



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