



Photo credit: Applewood Seed Company

Common Names:
Sneezeweed, Helen's
Flower

Plant Type: Perennial

Light Requirements:
Full Sun

Height: 2-5ft

Bloom Time: August-
Sept

Hardiness Zone: 3-8

Helenium autumnale

Helenium is an erect, clump-forming perennial that is covered in yellow flowers in late summer and early fall. Helenium grows best in full sun and appreciates consistent moisture. It can tolerate wet soils and does not prefer to be fertilized. Helenium blooms in the late summer, usually beginning in August. Taller varieties tend to flop and would benefit from staking. Plants can be cut back in June prior to flowering, which can create shorter plants with better branching and less need for support. This can delay flowering but will often result in more floriferous bloom.

Helenium is native to the United States. Its common name of Sneezeweed comes from the plant's historic use as dried leaves and flowerheads in snuff, inhaled to cause sneezing that would supposedly drive evil spirits from the body. Despite its name, Sneezeweed does not typically cause allergies.

References:

<https://plants.ces.ncsu.edu/plants/helenium-autumnale/>

<https://hort.extension.wisc.edu/articles/helenium-helenium-autumnale/>

<https://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=c930#AllImages>

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