



# Sunflower



Sunflower oil is a commonly used cooking oil extracted from sunflower seeds. It is light in flavor and has a high smoke point, making it suitable for various cooking methods.

Sunflower seeds are planted in well-drained, slightly acidic to neutral soil with full sun exposure. Sunflowers start to bloom in mid to late summer. The flower heads follow the sun, a behavior known as heliotropism.

Sunflowers are ready to harvest when the petals have dried and fallen off, and the seeds in the center are plump. The flower heads are cut and allowed to dry further before the seeds are extracted.

After harvest, the sunflower seeds are cleaned to remove any impurities, debris, or foreign particles. The outer husk or hull is removed, leaving the kernel or meat. Heat is applied to the seeds to facilitate oil extraction. The seeds are then mechanically pressed or solvents are used to extract the oil. The extracted oil undergoes refining and filtering processes to remove impurities. The refined and filtered sunflower oil is packaged for distribution and consumption.

Sunflower oil is used as a cooking oil, to make cakes, muffins, and cookies, in salad dressings, marinades, mayonnaise and other condiments, for popping popcorn, and in skin care products like creams, lotions, and cosmetics.

Sunflower oil is composed of polyunsaturated and monounsaturated fats that can support heart health by helping to lower LDL cholesterol levels. It is a good source of vitamin E, an antioxidant that helps protect cells from damage caused by free radicals. Vitamin E is also beneficial for skin health and may have anti-inflammatory effects.



[https://youtu.be/icJPXuYLTyU?  
si=AJ4CUosryVAXaX1H](https://youtu.be/icJPXuYLTyU?si=AJ4CUosryVAXaX1H)