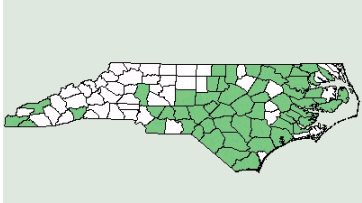


# **SWAMP SUNFLOWER**

Helianthus angustifolius

***AKA Narrow-leaved Sunflower. A showy and popular species loved by gardeners everywhere.***



**Description:** Swamp sunflower is a perennial with a multi-branched stem with rough, sandpapery leaves. The happy yellow flowers, 2-3 inches across, are borne profusely in late summer and autumn. Rays are golden yellow and discs are reddish brown or purplish.

**Natural Habitat:** swamps, wet pinelands, coastal salt marshes and moist disturbed sites and is often common along roadside ditches and fence lines.

**Conservation Status:** Threatened in New York; Endangered in Pennsylvania

**Size:** 6ft tall

**Growth Rate:** Moderate.

**Light:** Full sun

**Planting and Care:** Salt tolerant and can tolerate waterlogged soils for extended periods. Prefers moist soil but will thrive in well- drained locations if watered during dry spells. Swamp sunflower will die to the ground after the first freeze, and returns in spring. For a bushier plant, you can cut the plant back in June. Divide the root mass in spring or autumn.

**Ornamental Value:** Showy - ideal in wildflower gardens or mixed perennial beds.

**Landscape Usage:** It is rather inconspicuous most of the year, lying low and unobtrusive, but still attractive with deep green leaves and maroon stems. However, narrow-leaved sunflower comes alive and brightens everything around it from September 'till November.

**Wildlife Benefits:** Butterflies are attracted to the flowers.