Sunflower

Heliopsis helianthoides

Plant Height: 3 feet

Flower Height: 4 feet

Spread: 3 feet

Spacing: 30 inches

Sunlight:

Hardiness Zone: 2

Other Names: Oxeye Daisy, Perennial Sunflower



Sunflower flowers
Photo courtesy of NetPS Plant Finder



Sunflower flowers
Photo courtesy of NetPS Plant Finder

Ornamental Features

Sunflower has masses of beautiful gold daisy flowers at the ends of the stems from early summer to mid fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its serrated oval leaves remain green in color throughout the season.

Landscape Attributes

Sunflower is an herbaceous perennial with an upright spreading habit of growth. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition.

This is a relatively low maintenance plant, and is best cleaned up in early spring before it resumes active growth for the season. It is a good choice for attracting butterflies to your yard. It has no significant negative characteristics.

Sunflower is recommended for the following landscape applications;

- Mass Planting
- General Garden Use
- Naturalizing And Woodland Gardens

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Planting & Growing

Sunflower will grow to be about 3 feet tall at maturity extending to 4 feet tall with the flowers, with a spread of 3 feet. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 30 inches apart. It tends to be leggy, with a typical clearance of 1 foot from the ground, and should be underplanted with lower-growing perennials. The flower stalks can be weak and so it may require staking in exposed sites or excessively rich soils. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 10 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!



Sunflower in bloom
Photo courtesy of NetPS Plant Finder

This plant does best in full sun to partial shade. It is very adaptable to both dry and moist locations, and should do just fine under typical garden conditions. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This species is native to parts of North America. It can be propagated by division.

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