

AMERICAN Small Farm

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About the cover

We picked a sunflower for this issue's cover because it is one of the most beautiful flowers in the World. Sunflowers are easy to grow and they can be used in a multitude of ways. We are planning to feature sunflowers in future issues because of their versatility. For instance, Early American natives ate the seeds, ground the small kernels into flour, extracted oil from seeds for their hair, and used the seeds, flower petals, and pollen to make dyes for face paint, cloths and baskets. Photo from American Small Farm photo archive.