



Sunflower



Plant: Sunflowers are beautiful flowers, good for cutting and attracting pollinators. Their seeds are a good food source for humans and wildlife alike. They have been grown in this region by Native Americans for hundreds of years. Traditional sunflowers grow remarkably tall and have big, daisy-like flower faces of bright yellow petals and brown centers that ripen into heavy heads filled with seeds although varieties are now available in a range of sizes and colors.

Grow: Plant seeds in late spring, after the ground has warmed. Cover smaller seeds with one-half inch of soil; larger seeds with one inch of soil. Seeds germinate in five to ten days. Thin the seedlings to 2-3 three feet apart for giant varieties or one foot apart for smaller varieties. Caring for sunflowers is easy as they have few diseases or insect pests. Full sun is necessary for best growth and bloom, and plants should receive an inch of water per week.

Harvest: When growing sunflowers for seeds, wait to cut the heads off until the green disk at the back of the flower begins to turn yellow. To protect the seeds from hungry birds, cover the head with a cheesecloth or paper bag after the petals have fallen off, until it can be cut. Once cut, the seeds will mature if left on the head, and kept in a dry, well-ventilated place until the disk turns brown. Once it has, rub your palm over the seeds to remove them. Store raw seeds in a cloth bag in a place with good air circulation. Airtight containers like jars can encourage mold.

Nutritional Information:

Sunflower seeds are nutritionally dense with 200 calories per $\frac{1}{4}$ cup from the high content of heart healthy unsaturated fats. They also supply significant amounts of vitamin E, magnesium and selenium. Sunflower oil, used sparingly is a good alternative to hard fats, like butter, in cooking.

How to Prepare: Use the bigger, striped seeds for snacking, on salads, in bread or ground into a spread (then use like peanut butter). To roast, soak harvested seeds overnight in salt water (1 cup salt per gallon of water) then dry them again in an oven at 250° F for 4-5 hours. Store in an airtight container.

Nutrition Facts	
Serving Size 1/2 cup seeds, in hulls	
Amount Per Serving	
Calories 164	Calories from Fat 121
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1g	6%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	10%
Sugars 1g	
Protein 6g	
Vitamin A	0% • Vitamin C 1%
Calcium	2% • Iron 8%



Sunny Bean Tacos

Yields: 4 portions

Serving size: ½ cup

Ingredients

- ¼ pound button mushrooms
- 2¾ teaspoon Balsamic vinaigrette
- 2 teaspoons sunny spice mix
- ¾ cup pico de gallo
- ½ cup sunflower seeds, shelled
- ¼ pound chickpeas, rinsed and drained
- 1½ teaspoons chia seeds
- 8 corn tortillas, warmed
- 1 avocado, sliced
- Fresh cilantro

SUNNY SPICE MIX

Mix together and store in an airtight container:

- ¼ teaspoon salt
- ¼ teaspoon garlic seasoning
- ¼ teaspoon chili powder
- ⅔ teaspoon paprika
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon ground coriander
- ¼ teaspoon granulated onion
- A dash of ground ginger, thyme, and dry mustard.

Preparation

1. Preheat oven to 325° F. Arrange mushrooms in a single layer on cooking sheet and bake for 10-20 minutes or until tender and lightly browned. Then brush or drizzle mushrooms with balsamic vinaigrette until well coated and let cool.
2. Place all ingredients in food processor and pulse until blended well. Mixture should have texture of ground meat.
3. Fill each corn tortilla with ¼ cup mixture and top with sliced avocado and fresh cilantro or other taco toppings of your choice.

Nutrition Facts per Serving:

180 calories, 11 g fat, 16 g carbohydrates, 6 g fiber, 7 g protein