



# Sunflower

- Sunflowers are a great choice for planting to attract birds to your yard.
- Sunflowers are one of the fastest growing plants. They can grow 8 to 12 feet tall.
- The sunflower is native to North America and was used by the Native American Indians for food and oil. Some farmers use it to feed their livestock.
- We use sunflower seeds to make oil, bird seed and for snacking. They have lots of calcium.