How to start and grow sunflower

Sun flower is highly demanded, it grows best in temperate and tropical regions with deep loam soils and good drainage.

Sunflower oil is highly nutritious. Usually the plant is harvested when lemon yellow colour forms on flower heads. Additionally, summer is the peak growth season for sunflower. Furthermore starting a sun flower farm is very easy and simple Usually the crop grows best on. Preferably use organic fertilizers. However avoid frequently irrigation as this increases chances of wilt and root rot attack.

Crop establishment

Start by selecting a good site with well drained fertile soils with exposure to full sun. Also before planting thoroughly plough and apply fertilizers. Thereafter apply the recommended fertilizer quantities at the required time after soil testing. Additionally soak seeds in water for 24 hour before sowing for quick germination and during planting space crops at 0.6 metres between rows and 0.3 metres plant to plant.

Sowing and harvesting

Ensure to sow seeds at depth of 45cm to allow seed germination and irrigate accordingly to avoid plant stress. Also timely control weeds, pests and diseases and completely harvest when leaves are dry. Harvesting should be done in time to avoid losses and harvest in 2-3 shifts to avoid shattering of grains. Lastly properly dry the harvested sunflower heads in sun.