

Lessons from the Garden: "Sunflowers and Son flower"

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Sunflowers are flowers in the scientific Genus *Helianthus*. Helios is Greek for "sun" and Anthos for "flower." Not only do sunflowers' bright round flower heads look like the glowing sun the flowers also follow the path of the sun during the day in a process called heliotropism.



A young flower faces east at dawn and greets the sun, then slowly turns west as the sun moves across the sky. During the night, the sunflower slowly turns back east in expectation of the rising dawn sun. Interestingly, young flowers follow the sun by alternatingly elongating cells on different sides of their bodies—increasing their overall strength and biomass. Even on cloudy days, young sunflowers follow the pathway of the sun, orienting their leaves for maximum absorption of sunlight to power photosynthesis and provide fuel for the plant.



Mature sunflowers respond differently to the sun and gradually stop moving westward during the day and turn to face east all day long. Mature sunflowers that have finished growing permanently face East the direction of the rising sun. Flowers facing the sun receive more heat, and since pollinators prefer warmer flowers, this can increase their rate of pollinating as much as five times more than those not turning East. Mature sunflowers seem to be still since they know The Son will sustain them—and this allows them to reproduce themselves to create more Son followers.



It may be raining or overcast today, or for an entire week, but be like the sunflower, knowing that your life-source comes from the sun, from The Son (Yahusha Ha'Mashiach)—who shines daily, even during cloudy skies. Position yourself to receive that son-light, new each morning, which will feed you, grow you and result in your bearing fruit even through wet overcast skies.