

# Water a Flower Day

May 30<sup>th</sup>

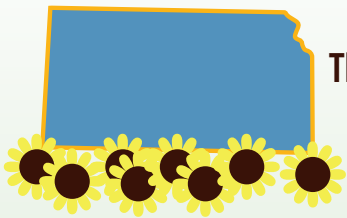
The tallest recorded sunflower was more than **30 feet high!**



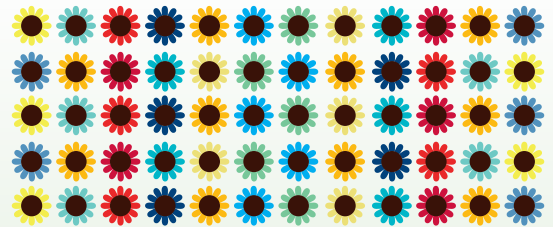
Sunflower heads are made up of lots of little flowers – anywhere from **1,000 to 2,000!**



Sunflower seeds are a great source of **vitamin E, protein** and other **nutrients**.



The state flower of Kansas is the **Wild Sunflower**.



There are more than **60 varieties** of sunflowers.

Different species of sunflowers can grow anywhere from **3 to 12 feet**.



Growing sunflowers: In nutrient-rich soil, plant seeds **6-12 inches apart** in a plot **1-2 inches deep**. Water frequently while the seed is germinating – water once a week after it is established.



1-2  
INCHES  
DEEP



6-8 INCHES APART