



Vegetable Spotlight

SUNFLOWERS



VEGETABLE SUMMARY

SYG Variety: Giant Grey Stripe

Growing Seasons: Summer

Maintenance: Sunflowers are low maintenance. Occasionally they can start to lean due to the weight of the flower head. If this happens you can use a stake and some twine to train the flower to grow upright.

Harvest: After they bloom, sunflowers can be enjoyed for up to several weeks in the garden before harvesting. When you're ready to harvest, check out our [Harvesting Sunflowers blog post](#) to learn more about harvesting as well as fun sunflower DIY crafts and recipes.



SEEDS



SEEDLINGS



FULLY GROWN FLOWERS

Nutrition Facts: Sunflower seeds are a great source of **vitamin E**. Among other things, vitamin E is important for skin health and helps keep our skin smooth and feeling good. Sunflower seeds are also a good source of B vitamins including thiamine, B6 and folate as well as minerals like magnesium, manganese, copper, phosphorus and selenium.

Recipes: Try the [Oven Roasted Sunflower Seeds](#) recipe from *The Kitchen Garden* blog or try the stove top version linked in the blog post mentioned above.

Book Recommendations: *This is the Sunflower* by Lola M. Shaefer, Illustrated by Donald Crews.

SUNFLOWER LIFE CYCLE

MATERIALS:

- *This is the Sunflower* by Lola M. Shaefer
- Sunflower Life Cycle Foldable Coloring Sheet (provided)
- Crayons, Markers or Colored Pencils
- Child Safe Scissors



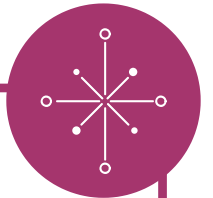
SUMMARY:

In the book, *This is the Sunflower*, we see all the stages of a sunflower from seed to flower and back to seeds again. Color in the "Sunflower Life Cycle Foldable Coloring Sheet" and make your very own sunflower life cycle!



ACTIVITY:

1. Read, *This is the Sunflower* by Lola M. Shaefer. As you read, point out how the sunflower is changing. For example, the birds in the story pick at the sunflower scattering its seeds all over the soil. Eventually these seeds start to sprout and begin to grow into new sunflowers.
2. After reading the story, have students complete the Sunflower Life Cycle Foldable Coloring Sheet using the directions provided. Assist students cutting out the template and demonstrate how to fold the flower 'accordion style' so that the two halves of the sunflower meet.
3. When students have finished coloring, cutting and folding, take a class trip out to the garden to observe the sunflowers growing in your garden. Ask students to identify which stage of the life cycle their sunflowers are in.
4. Lastly, while you're out in the garden, don't forget to weed, water, and mulch as needed.



KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

CA.p4.13a: Uses a variety of materials to create art.

CA.p4.13b: Shows skill with scissors.

Missouri:

VI.B.1.a.: Shows interest in plant and animal changes.

VIII.B.2.b.: Uses a range of materials and media to draw and create pictures or three-dimensional objects.



Sunflower Life Cycle

Foldable Coloring Sheet

1. Color in each stage of the sunflowers life cycle.
2. Cut along the lines of the template.
3. Fold the template together, accordion style, until each side of the large sunflower matches up.

