Kong Sunflower

Helianthus annuus 'Kong'

Height: 8 feet

Spread: 20 inches

Spacing: 12 inches

Sunlight:

Hardiness Zone: (annual)

Description:

A vigorous and branching variety reaching the height of 14ft tall; produces golden yellow sunflowers with dark center discs over a period of time; petals can be added to salads or dried for tea, while the seeds can be roasted for snacks



Kong Sunflower in bloom
Photo courtesy of NetPS Plant Finder

Edible Qualities

Kong Sunflower is a annual that is typically grown for its edible qualities. It produces yellow flowers which are typically harvested when mature. The flowers have a pleasant taste.

The flowers are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Drying



Kong Sunflower flowers
Photo courtesy of NetPS Plant Finder

Planting & Growing

Kong Sunflower will grow to be about 8 feet tall at maturity, with a spread of 20 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.

Kong 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. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.