



Narrowleaf Sunflower

Helianthus angustifolius

Plant Description – native, herb/wildflower, deciduous, perennial

Height: 3 - 6 ft **Width/Spread:** up to 4 ft



Leaves

Shape: linear

Arrangement: opposite

Margin: entire

Form: simple

Leaf Description: dark green; pointed; ½ inch wide and can be over 8 inch long; opposite near the base, alternate above the middle of the stem; sandpaper-like surface

Flower/Bloom

Flower Color: yellow

In Bloom: Oct

Flower Shape: radiate/ ligulate

Flower(s) Description: ray florets (narrow, petal-like, infertile florets that surround the disk) and disk florets (tubular, fertile florets that forms disk) form 2-3 inch heads; tiny, reddish brown disk florets in the center surrounded by strap-shaped, yellow ray florets



Fruits & Seeds

Spreads via: Seeds & Rhizomes

Seed Type: dry seed pod

Seed Season: Fall

Fruit and Seed Description: seed is small, brown, flat, and longer than wide

Ecological Benefits

Food source for Butterflies, Caterpillars (Silvery Checkerspot), Native Bees, and Other Birds

Maintenance Notes

Dormant in winter; prefers moist to wet soil at all times (*water three times per week*)