ProCut® Lemon Sunflower

Helianthus annuus 'ProCut Lemon'



ProCut Lemon Sunflower flowers
Photo courtesy of NetPS Plant Finder

Height: 5 feet

Spread: 12 inches

Spacing: 12 inches

Sunlight:

Hardiness Zone: (annual)

Description:

A lovely, pollenless variety, featuring 4 inch wide, lemon yellow blooms; a low maintenance selection that is both edible and visually appealing; petals are a great addition to salads, adding a mild nutty flavor, while seeds are wonderful roasted

Edible Qualities

ProCut Lemon Sunflower is a annual that is typically grown for its edible qualities. It produces small dark gray oblong seeds in hard shells with brown overtones which are typically harvested when mature. The seeds have a pleasant taste.

The seeds are most often used in the following ways:

- Eating When Cooked/Prepared
- Cooking

Planting & Growing

ProCut Lemon Sunflower will grow to be about 5 feet tall at maturity, with a spread of 12 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 12 inches apart. This fast-growing annual will normally live for one full growing season, needing replacement the following year.

This plant is typically grown in a designated edibles garden. It should only be grown in full sunlight. It does best in average to evenly moist conditions, but will not tolerate standing water. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This is a selection of a native North American species.

ProCut Lemon Sunflower is a good choice for the edible garden, but it is also well-suited for use in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.