

The Common Sunflower!



The Common Sunflower

The common sunflower (*Helianthus annuus*) is a species of large annual form of the daisy family Asteraceae. The common sunflower is harvested for its edible oily seeds, which are often eaten as a snack food. They are also used in the production of cooking oil, as food for livestock, as bird food, and as plantings in domestic gardens for aesthetics. Wild plants are known for their multiple flower heads, whereas the domestic sunflower often possesses a single large flower head atop an unbranched stem.

Sunflowers are incredibly useful - Sunflowers are originally from North America and have been cultivated for over 4,500 years.

The entire sunflower plant is edible. The leaves, stalks, and roots could all be used as food. In fact, sunflowers were grown as food in North America before other crops such as corn became commonplace.

In addition, sunflowers were milled to create flour, and their seeds were roasted and eaten. Sunflower oil was used in cooking. The oil and pigments could also be used for various cosmetic applications such as dyes, and the stalk could be used in construction.

Sunflowers became popular as a decorative flower when Spanish explorers brought the seeds back to Europe in the 1500s.

The meaning of sunflowers - With all their associations with sunshine, it's no surprise that sunflowers are considered a very positive flowers.

Sunflowers follow the sun - The blooms follow the sun across the sky. They have their own biological clocks which help them to follow the sun as it moves from east to west during the day, and then move back to their original position at night. Once fully grown, they stay facing east as this attracts bees and other pollinators.

Sunflowers in mythology & culture - In Greek mythology, the sunflower is often associated with the myth of Clytie and Helios. Clytie was a water nymph, and deeply in love with the sun god Helios. Sadly, he left her for another goddess, and it's said that Clytie watched Helios crossing the sky in his golden chariot for days, without any food or water. Eventually, she was transformed into a sunflower, and it's said this is why sunflowers always face the sun.

Sunflowers can get really tall - On average, standard sunflowers reach a height of between 6 to 10 feet, but they can get much much bigger. The tallest sunflower ever recorded was 30 feet, and needed some rather elaborate scaffolding to keep it stable.

Dwarf Sunflowers - Dwarf sunflowers commonly grow in clusters and immerse themselves in small gardens and pots. These sunflowers are classified as dwarfs because they tend to not grow taller than 3 feet. Dwarf sunflower types include Little Becka, Suntastic Yellow and Pacino.

There are many types of sunflower - The most common and well-known sunflower is the Helianthus Annus. However, there are actually 70 different species in the Helianthus family, all of which are native to North and Central America.

Alongside the traditional yellow sunflower, there are also red and white varieties. Sunflowers don't always have the typical shape either - some have ruffled, fluffy blooms, like the Orange Sun sunflower.

Sunflowers can clean the world - Sunflowers have a remarkable ability to absorb toxins, including toxic metals and radiation. Following nuclear disasters such as Chernobyl and Fukushima, scientists planted millions of sunflowers to help the land recover. Similarly, they've also been planted in areas with high concentrations of lead.

Sunflowers are made up of many tiny flowers - You might think each sunflower is just a single bloom, but each flowerhead is actually made up of up to two thousand florets. These tiny flowers are packed full of nectar, making them a great treat for bees as well.

Not All Sunflowers Are Yellow - A universal fact most people know is sunflowers are yellow. However, a sunflower's pigment doesn't stop there. Sunflowers can even be red and purple!

Sunflowers Can Self Pollinate - A common way for sunflowers to pollinate is by attracting bees that transfer self-created pollen to the stigma. In the event the stigma receives no pollen, a sunflower plant can self pollinate to reproduce. The stigma can twist around to reach its own pollen. Additional fun sunflower

fact: seeds produced from self-pollination will grow to be identical to the original sunflower plant.

Teddy Bear Sunflowers - Teddy Bear sunflowers are bushy and spherical. This type of sunflower produces double blooms, which gives them a full and fluffy head like a stuffed bear. Their unusual anatomy led to this plant receiving the Award of Garden Merit from the Royal Horticultural Society in 2015. Moreover, some people use Teddy Bear sunflowers in food as salad garnish or for cake decoration.

Sources: en.wikipedia.org/wiki/Common_sunflower, appleyardflowers.com/flowerdiaries/sunflower-facts/, proflowers.com/blog/sunflower-facts

National Sunflower Day



In addition to offering benefits such as food and beauty for humans, sunflowers are also excellent attractors for butterflies as well as providing pollen for the all-important honey bees. Part of the daisy family, these giant yellow flowers provide beauty and joy wherever they are grown. National Sunflower Day takes place in summer to show appreciation for and encourage everyone to enjoy this incredible flower that blooms all season long!

daysoftheyear.com/days/national-sunflower-day

[LarryHelms.com](https://larryhelms.com) - Our Team can find the right solution for you!

Pedro Blancas



Producer

📞 704.893.2793 x310

Teri Bunch



Producer

📞 704.893.2793 x301

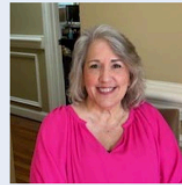
Bryant Dennis



Personal Lines
Account Manager

📞 704.893.2793 x320

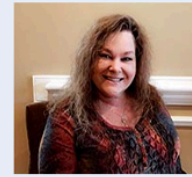
Monica Haggist



Account Manager

📞 704.893.2793 x316

Crystal Hartis



Commercial Lines
Account Manager

📞 704.893.2793

Veronic Hesse



Personal Lines
Account Manager

📞 704.893.2793 x321

Catherine Hoyo Mu



Producer

📞 704.893.2793 x309

Paul Kaperonis



Producer

📞 704.893.2793 x308

Karen Loughery



Personal Lines
Account Manager

📞 704.893.2793 x314

Lettie Palmer



Commercial Lines
Account Manager

📞 704.893.2793 x302

Meredith Privette



Commercial Lines
Account Manager

📞 704.893.2793

Robert Ross



Producer

📞 704.893.2793 x304

Dolores Serrano



Commercial Lines
Account Manager

📞 704.893.2793 x306

Chris Webb



Producer

📞 704.893.2793 x305

Larry S. Helms
& Associates
INSURANCE SERVICES

Larry S. Helms & Associates Insurance Services
4389 Indian Trail Fairview Rd., Suite 2, Indian Trail, NC 28079

704.893.2793

