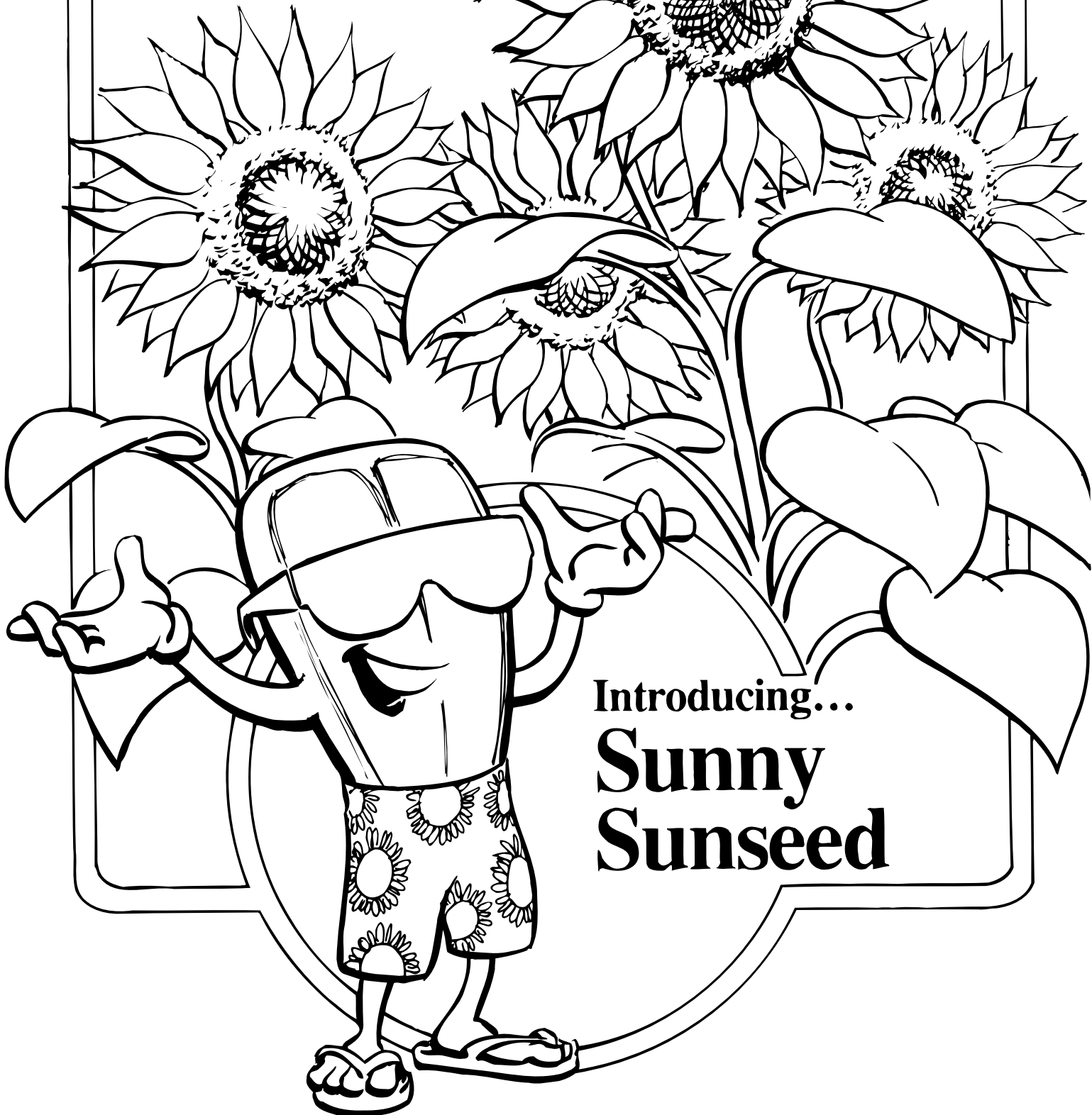


The Story of the

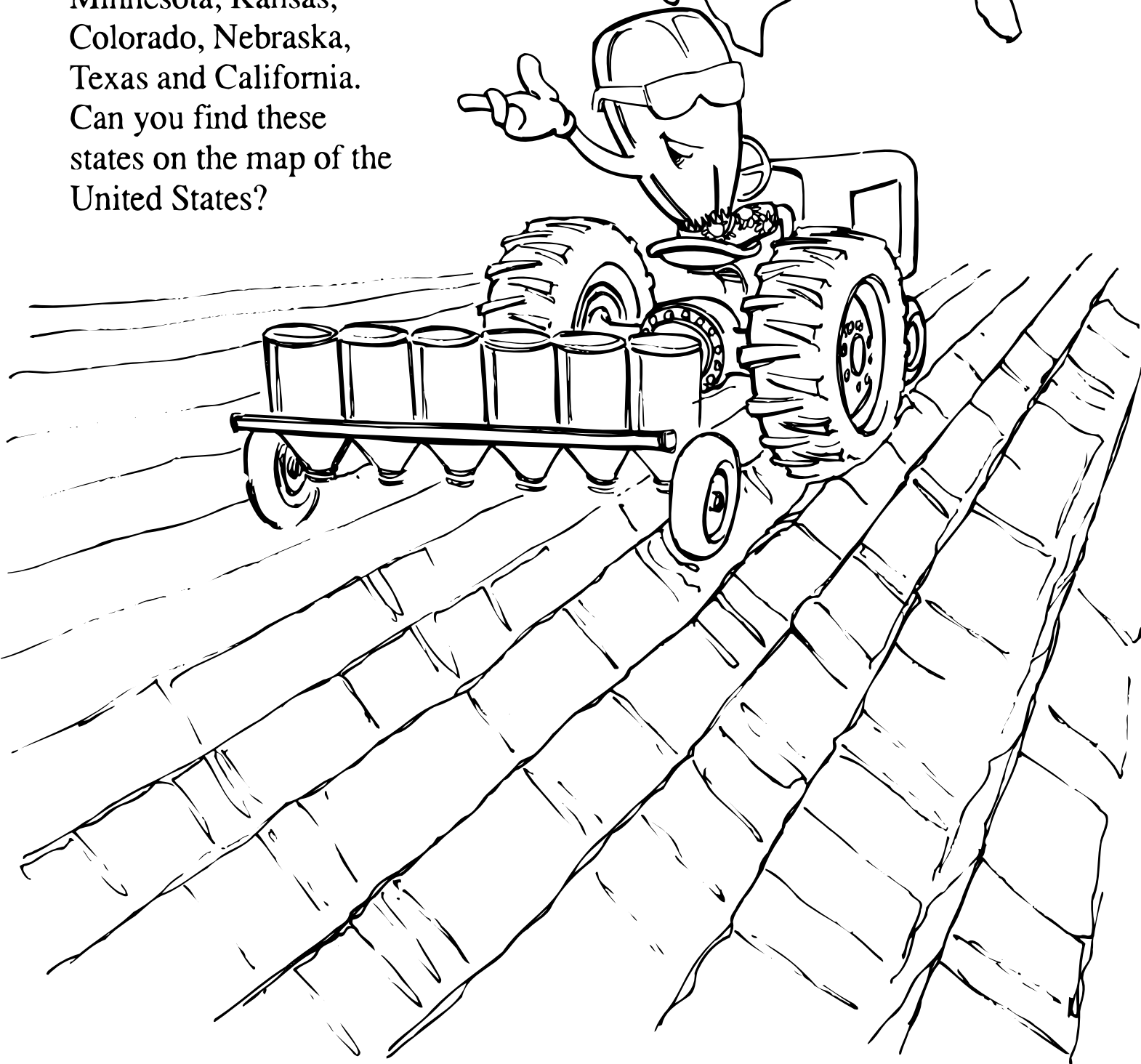
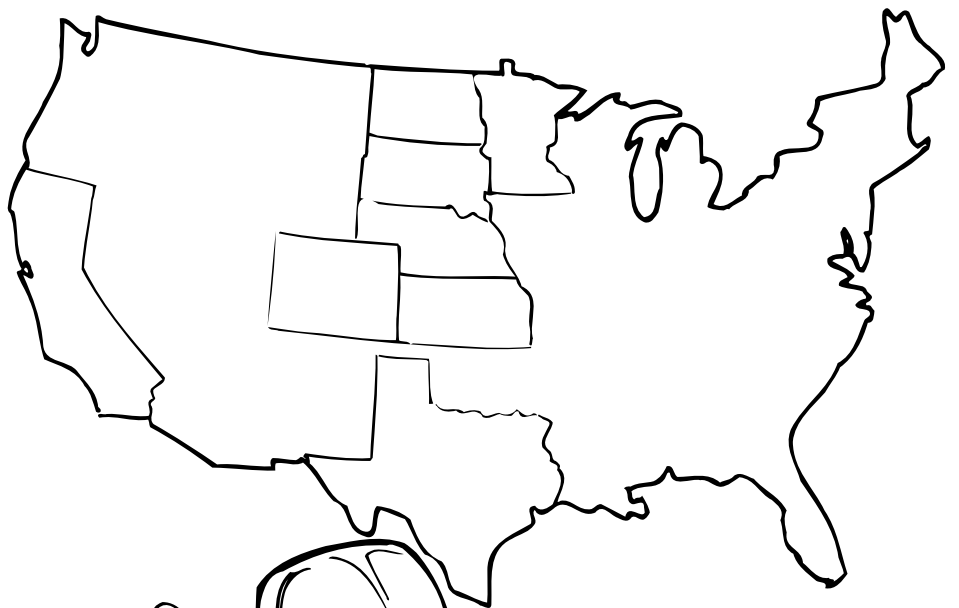
SUNFLOWER



Introducing...

**Sunny
Sunseed**

Sunflowers are planted
in May in North
Dakota, South Dakota,
Minnesota, Kansas,
Colorado, Nebraska,
Texas and California.
Can you find these
states on the map of the
United States?



10 days



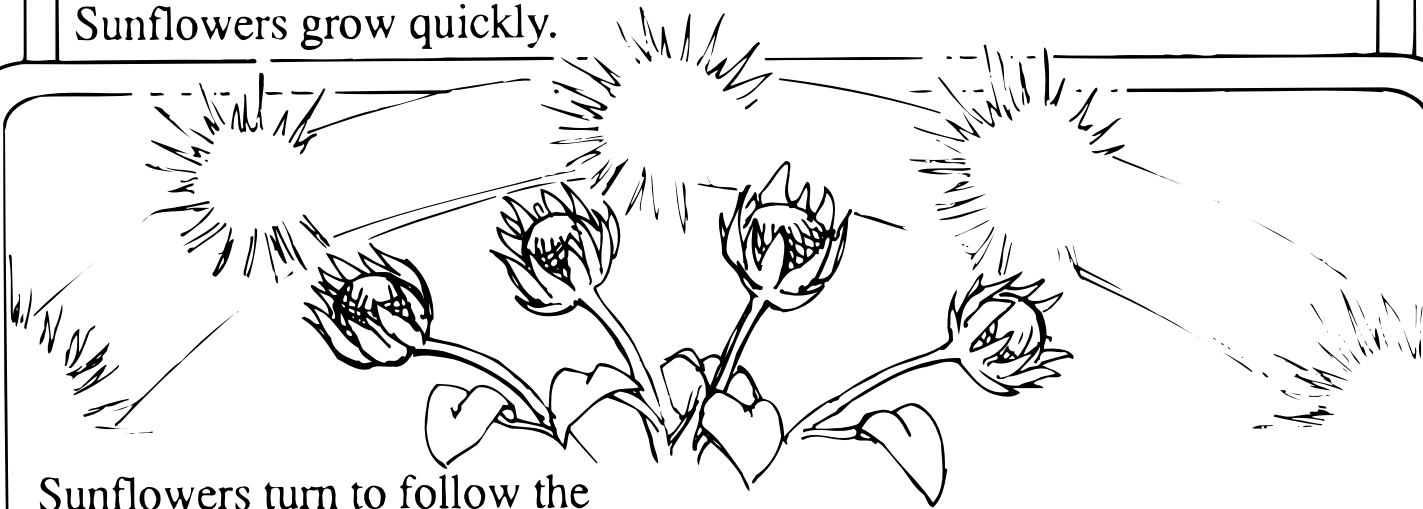
80 days



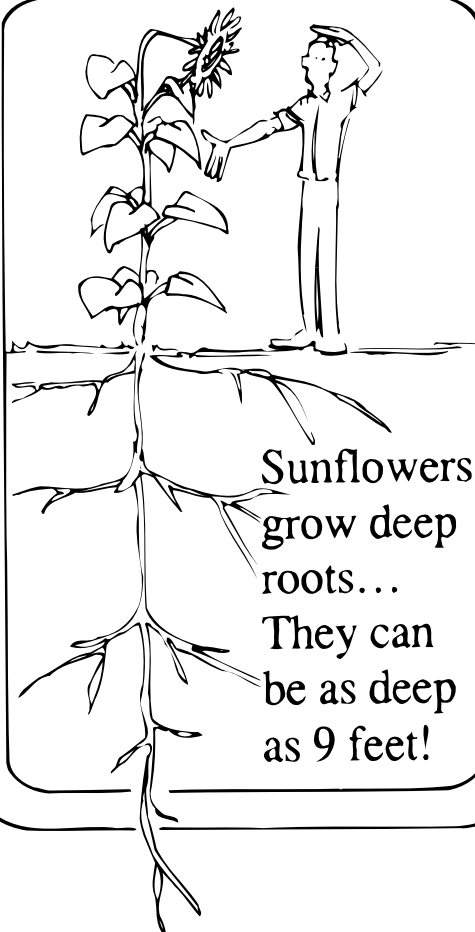
120 days



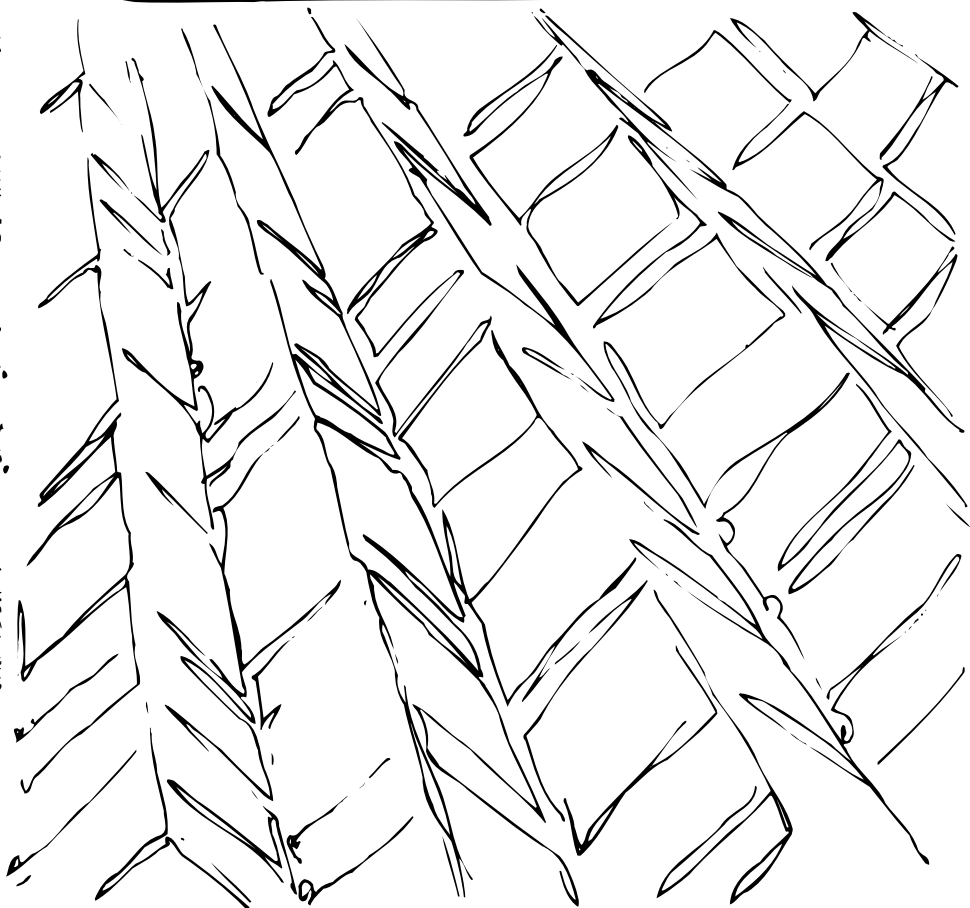
Sunflowers grow quickly.



Sunflowers turn to follow the sun until they bloom.



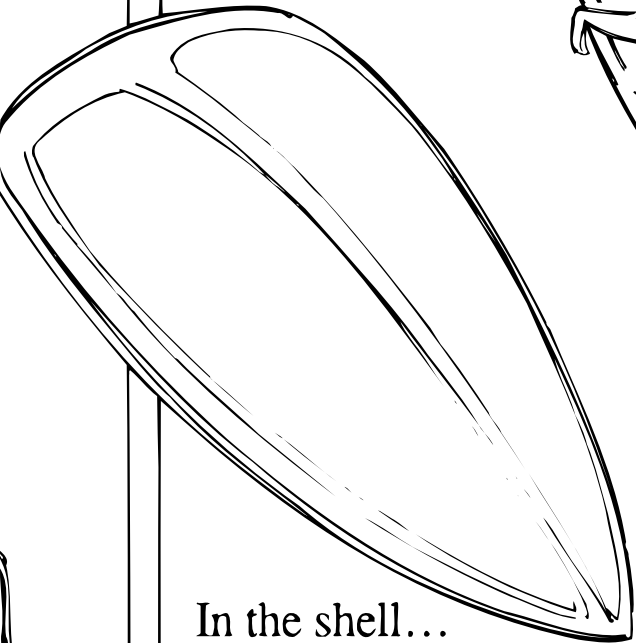
Sunflowers
grow deep
roots...
They can
be as deep
as 9 feet!



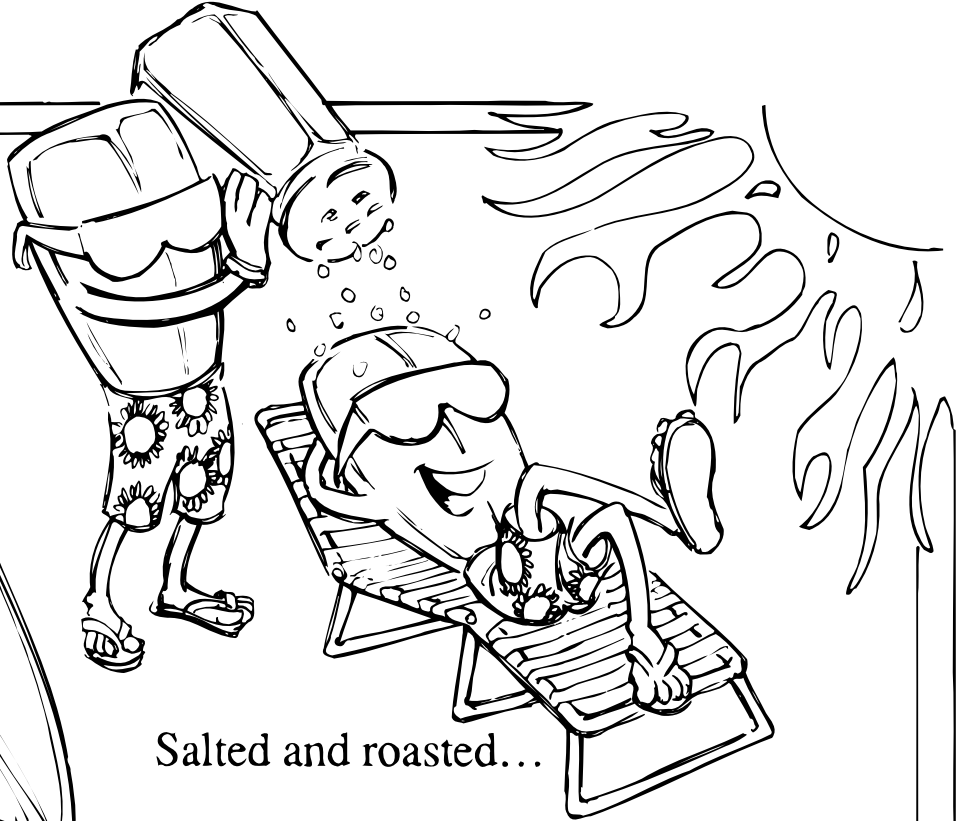


By fall, sunflowers have dried and turned brown and are ready to harvest. There are 2 kinds of sunflowers – striped and black.

STRIPED

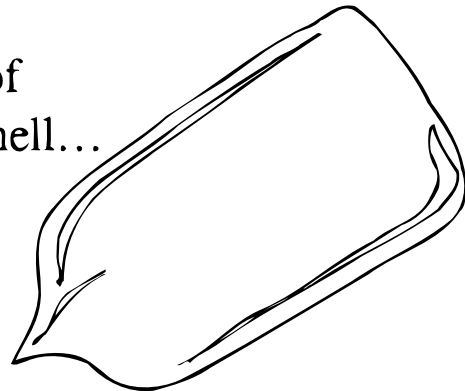


In the shell...

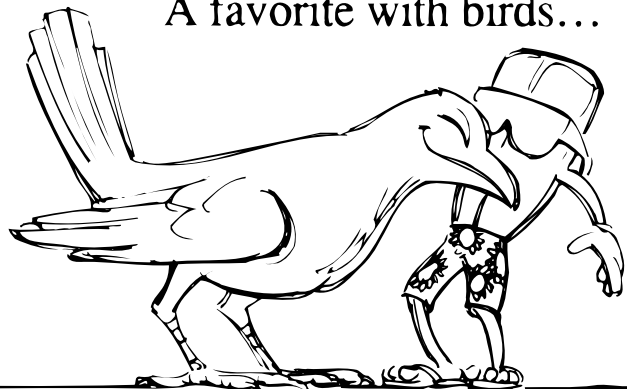


Salted and roasted...

Out of
the shell...

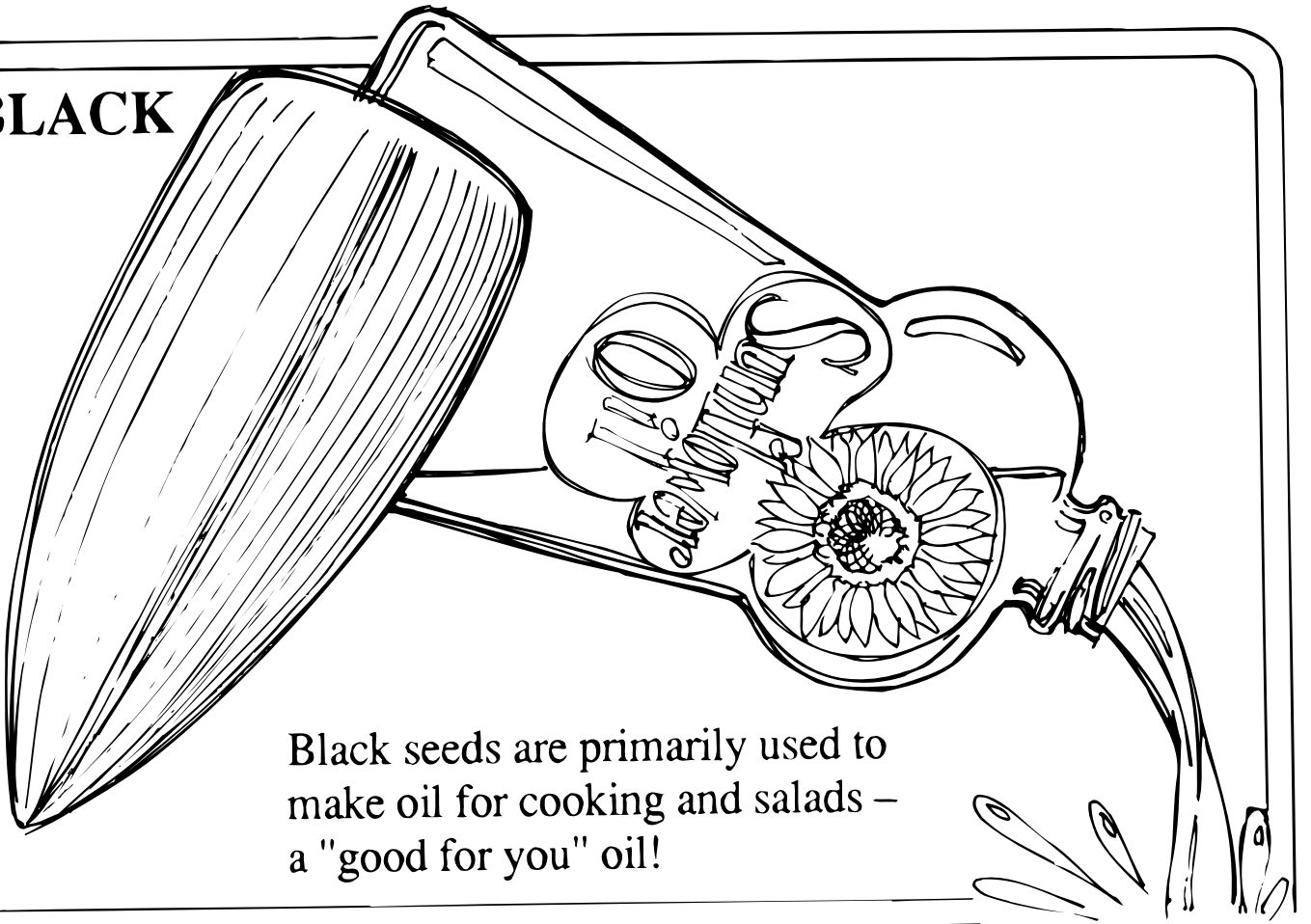


A favorite with birds...



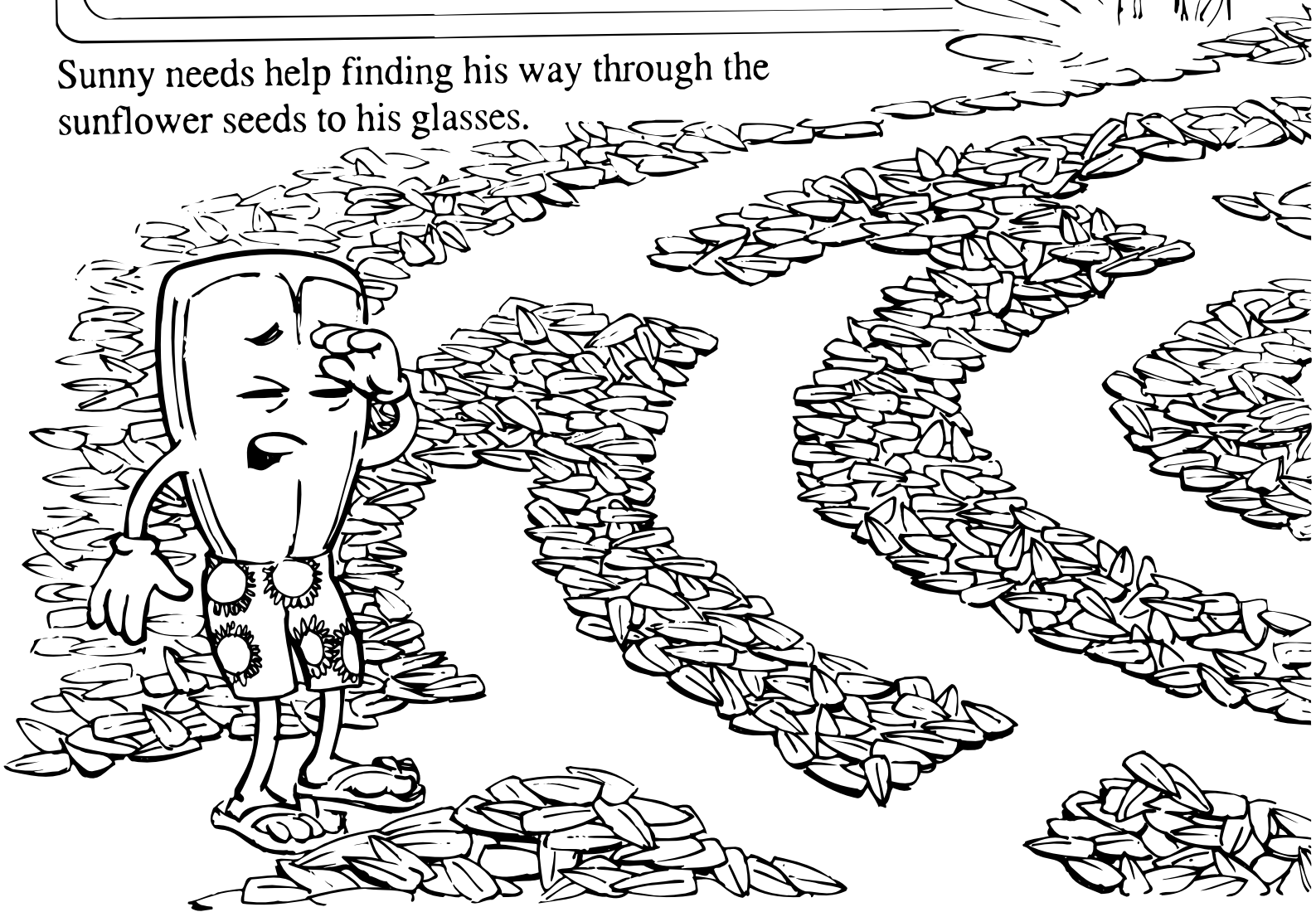
Kids love sunseeds!

BLACK



Black seeds are primarily used to make oil for cooking and salads – a "good for you" oil!

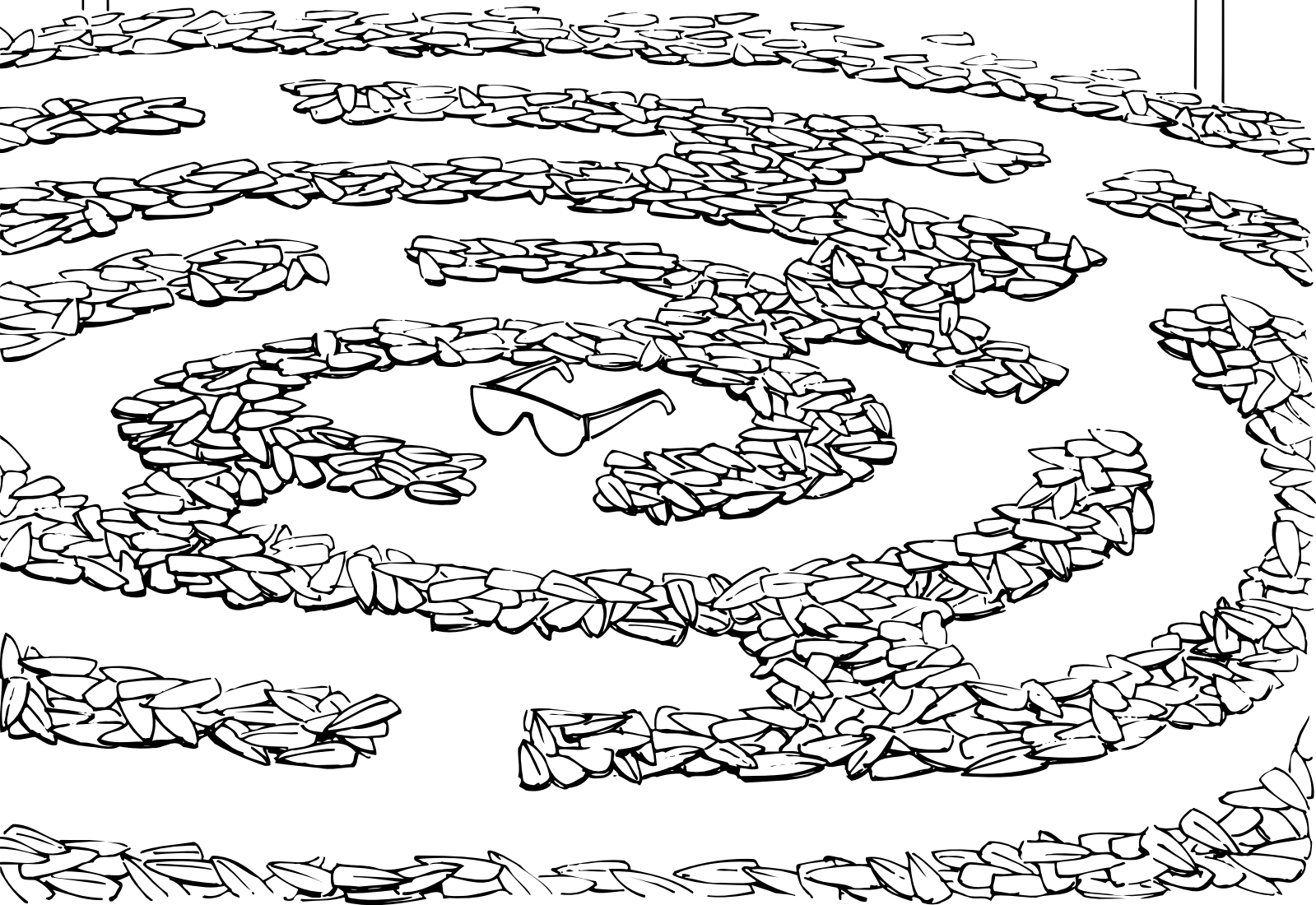
Sunny needs help finding his way through the sunflower seeds to his glasses.

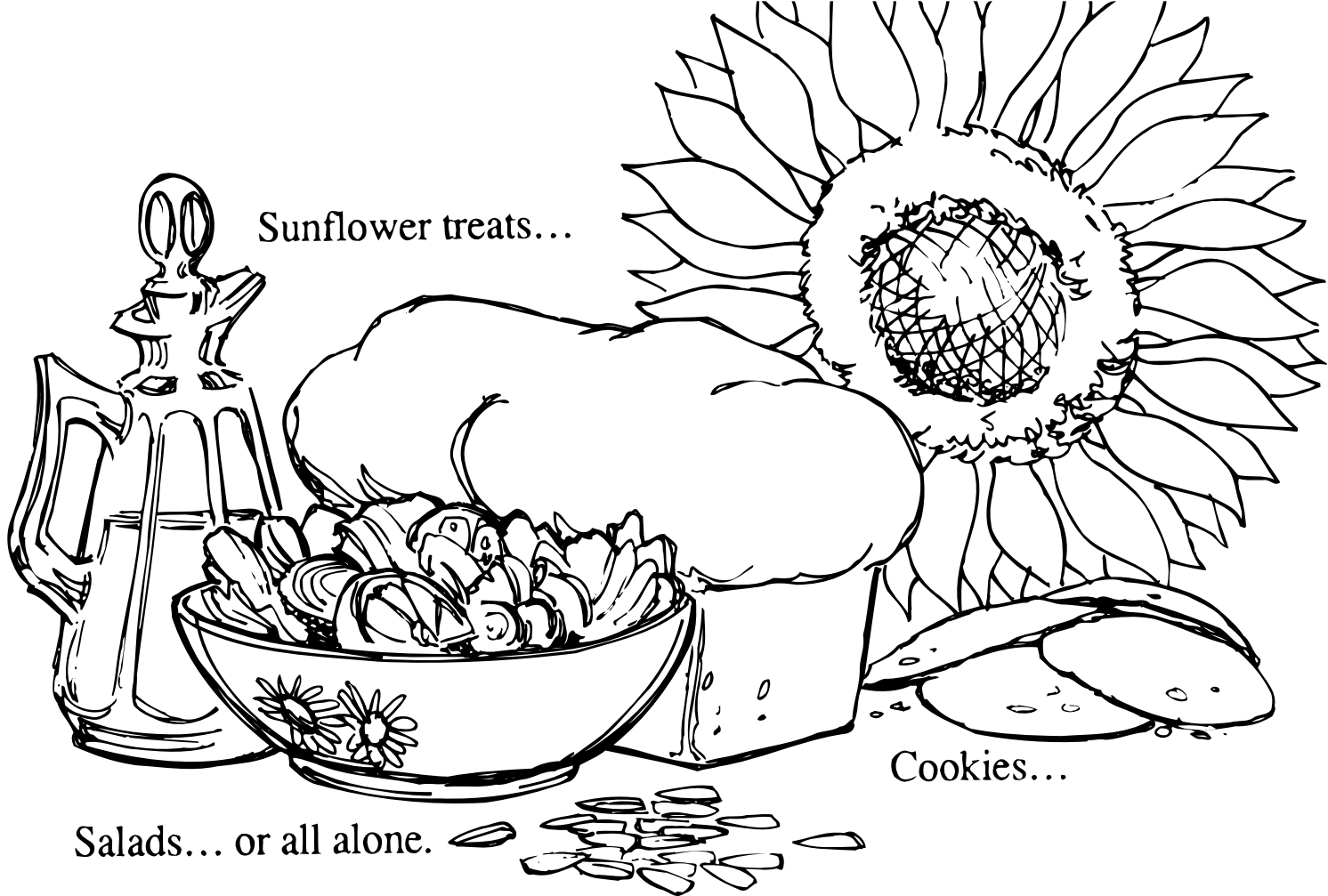


U S T R A S N A C K B K L T W Y
 C P O M P J L H E L A D F G M E
 S U N S H I N E E R S U T B N L
 T R E W O L F N U S O G K Q S L
 E O I Z W Y P O Q R U F G U H O
 N A B U Z H I R T O B M O K C W
 O S Q C Q M H M S P A I I R D Q
 G T H B S R L X E C T B L S Y U
 C E K T Y G E X V I M U P G S L
 M D J W I S G D R H O G R H X W
 A Z W A P N B T A U F E V E M T
 F J R D T F U Y H Q N K Z R X P
 V E Z L O N A Q H E A L T H Y K
 P O S E J V K X L Y R N S F D Z
 B I B I P N C E T K E R N E L V
 U N C F W Y K B Z D J R K T U T

Can you find these words in the puzzle?

- energy
- field
- harvest
- healthy
- kernel
- nutritious
- oil
- roasted
- snack
- sunflower
- sunshine
- yellow

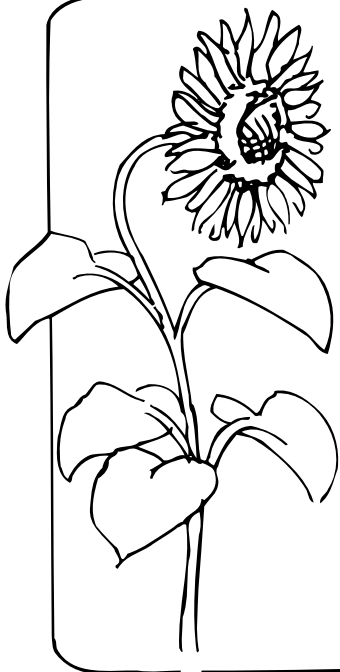




Sunflower treats...

Cookies...

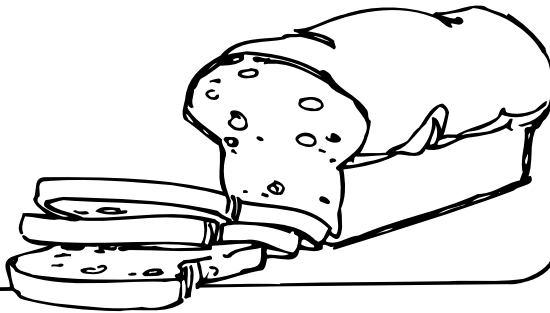
Salads... or all alone.



Sunflower Kernel Crunch Balls

- 12 oz. milk chocolate chips
- 1 cup chow mein noodles
- 3/4 cup salted, roasted sunflower kernels

Melt chocolate chips in top of double boiler over hot water. Stir in noodles and nuts. Drop by teaspoonfuls on waxed paper. Makes 24.



Grow your own sunflowers →



Compliments of:



4023 State Street • Bismarck, ND 58501 • 701-328-5100