



## GROWING SUNFLOWERS

### AIM: TO PROVIDE INFORMATION ON SUNFLOWER VARIETIES AND GROWING CONDITIONS

- ✓ Sunflowers suit Zambian soils and climate.
- ✓ They can survive the dry, they can grow in many types of soils, and they need less inputs than many other crops.

### 1. Why would a farmer grow sunflowers?



**Seeds**



**Oil**

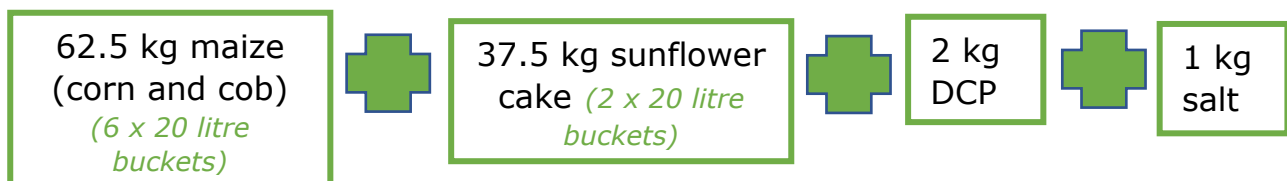


**Stock feed stalks and cake**

### 2. Use of sunflower products

- ✓ **Oil**, once refined can be used in the home, or sold to others;
- ✓ **Cake** can be mixed with maize to make dairy concentrate. *See separate fact sheet and recipe below;*
- ✓ **Heads**, after seeds have been removed. Dry and cut into smaller pieces. This is an excellent feed for dairy cows. (1 kg of sunflower heads has the same feed value as 0.9 kg of maize bran);
- ✓ **Stalks** can be dried, chopped and fed to animals with meal No. 3 or maize bran;

### Recipe to make 100kg of D19 concentrate:



✓ **REMEMBER TO MIX WELL.**



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### 3. Types of sunflowers and possible yields

Type of sunflower	Examples of Varieties	Expected kernels (seeds) per /ha	Expected litres of oil per/ha	Expected cake (kg)per hectare
<b>Open pollinated</b>	Record ( <i>soft shell</i> ) Milika ( <i>hard shell</i> )	<b>750</b> kg/ha	<b>90</b> x 2.5 litre containers (225 litres/ha)	<b>10</b> x 50 kg bags (500kg/ha)
<b>Hybrid</b>	Pan: 7353, Pan: 7369	<b>2,000</b> kg/ha	<b>190</b> x 2.5 litre containers (475 litres/ha)	<b>30</b> x 50 kg bags (1,500kg/ha)

### 4. Preparing the field

- ✓ Plough before the heavy rains come and break up the soil into a fine crumb.



### 5. Preparing the soil nutrients

- ✓ Sunflowers need well-drained soil;
- ✓ They like pH 6.0-7.5;
- ✓ If a soil grows good maize, then it will also grow good sunflowers;
- ✓ Add about 200kg/ha of a nitrogen-based fertiliser (e.g. Compound C) to the soil before planting;
- ✓ If pH is below 6 then the soil might need some lime.
- ✓ The best time to plant is when there are stable rains and soil is moist. With current rainfall patterns, we recommend you plant by 15<sup>th</sup> January.



The ZDTP is focused on supporting dairy farmers to improve their productivity, milk quality and linkages to urban markets. The views expressed in this publication are those of the implementers of the programme and do not necessarily reflect those of the New Zealand Government. For further information, please contact ZDTP Country Manager Tania Thomson on [tania@primeconsultants.net](mailto:tania@primeconsultants.net) or +260 96 456 4206