

Sunflower

(*helianthus annuus*)

about

sunflowers were cultivated around 3000 B.C. by native Americans in current-day Arizona and New Mexico. Among native American tribes, sunflower seeds were ground up and used as flour and some tribes would mix the flour with various vegetables. Sunflowers were also used medicinally to treat snakebites and the oil was used for skin and hair.

The dried stalks of sunflowers were used as building materials and the seeds were used in ceremonies. In the late 19th century, sunflower seeds made their way to the united states and were commercial food for poultry. In 1930, Canada created the first official sunflower breeding program.



Celebration

Litha

Elements

Fire

Planets

Sun

Energy

Yang

Signs

Leo

Tarot

The Empress

Strength

The Sun

Deities

Apollo

Demeter

Modron



magical uses

If you sleep with a sunflower under your bed, it is said that the truth of your question will be revealed.

Plant sunflowers outside of your home to invite positivity and joy into your home.

Take a ritual bath or eat sunflower seeds to encourage fertility.

correspondences

Balance, cheerfulness, clarity, energy, fertility, happiness, harmony, luck, peace, self-work, sorrow, strength, wisdom, wishes.