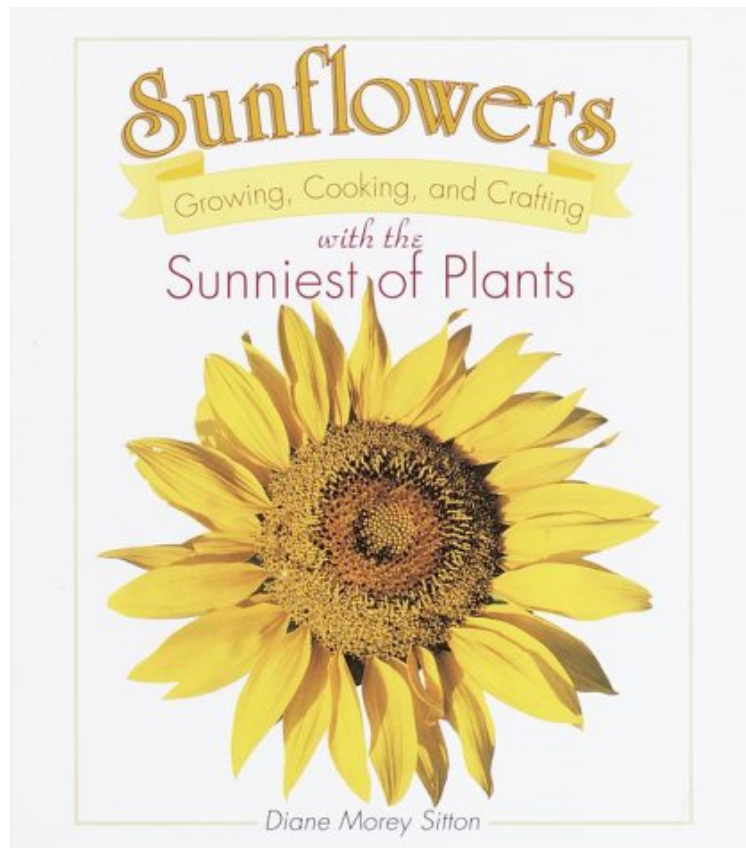


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Diane Morey Sitton : Sunflowers before purchasing it in order to gage whether or not it would be worth my time, and all praised Sunflowers:

This beautiful book, full of color photographs of sunflowers in all their golden glory, presents the history, lore, cultivation methods, crafting cooking uses for the sunniest of plants. Chapters: Sunflowers in History (used by Native Americans for food, hair oils, tinctures dyes, sunflowers were introduced in Europe by Spanish settlers who brought them from the New World); Sunflowers in the Garden: (featuring 10 varieties, how where to grow them); Sunflowers in the Kitchen: (roasting, sprouting, baking -- delectable recipes); Sunflowers in the Craft Room: (how to make a wreath, decorate a hat, create potpourris, more); Seeds for Thought: (sunflower facts trivia).