

# **The Radiance of Sunflowers**





Have you ever  
eaten a sunflower  
seed?

Did you know you  
are eating part of  
a flower?



Growing a sunflower starts with seeds that are planted in the ground.



The seed will begin to sprout into a little plant called a **seedling**.

With lots of water and sunlight the seedling will grow and grow.



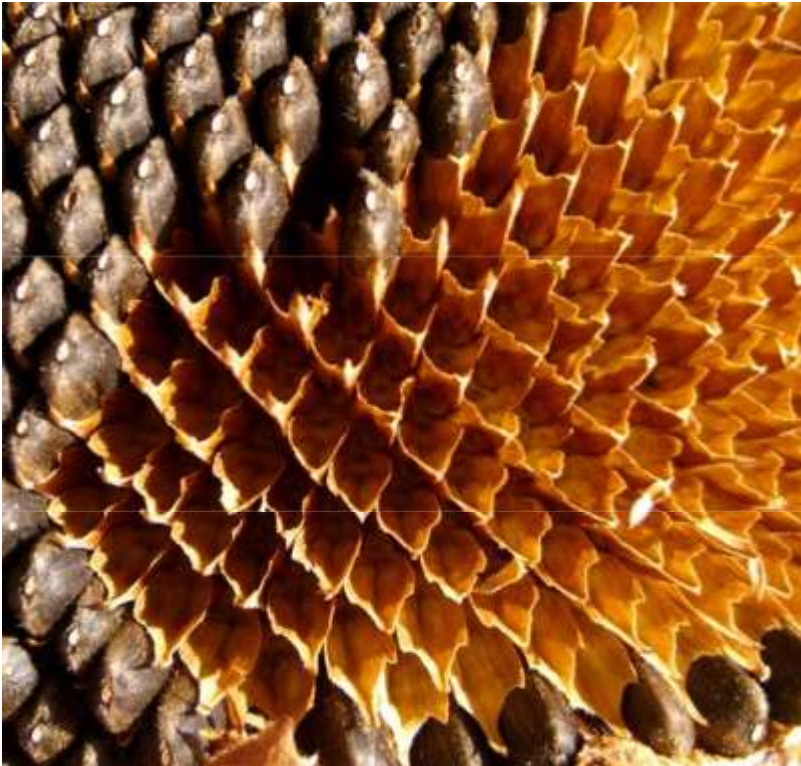
Soon, a **bud** grows on the little plant. A bud is where the flower will grow. As the bud gets bigger, it's getting ready for the flower to open.



Finally, the flower opens up. This is called **blooming**. The middle of the flower is where the seeds start to grow.



Behind each little yellow part of the flower, a sunflower seed is growing.



A giant sunflower can grow to over 12 feet tall.

A sunflower can have up to 2,000 seeds.

How many seeds do you see in this picture?





You can collect the seeds to grow more sunflowers or the seeds can be a yummy snack for you or a friend!

