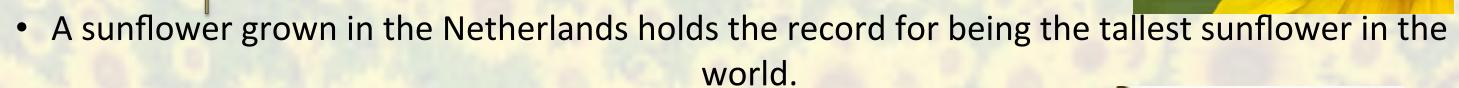
Fun Facts About SUNFLOWERS



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.