

Sunflowers for Opac Harvest Comes

The harvest comes in June. The drying sunflower blossoms are cut off the stalks and dried some more in the warm sun for three days. Then an adult takes a stick and hits the blossom until all the seeds come out. There are about 800 seeds in each sunflower.



The man with the stick is knocking the seeds from the flowers.

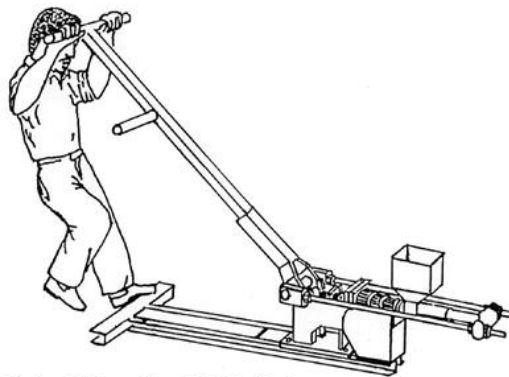
Everyone spreads the seeds on a big sheet and the seeds dry for three more sunny days.



She is spreading the seeds to dry in the sun.

Some seeds are eaten because they are yummy and good for people to eat. The seeds are full of vitamins and minerals. Eating them and cooking with the oil keeps everyone in Opac healthy.

Some seeds are pressed for oil in the village and used for cooking right there.



Body weight is used to activate the oilseed press.

An oil press used in the village.

Some seeds are sold for money to a man who presses the oil, and bottles it and sells it. It takes 110 pounds of sunflower seeds to make 8 to 12 quarts of oil.



An oil press used at a factory.

The mothers in Opac use the money they get from selling their seeds to buy food, clothing, medicine, and school books for their families.

And some seeds are saved to plant next time.

When the rains come, the rainy season is long enough for three plantings and harvests. Every year the people of Opac hope and pray there is enough rain for three plantings and that they have three good harvests and enough food to last through the dry months of the year.

Dear God,

We thank you for those who work to feed us. We thank you for kitchens to cook in and tables to sit at and all the food that we eat every day. Keep us mindful of the needs of others, people near and people far. Give everyone enough bread every day and let all your children have enough to eat. Amen.

May God give you of the dew of heaven,
and of the fatness of the earth,
and plenty of grain. *Genesis 27.28:*