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[source](#) [2]

Crops:

[sunflower](#) [3]

Preparation:

[braise](#) [4]

Recipe Type:

[appetizers](#) [5]

Season:

[summer](#) [6]

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Links:

[1] <http://www.missladybugsgarden.com/1/post/2012/05/braised-sunflowers-with-herbed-ricotta.html>

[2] <http://www.missladybugsgarden.com>

[3] <http://kgi.org/crops/sunflower>

[4] <http://kgi.org/preparation/braise>

[5] <http://kgi.org/recipe-type/appetizers>

[6] <http://kgi.org/season/summer>