



Gardening  
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# Annual Sunflower 'Teddy Bear'

*Helianthus annuus* 'Teddy Bear'

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This description is for species **Annual Sunflower** (*Helianthus annuus*):

*Helianthus annuus* is commonly known as the Annual Sunflower. This much loved flower is well known for growing to a great height. Being easy to grow and quick to grow they are popular with children who love to compete to see who can grow the tallest sunflower. The large flower head has golden petals with a brown or golden centre that is actually made up of many tiny flowers. The overall effect resembles the sun, hence the name. Sunflower seeds and sunflower oil are commonly used in cooking. The tallest ever *Helianthus annuus* was grown in Germany in 2009 and reached a massive 26ft 4 in tall.



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Plant	Environment	Usage
<b>Known dangers?</b> no	<b>Acidity</b> Neutral Alkaline	<b>Standard category</b> Flowers & bulbs Wild flowers
<b>Height [m]</b> 0.9	<b>Hardiness zone</b> Z1-11	<b>Grown for</b> Attractive Flowers
<b>Spread [m]</b> 0.3	<b>Heat zone</b> H12-1	<b>Creative category</b> Fast growing For Beginners Colours For birds & bees
<b>Dominant flower colour</b> Yellow	<b>Winter temperatures [°C]</b> -46 - 4	<b>Garden type</b> Woodland Cottage garden Meadows Prairies

Plant	Environment	Usage
<b>Flower Fragrance</b> No, neutral please	<b>Heat days</b> 0 - 210	<b>Garden spaces</b> Flower beds Cut flowers Borders
<b>Flowering seasons</b> Early summer Mid summer Late summer	<b>Moisture</b> well-drained well-drained but frequently watered	<b>Gardening expertise</b> beginner
<b>Foliage in summer</b> Green	<b>Soil type</b> sandy Clay chalky loams	<b>Time to reach full size</b> Less than one year
<b>Propagation methods</b> seed	<b>Sun requirements</b> Full sun	
<b>Growth habit</b> Erect flower stem Tall Upright	<b>Exposure</b> Exposed Sheltered	