
Drying & Roasting Sunflower Seeds

Sunflower seeds are usually left on the flower to dry. The flower may have to be wrapped with cheesecloth to prevent the birds from eating the seeds.



Roasted, hulled seeds

Place a single layer of raw dehulled kernels in a shallow pan. Roast in a 300 degree F oven for 30 to 40 minutes or until brown and crisp. Stir occasionally. Remove from the oven. One teaspoon of melted butter may be added if preferred for each cup of seeds, stirring evenly to coat. Place the seeds on absorbent paper. Salt to taste. Store in tightly covered container.

Salted in the shell seeds

Cover unhulled seeds with salted water in the amount of 2 quarts water to ¼ to ½ cup salt. Bring to a boil and simmer for 2 hours. Drain and dry on absorbent paper. Seeds can also be soaked overnight instead of boiled. Proceed as for roasted kernels above.

Source: Kansas State University Research and Extension