



Scientific name: *Helianthus annuus*

Common name(s): Common/Annual Sunflower

Family: Asteraceae (Sunflower)

Native: CO, widespread throughout North America

Life Zone: Foothills, plains, railways, roadsides, disturbed sites

Common Sunflower is an important pollen and nectar source for bees and other native insects, and Sunflower seeds are prized by finches and small mammals. Sunflowers also have numerous culinary and medicinal uses. Common Sunflowers may inhibit the growth of other plants (allelopathic); plant a patch on the sunny side of a fence or building for some wind protection and combine with Rocky Mountain Bee Plant (*Cleome serrulata*).

Plant type: Annual (reseeds)

Elevation: to 9000'

USDA Hardiness Zone: N/A

Exposure: Full sun

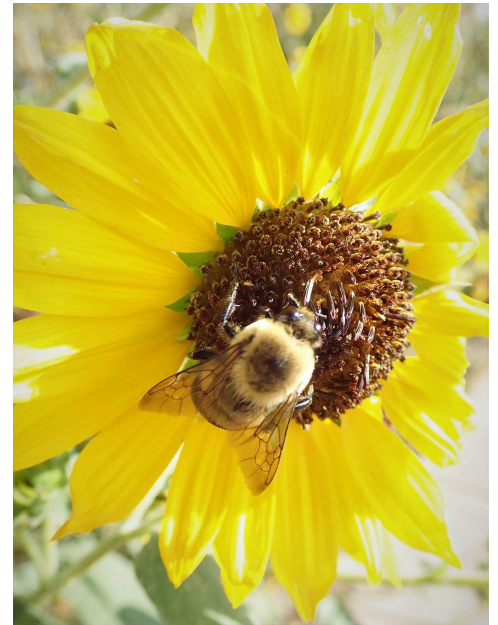
Soil: Clay, loam, sandy (prefers loose, well-drained soil)

Moisture: Moderate, low, dry

Flower color: Bright yellow rays, brown/purplish disks

Bloom time: Summer to early fall

Mature size (height x width): 3-7' x 18-36"



Propagation: After danger of frost is past in the spring, sow seeds directly onto the soil where you want the plants. Space the seeds at least 12" apart. Cover with 1/2" of soil. If temperatures are 68-75°F, the seeds should germinate in 2 weeks.

