



**Claret Sunflower**  
*Helianthus annuus 'Claret'*

Height: 6 feet

Spread: 20 inches

Spacing: 18 inches

Sunlight: ☉

Hardiness Zone: (annual)

**Description:**

A stunning variety, featuring chocolate-red blooms with amber-gold tips; a low maintenance selection that is both edible and visually appealing; petals are a great addition to salads, adding a mild nutty flavor, while seeds are wonderful roasted

**Edible Qualities**

Claret Sunflower is a annual that is commonly grown for its edible qualities. It produces small black oblong seeds in hard shells which are typically harvested when mature. The seeds have a pleasant taste and a crunchy texture.

The seeds are most often used in the following ways:

- Eating When Cooked/Prepared
- Cooking

**Planting & Growing**

Claret Sunflower will grow to be about 6 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 18 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 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.



*Claret Sunflower flowers*  
*Photo courtesy of NetPS Plant Finder*