



# Sunflower

## MICHIGAN - COVER CROP FACT SHEET

### Sunflower (*Helianthus annuus*)



#### Identifying Features:

- Oval to spade shaped alternative leaves
- Grows 2–10 feet tall with thick stems covered in dense hairs and yellow flowers
- Taproot

### Planting Tips

- **Drilled Seeding Depth:** ¾–1.5”
- **Drilled Seeding Rate:** 2–4# PLS/Ac in a mix
- **Broadcast Seeding Rate:** Not recommended unless shallow incorporation used, 3–5# PLS / Ac in a mix
- **Seed Size:** 8,000 seeds/lb
- **Seeding Dates:** May – August
- **Frost Seed:** Not Recommended
- **Aerial Seeding Rate:** Not Recommended



### Termination Tips

Winterkill, Tillage, Chemical, see <https://www.canr.msu.edu/resources/cover-crop-termination> for more information.

### Performance

- Dry Matter:** 1–5,000 lbs/Ac (highly dependent on planting and termination dates)
- Performance:** Very Good
- Soil Builder:** Good
- Erosion Fighter:** Good
- Weed Fighter:** Good
- Good Grazing:** Fair
- Mechanical Forage Harvest:** Good
- Cash Crop Interseed:** Poor
- Attract Beneficial Insects:** Excellent

### Residue Decomposition Rate

(C:N Ratio)



### Additional Considerations

- Best in a mixture with other warm season species
- Tolerant of heat and drought
- Prefers full sun

*This fact sheet is a collaborative effort of Michigan State University Extension (MSUE) and the USDA Natural Resources Conservation Service (NRCS) to provide information on cover crops. For more information consult <https://www.midwestcovercrops.org/michigan/>.*

*USDA participants should follow the specifications in their conservation plan and the NRCS Cover Crop Termination Guidelines.*