# ProCut® Gold Sunflower

***Helianthus annuus 'ProCut Gold'***



*ProCut Gold Sunflower flowers*
*Photo courtesy of NetPS Plant Finder*

Height: 6 feet

Spread: 12 inches

Spacing: 12 inches

Sunlight: ○

Hardiness Zone: (annual)

**Description:**

A lovely, pollenless variety featuring 6" wide, golden yellow blooms with golden brown centers; a low maintenance choice that is both edible and attractive; petals add nuttiness to salads, while seed are wonderful when roasted

**Edible Qualities**

ProCut Gold Sunflower is a annual that is commonly 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 Gold Sunflower will grow to be about 6 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 Gold 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.