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!
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