FORAGE & GRAIN CROPS

Common Sunflower

Good cover crop option to include in mixes

Helianthus annuus

A good component of a cover crop mix, as sunflowers have a robust root system that enables them to capture nutrients available in the soil. Sunflowers are also good for mycorrhizal fungi growth. Plant at a soil temperature of over 14˚C; survives best in a soil pH above 5.



QUICK FACTS

TYPE & PERSISTENCY
Annual

MIN RAINFALL
350 mm+

SOIL & PH
Soil range: Loam to Heavy · pH 5+ ($CaCl_2$)

SOWING RATE
5–8 kg/ha General

TOLERANCES
Drought, Mild Waterlogging

END USE
Cover crop, Erosion control / stabilisation, Grazing

ABOUT THIS VARIETY

Sunflower is grown here principally as a summer cover crop, valued for what it does for the soil and for the insects it brings in rather than for a harvested product.

Sunflowers bring soil health benefits through a robust root system that assists with drawing up nutrients, erosion control and mycorrhizal growth in the soil. Their strong tall stalks offer support for other companion species, and they attract numerous beneficial insects, which is why sunflower is a common component of multi-species cover crop blends.

KEY ATTRIBUTES

- Robust root system captures soil nutrients
- Helps with erosion control
- Attracts bees and beneficial insects
- Supports mycorrhizal fungi growth
- Strong stalks support companion species
- Summer cover crop component

PLANTING & GRAZING NOTES

Plant at a soil temperature of over 14˚C. Where grown for the cover crop effect rather than for seed, slash before flowering so the biomass goes back to the soil.

HOW IT'S SOLD

FORM	PACK
Bare	15 kg