

Fun with Sunflowers



You can grow your own sunflowers and eat the seeds, or you can buy sunflower seeds to eat.



You can cook with them. Here are two things you can make with sunflower seeds.

Sunflower Seed Bread

4 c. unbleached white flour	1 pkg. active dry yeast
1/2 c. whole milk	3 tbsp. sugar
2 tbsp. butter	1 egg
1 tbsp. grated orange peel	1/2 c. orange juice
2/3 c. shelled sunflower seeds	

In large bowl combine 1 1/2 cup flour and yeast. Heat milk, sugar, butter and 1 1/2 teaspoons salt until warm. Stir constantly to melt butter. Add to flour and yeast mixture. Add egg, orange peel, and orange juice. Beat at low speed with electric mixer for 1 minute. Beat 3 minutes at high speed. Stir in sunflower seeds by hand. Stir in more flour to make a stiff dough. Knead until texture is nice. Place in greased bowl; cover and let rise for 2 hours. Dough should double. Punch down; cover and let rest 10 minutes.

Shape into loaf. Put in greased loaf pan; cover and let rise for 1 hour. Brush top with melted butter. Bake at 375 degrees for 40 minutes.

Sunflower Snack Mix

Ingredients:

1 cup toasted oat cereal	1 cup old-fashioned rolled oats
1/2 cup shredded coconut	1/2 cup whole unsalted almonds
1/2 cup wheat germ	1/2 cup shelled unsalted sunflower seeds
1/2 cup raisins	1/2 cup honey
1/4 cup light corn syrup	1/4 cup vegetable oil
1 teaspoon vanilla extract	1 teaspoon almond extract

Preheat oven to 325 degrees F.

In a large bowl, stir together cereal, rolled oats, coconut, almonds, wheat germ, sunflower seeds, and raisins.

In a medium bowl, use medium speed of an electric mixer to beat honey, corn syrup, oil, vanilla, and almond extract until well blended.

Pour honey mixture over dry ingredients, stirring until well coated.

Spread evenly on a greased baking sheet. Bake 20 to 25 minutes or until brown.

Cool completely in pan. Break into pieces. Store snacks in an airtight container.

Yield: about 5-1/2 cups snack mix

And you can feed sunflower seeds to the birds – they love them!

Things to do with your Sunday school class

Plant sunflower seeds in paper cups. Put them in a sunny window. Water them well. Watch them grow.



Paper Plate Sunflowers

Make sunflowers from paper plates and sunflower seeds. Let the children glue lots of the seeds (the type with the shell intact) in the center of their plates. Then provide bits of crumpled-up yellow tissue paper for the petals, and let the children glue these around the outside of the glued-on seeds. Hang from the ceiling for a very cheery atmosphere!