

SUNFLOWER



Plant Traits	Details
Plant Type	Annual
Size	3-12 feet
Spacing	6 inches apart
Bloom Time	8-12 weeks
Flower Color	Yellow, red, maroon and brown
Root Depth	4 feet
Pests	Beetles, cutworms, borers, moths, and grasshoppers
Diseases	Downy mildew, rust and powdery mildew

Plant Care

Light	6-8 hours of direct sunlight per day
Soil	Loose, well-draining soil that has nutrient-rich organic matter. Slightly acidic to alkaline soil with a pH range of 6.0-7.5

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Support	If a sunflower grows tall, it requires support like bamboo stakes especially in windy areas or seasons
Water	When sunflowers are small, water around the root zone, which is 3 to 4 inches away from the stem. Once they are established, water deeply but infrequently to encourage deep rooting
Fertilizer	Fertilizer should be used sparingly. When using fertilizer, it should first be diluted with water. To avoid the plant's base, it should be applied at least 18 inches away from the flower. Overfertilization can cause stems to break and fall

Recipe

Sunflower Butter



Ingredients:

- 3 cups of sunflower seeds
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon honey (optional)
- 1 tablespoon of olive oil

Directions:

1. If you want a nutty flavor to the seeds, lightly toast them in a hot pan for 1-2 minutes - keep them moving so they don't burn. Don't use pre-roasted seeds because they do not have enough moisture to create creamy sunbutter
2. Put the seeds in a food processor with $\frac{3}{4}$ teaspoon of salt and 1 teaspoon of sugar
3. Sunflower seeds need to be processed for about 10 minutes because over time the seeds release their oils, which will turn the texture from powder to butter.
Optional: After 5 minutes add 1 teaspoon of honey
4. After 10 minutes add up to 1 tablespoon of olive oil until you reach your desired consistency
5. Serve sunflower butter with fresh fruit, vegetables or bread

Sources

1. <http://www.almanac.com/plant/sunflowers>
2. <https://plantvillage.psu.edu/topics/sunflower/infos>
3. <https://www.prettyprudent.com/how-to-make-sunbutter-the-best-sunflower-butter-recipe-2/>