



Sunflower Facts

While the vibrant, strong sunflower is a recognized worldwide for its beauty, it is also an important source of food. Sunflower oil is a valued and healthy vegetable oil and sunflower seeds are enjoyed as a healthy, tasty snack and nutritious ingredient to many foods.

Do sunflowers really follow the sun?

When the plant is in the bud stage, it tends to track the movement of the sun across the horizon. Once the flower opens into the radiance of yellow petals, it faces east. No one knows why. However, it is likely a defensive response. Facing south or west could result in sun-scalding of seeds during very hot days.

What is the height of the tallest sunflower?

A sunflower grown in the Netherlands holds the record for being the tallest sunflower in the world. It measured 25 feet, 5.4 inches. *(Source: 2004 Guinness World Records)*

What is the record for the most sunflower heads on one sunflower plant?

According to the 2004 Guinness World Records, a sunflower grown in Michigan had 837 heads on one plant.

What size is the largest sunflower head on record?

That honor belongs to a 32 inch (82 cm) sunflower head that grew in British Columbia. *(Source: 2004 Guinness World Records)*

Why is the sunflower such a popular art form?

The sunflower plant has almost 'human-like' characteristics and dimensions. The face of the blooming sunflower can almost speak to you. For this reason, the sunflower was a favorite subject for Europe's greatest artists such as Van Gogh and Picasso. Sales of these paintings can bring millions of dollars today. The sunflower continues to be a favorite art form for designers of fashion to the every-day coffee mug. It has, and continues, to stand the test of time.

Sunflower roots can be as deep as nine feet which allows the flower to grow very tall!

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