

**eden project**

# The Big, Tall, Sunflower

*Helianthus annuus 'American Giant'*

*The world in your garden*



Mar  
May

Jul  
Sept

1.8-  
2.7m  
(6-9')

14 12 74

average contents: 20 seeds



Sow: Mar-May  
Flowers: Jul-Sept  
Height: 1.8-2.7m (6-9')

**The Big, Tall, Sunflower**  
*Helianthus annuus*

Native to America

Bold, beautiful and easy to grow, this sunflower can get up to 14'. The sunflower is used commercially for cooking oil and margarine, and even car oils. In its original home it was traditionally used for oil, flour and as a dye by the native American Indians. Plus the petals and seeds can be used in salads and cakes.

**How to grow:** Sow the seed thinly direct into finely raked, moist, warm, weed free soil where plants are to flower, 13mm (½") deep (Germination 7-21 days). As the seedlings grow thin in stages to achieve a final spacing of 30-45cm (12-18"). Support the plants as they develop. For early blooms sow indoors in April, carefully acclimatise plants to outside conditions and plant out mid-late May. Grow in a well manured soil in a sunny position and keep moist.

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