



2026 Sunflower Growing Contest

Steuben County 4-H is having a sunflower growing contest! Prizes will be awarded in each category. Care instructions are also available.

2026 Steuben County 4-H Sunflower Growing Contest Official Rules:

Categories:

☀️ The Largest Sunflower Head will be measured as the diameter of the seed head. The yellow petals will not be measured or required. The measurement will be taken across the head containing the sunflower seeds. Flower head will have to be pictured in the journal with youth in the picture.

☀️ The Most Colorful Flower A picture of the flower must be added to the journal.

A panel of judges will decide on a winner

☀️ The Tallest Sunflower Stock will be measured from the soil line to the base of the head. A picture with the youth in it will need to be in their journal. A measuring tape

should be in picture as well and then a close up picture of the measurement

☀️ Must Register by June 10th (to let us know you will be participating)

☀️ Sunflower must be grown by the youth

☀️ Any variety of sunflower is allowed, seeds don't have to be supplied by the 4-H office

☀️ A photo of the youth with their sunflower should be taken monthly is required to be in their journal that will be due September 21, 2026.

Care Instructions can be found at the [Cornell Website](#).