

PLANT PROFILE

Helianthus



Common Name: Sunflower

Foliage: Deciduous

Habit: Bushy or upright/columnar depending on variety

Height: Varieties will differ in size e.g. 'American Giant', can reach up to 4m tall, 'Teddy Bear' (60–90 cm) or 'Big Smile' (30 cm) are smaller

Soil type: Moderately fertile, humus-rich, moist but well-drained soil

Soil Ph: Neutral, Alkaline

Aspect: Full sun

Hardiness: Hardy in the UK -10 to -5

Flowering Time Summer

Other characteristics: **Heliotropic- plants** slowly track the motion of the sun across the sky during the day, from east to west. A single sunflower head hosts hundreds of tiny flowers called **florets**

Propagation: : By seed sown in-situ or in pots or modules in spring

Cultivation: flower best in a long, hot summer, may need support

Pruning: Not required

Pests: Susceptible to slugs and snails

Disease: sclerotinia disease and powdery mildews

Uses: Ornamental, seeds for snacks, bird food or propagation, sunflower oil