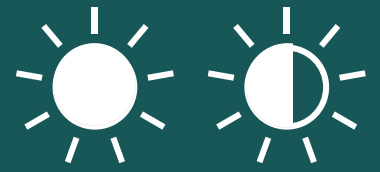


PERENNIAL



# Purple-Headed Sneezeweed

## *Helenium flexuosum*



DAINTY SULPHUR BUTTERFLY

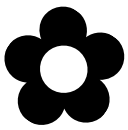


- Prefers moist soil
- Blooms yellow, Aug-Oct
- May become floppy in very rich soil or too much shade
- Will not make you sneeze

### HELPFUL TIPS:

For a shorter more compact plant, cut back in early June. Divide every 3-4 years. Intolerant of dry soils. Has a long bloom time.

*COMPANIONS: Bog Goldenrod, Steeplebush, Swamp Aster, Queen of the Prairie Obedient Plant, Purple Giant Hyssop, Blue Vervain, Ironweed, Monkeyflower*



Fall Flowers



Deer Resistant



Pollinator Powerhouse



Valuable Host Plant



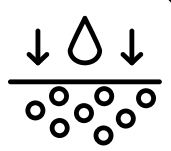
Benefits Birds



Riaprian Buffer



Rain Garden



Consistent Moisture

**Height:** 1-3 feet  
**Spacing:** 1-2 feet

**Soil:** Average, Rich, Clay Wet, Med-Wet, Med