

# Sunflowers

*Helianthus*



**CLEARVIEW**  
*Farm*

DEVELOPED BY THE ATKINS GROUP



## About Sunflowers

- Sunflowers are an oil crop that is highly regarded for its ornamental value.
- Sunflowers grow quickly. These plants mature in 90-100 days. In Illinois, they are typically planted in the spring or early summer (depending on the variety).
- One crop of sunflowers can yield around 2,000 pounds per acre.



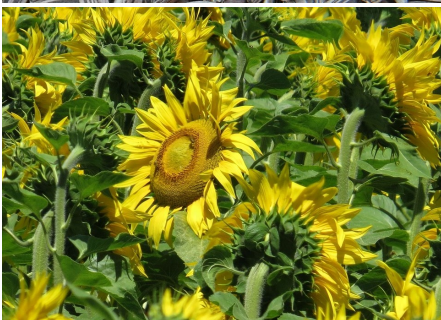
## Uses

- Sunflower Oil (for cooking)
- Bird Seed
- Sunflower Seeds (for human consumption)
- Oils used in the production of cosmetics, paints, and other goods.



## Fast Facts

- Sunflowers are native to North America.
- Some sunflower heads follow the sun from east to west across the sky each day.



## Sunflowers at Clearview Farm

**...more information coming soon!**

[www.clearview-farm.com](http://www.clearview-farm.com)

