

# Fun Facts About **SUNFLOWERS**



- A sunflower grown in the Netherlands holds the record for being the tallest sunflower in the world.

It measured 25 feet, 5.4 inches.



- **The plant has numerous uses:**
  - consumption of the seeds
  - a dye of yellow color extracted from its petals
  - oil that is extracted from the seeds is used for cooking, margarine and biodiesel
  - the stems produce an extraordinarily light fiber
- The sunflower is known as the “fourth sister” to corn, beans and squash
- 160 calories in an ounce of raw sunflower kernels
- Sunflowers were first purposely cultivated by Native Americans in the Southwest or Mississippi River valley area as a source of medicine, fiber, seeds, and oil.

