



Cover Crops
Our Roots Run Deep



SUNFLOWER

Sunflowers rapid growth can produce a large amount of biomass very quickly, taking advantage of short growing seasons. Sunflowers have a vigorous root system that enables them to collect nutrients that are available in the soil. Birds, pollinators and other beneficial insects are attracted to the colorful heads of sunflowers. With their upright stalk, sunflowers can provide support for other cover crop plants to climb.

BENEFIT RATINGS					
EROSION CONTROL					
FORAGE QUALITY					
NUTRIENT SCAVENGING					
QUICK GROWTH					
SOIL BUILDING					
WEED SUPPRESSION					
WINTER HARDINESS					
NITROGEN PRODUCED	-				
PLANTING INFO	SEEDING RATE LBS/A	DRILLED: 3 - 5 BROADCAST: N/A AERIAL: N/A			
SEEDING DEPTH	1 ½ - 2"				
MIN. GERM. TEMP	42°F				
INTERSEED	Not Recommended				
SEEDS/LB	7,000 - 8,000				