

Helianthus annuus

Common/Annual Sunflower



Plant type:	Annual (reseeds)
Season of Interest:	Summer to early fall
Height: 3-7'	Spread: 18-36"
Water needs:	Moderate, low, dry
Native Region:	CO, AZ, KS, NE, NM, OK, TX, UT, WY
Elevation:	to 9,000'
Important to know:	Leave heads through winter for birds to eat. Self-seeds prolifically.



Maintenance:	Low
Characteristics:	Cut flowers, showy
Garden uses:	Beds/borders, wall-side border
Habitat:	Foothills, plains, railways, roadsides, disturbed sites



Ease of Propagation: Easy

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.

