HERITAGE
FARM & GARDEN

Sneezeweed

Helenium autumnale



Sneezeweed flowers
Photo courtesy of NetPS Plant Finder

Plant Height: 3 feet

Flower Height: 4 feet

Spread: 30 inches

Spacing: 24 inches

Sunlight:

Hardiness Zone: 3a

Other Names: Helen's Flower, Fall Helenium

Description:

A late summer and fall bloomer that brightens the garden with vibrant yellow flowers, when everything else starts to fade; adapts to most soils; regular watering needed

Ornamental Features

Sneezeweed has masses of beautiful yellow daisy flowers with gold eyes at the ends of the stems from late summer to mid fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its pointy leaves remain green in color throughout the season.

Landscape Attributes

Sneezeweed 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 plant will require occasional maintenance and upkeep, and should be cut back in late fall in preparation for winter. It is a good choice for attracting butterflies to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Disease

Sneezeweed is recommended for the following landscape applications;

- Mass Planting
- General Garden Use
- Container Planting

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Planting & Growing

Sneezeweed will grow to be about 3 feet tall at maturity extending to 4 feet tall with the flowers, with a spread of 30 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 24 inches apart. 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!

This plant should only be grown in full sunlight. It prefers to grow in moist to wet soil, and will even tolerate some standing water. It is not particular as to soil type or pH. It is somewhat tolerant of urban pollution. This species is native to parts of North America. It can be propagated by division.

Sneezeweed is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.