All About Sunflowers

Sunflowers are native to North and Central America and have 70 different species.

The word Sunflower stems from the Greek word 'Helios' meaning sun, and 'Anthos' meaning flower. The sunflower's scientific name is Helianthus.

Sunflowers can grow really tall, the tallest sunflower is found in Germany and is 30 feet high! Sunflowers have an amazing trait called 'heliotropism', which means their heads follow the sun! They face east in the morning and then move as the sun moves across the sky.

Germany has a yearly sunflower festival where people wear sunflower costumes!

Sunflowers are actually edible, and are completely safe to eat from their roots to their petals!



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