

Helenium autumnale

Common Sneeze Weed

Preferred Water Depth and Inundation Tolerance

Prefers moist to saturated soil. Tolerates brief, shallow inundation like that found in wet prairies, fens, and sedge meadows.

Wildlife Value

Attracts butterflies and provides cover.

Application/Zone

Fibrous root system can help stabilize upper shoreline zones, streambanks, and vegetated swales.

Availability, Establishment, and Maintenance

- Propagate by divisions or seed in the spring.
- Seed is widely available from commercial vendors.
- Excellent germination of seed occurs within 4 weeks.

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Mature Height

3-5 feet

Plant Type

Perennial herb

Indicator Status

Facultative Wet (+)

pH

6-7

Nutrient Load Tolerance

Moderate to high

Salt Tolerance

Not available

Siltation Tolerance

Moderate to high

Flowering Color and Time

Yellow

August to November

Light Preference

Full sun to partial shade

Seeding Rate

.12- .5 lbs/acre

