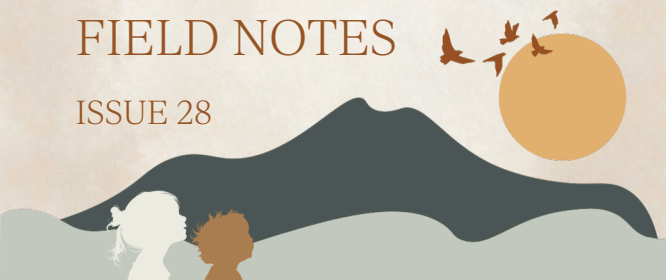


# Nat Theo Club

## FIELD NOTES

ISSUE 28



## Sunflower

COMPOSITE FLOWER

### HABITAT & DIET

Native (belonging) to North and Central America but grown in around 80 countries. Fields, prairies, ditches, open areas with plenty of sunshine. Like almost all plants, sunflowers “eat” energy from the sun through a process called photosynthesis so they can grow.

### FUN FACTS

Young sunflowers tend to face the sun throughout the day, turning as the sun travels across the sky. This is so that they can make the most of the sunshine and take in its energy so they can grow.



## HAVE YOU EVER SEEN A BIRD EATING FROM A PLANT?

I love this season in my garden because our sunflowers are in full bloom. They add a splash of golden yellow to our yard, and golden yellow birds also visit them! Throughout the day, I can step outside and find bright goldfinch birds swaying on our sunflowers, picking seeds from their center. Sunflowers are a favorite flower of many birds, including the goldfinch. Planting them is a great way to bring birds to your yard. Sunflowers are a “composite flower.” Composite flowers are superstars at making seeds. This is because one sunflower head is hundreds, or sometimes thousands, of individual flowers. Each “floret” in the center disc is its own flower, capable of producing a seed to grow another flower. And what we call petals, the silky yellow rays pointing out from the center disc, are “ray flowers” and also individual flowers.

Look at this image to the right. Can you see the tiny florets beginning to blossom in the center disc? The tight, still-closed buds are in the middle, but the florets around the edge have blossomed. Every sunflower head produces countless flowers!



Just like staring at a sunflower and noticing all its many tiny florets and ray flowers, the more we look at and study God’s Word, the more details we notice.

2 Timothy 3:16–17 says, “All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” As we study God’s Word, we notice details and realize how He wants us to live. It is always helpful to read the Bible. As we do, God shows us details we did not see before.

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