

# Sneezeweed

Scientific Name: *Helenium autumnale*



<u>Life Cycle</u>	<u>Plant Height</u>	<u>Plant Spacing</u>	<u>Soil Moisture</u>	<u>Sun Exposure</u>	<u>Bloom Period</u>
Perennial	4 feet	18 - 24 in	Wet - Medium/Wet	Full, Partial	August - October

The large and numerous daisy-like, yellow flowers of *Helenium autumnale* can provide welcome color in late summer and autumn when many other blossoms have disappeared. Sneezeweed prefers full to partial sun and wet to wet-medium soils. Despite its common name, it presents no problems for most allergy sufferers. Its pollen is distributed by insects, not wind. Sneezeweed is one of the host plants of the Dainty Sulphur.

\*\*\*All information collected from [www.prairiemoon.com](http://www.prairiemoon.com)\*\*\*