



TAFLEN WYBODAETH - INFORMATION SHEET

SUNFLOWERS



Establishment: Relatively easy to grow they prefer light well drained soil with a pH of 5.5 - 7. They are drought tolerant and require plenty of sunshine. Target plant density is around 45,000 – 60,000 plants/ha (higher densities for oil pressing, lower densities for seed). Sow at a depth of 2-3cm with 40 cm between rows.

Nutrient requirements: Sunflowers will benefit from quite high levels of nitrogen around 80kg/ha of nitrogen should be available and maintenance levels of phosphate and potash.

Weeds, diseases and pests: Sunflowers are highly competitive and should out-compete most weeds. Fungal disease such as rust can affect yield but modern varieties are quite resistant.

Harvesting date and method: Plants can be combined when the seed head has turned brown indicating that the head is sufficiently dry. Seed should have a moisture content of 12 – 16% for harvesting.

Uses: Oil can be used for cosmetics, or health food industries as well as a variety of other areas such as in paints, candles, and lubricants. Seeds themselves are sold as a health food and for bird seed.

Processing and the market: If harvested with low moisture content seeds can be stored for long periods of time. Contracts exist in the UK but are currently focused on the South West of England; local marketing of seed is an option.

BLODAU HAUL

Sefydliad: Cymharol hawdd i'w tyfu. Maent yn ffafrio pridd ysgafn wedi'i ddraenio'n dda gyda pH o 5.5 - 7. Maent yn gallu goddef sychder ac angen digonedd o olau haul. Y targed ar gyfer dwysedd planhigion yw 45,000 - 60,000 planhigyn yr hectar (dwysedd uwch ar gyfer pwyso olew, dwysedd is ar gyfer had). Plannwch ar ddyfnder o 2-3cm gyda 40cm rhwng pob rhes.

Gofynion maethol: Bydd blodau haul yn elwa o lefelau eithaf uchel o nitrogen a dylai fod yna tua 80kg/ha o nitrogen ar gael a lefelau cynhaliaeth o ffosffad a photasiwm.

Chwyn, afiechydion a phlâu: Mae blodau haul yn hynod gystadleuol a dylent drechu'r rhan fwyaf o chwyn. Gall afiechyd ffwngaid fel y gawod goch (rust) effeithio ar gnwd ond mae mathau modern o'r planhigyn yn eithaf gwydn.

Dyddiad a dull cynaeafu: Gellir cynaeafu'r planhigion pan fydd y pen hadau wedi troi'n frown, gan ddangos bod y pen yn ddigon sych. Dylai fod gan yr had gynhwysiad gwylybaniaeth o 12 - 16% ar gyfer cynaeafu.

Defnyddiau: Gellir defnyddio'r olew yn y diwydiannau cosmetig neu fwyd iach, yn ogystal â nifer o feysydd eraill fel mewn paent, canhwylau ac ireidiau. Caiff yr hadau eu hunain eu gwerthu fel bwyd iach a bwyd adar.

Prosesu a'r farchnad: Os caiff yr hadau eu cynaeafu gyda chynhwysiad gwylybaniaeth isel, gellir eu storio am gyfnodau hir. Mae cytundebau'n bodoli yn y DU, ond eu bod wedi'u canolbwyntio ar Dde Orllewin Lloegr ar hyn o bryd; mae marchnata'r hadau yn lleol yn opsiwn.

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