**Sunflower**

**Plant Characteristics**: Upright annual that grows up to 2 to 10 feet tall.

**Emergence time**: 4 to 5 days

**Min. germination soil temp**: 45oF

**Annual or Perennial:** Annual

**Salinity Tolerant:** pH 6.0 – 7.5

**Tolerances:** Drought, heat, and frost

**Cool or Warm season:** Warm

**Recommended Seeding Dates**: May - August

**Planting Depth**: 1 – 1 ½ inch

**Min. Seeding Rate (incorporated)**: 1 lbs./ac PLS

**Min. Seeding Rate (non-incorporated)**: 2 lbs./ac PLS

**Termination Options**: Till and then apply herbicide

**Other notes**: Pollinator habitat

**Resources**:

*Midwest Cover Crops Field Guide*-Midwest Cover Crop Council

*Managing Cover Crops Profitably*-Sustainable Agriculture Research and Education

Green Cover Seed-Soil Health



