



Ox-eye Sunflower

Helianthus helianthoides

Growing Information

- Plant Type: Perennial
- Sunlight: Sun, Part Sun
- Soils: Average, Moist or Dry
- Bloom Time: Yellow flowers in July, August, September
- Size: 3-5ft in height; 1-3ft spread

Useful for accent, mass or grouping. Excellent for a wildlife garden or meadow. Plants provide showy blooms and erosion control. Appropriate for cottage gardens, water-wise landscapes, low maintenance plantings, perennial borders, and shade gardens.

Garden Companions

Wild Bergamot (*Monarda fistulosa*), White Snakeroot (*Eupatorium coelestinum*), Blazing Star (*Liatris spicata*)

Nature Benefits

- Pollinator powerhouse!
- Goldfinches and other songbirds relish the seeds.

Natural Habitat

Occurs in open woods, woodland borders, grassy meadows, stream banks, disturbed roadsides.