Helenium autumnale

Common Sneezeweed





Summer Foliage

Summer Flowers

Characteristics: Perennial herb

Appearance:

Height – 2-5 ft. **Spread** – 2-3 ft.

Flower Color – Yellow with dull yellow/black/brown center

Flowering Period – July-October

Habitat (Community): Moist, open areas along streams & ponds; wet meadows

Hydrology:

Indicator status – Facultative Wetland –, Obligate Wetland
Non-Tidal Regime – Prefers rich, moist soils. Intolerant of dry soils. Do not tolerate heat and humidity well. Needs full sun to partial shade.

Wildlife Benefits: Minor source of food for large mammals (Toxic if eaten in large quantities). Attracts butterflies

Distribution: Quebec to Florida, west to British Columbia and Arizona