

6 FUN FACTS OF SUNFLOWERS



SUNFLOWERS ARE HELIOTROPIC

Sunflowers exhibit heliotropism, meaning they follow the movement of the sun across the sky. Young sunflowers face east in the morning and track the sun as it moves west throughout the day.

Sunflowers are known for their impressive height. Some varieties can grow as tall as 10 feet (3 meters) or even more, making them one of the tallest flowering plants in the world.

MASSIVE SUNFLOWER HEIGHTS

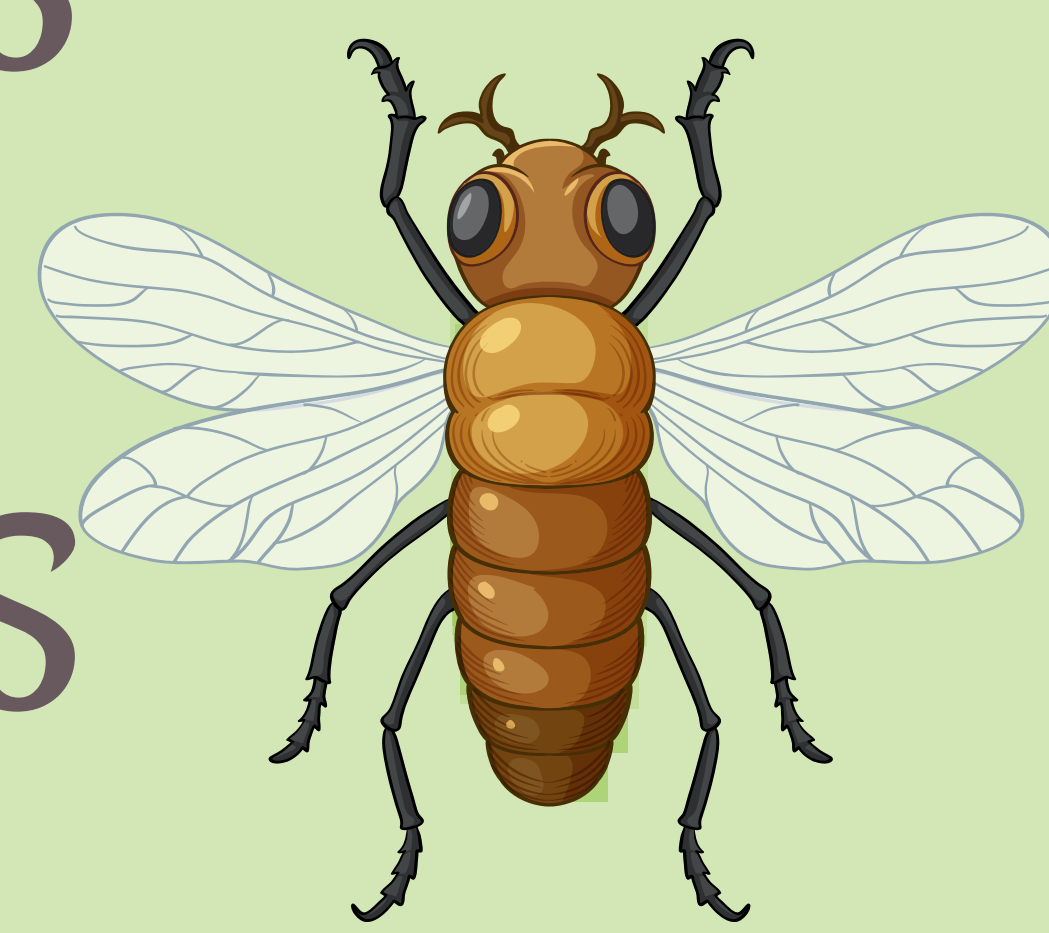


FIBONACCI IN SUNFLOWERS

The arrangement of seeds in the center of a sunflower follows a mathematical pattern called the Fibonacci sequence. This spiral pattern ensures optimal seed packing, maximizing the number of seeds a sunflower can produce.

Sunflowers have a unique way of attracting pollinators. They produce nectar in tiny, specialized flowers at the center of the sunflower head, which entices bees, butterflies, and other insects to visit and transfer pollen.

SUNFLOWERS ATTRACT POLLINATORS



SUNFLOWERS PURIFY CONTAMINATED SOIL

Sunflowers have the incredible ability to absorb heavy metals and toxins from contaminated soil. This process, called phytoremediation, makes sunflowers useful in cleaning up polluted areas.

Sunflower seeds are not only delicious but also packed with nutrients. They are excellent sources of healthy fats, protein, fiber, vitamins, and minerals. Snacking on sunflower seeds can provide numerous health benefits.

SUNFLOWER SEEDS ARE NUTRIENT POWERHOUSES

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