MICHIGAN - COVER CROP FACT SHEET

MICHIGAN STATE



Sunflower (Helianthus annuus)

Sunflower



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**: ³/₄-1.5"
- **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

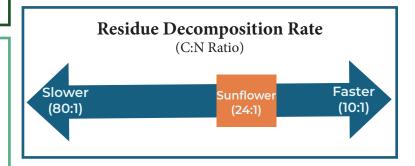
Termination Tips

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



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.