sunflower often possesses a single large flower head atop an unbranched stem.