

Growing Sunflowers: A Complete Guide

Why Grow Sunflowers?

Sunflowers bring instant happiness to any garden. Their cheerful faces follow the sun across the sky, and they're remarkably easy to grow. From tiny dwarf varieties to towering giants, there's a sunflower for every garden.

Planting Tips

Plant seeds directly in the garden after the last frost, about 1 inch deep and 6 inches apart. Choose a spot with full sun and average soil - sunflowers aren't fussy. Thin seedlings to 12-24 inches apart depending on variety.

Growing Care

Water deeply but infrequently once established. Tall varieties may need staking in windy areas. Sunflowers are relatively pest-free, though birds and squirrels will compete for the seeds. Some gardeners cover developing heads with mesh to protect the harvest.

Harvesting Seeds

For eating, harvest when the back of the head turns brown and seeds look plump. Cut the head with a foot of stem attached, hang in a dry place, and rub out seeds when fully dry. One sunflower head can produce hundreds of delicious seeds.