



Top Photo: Illinois Wildflowers
Bottom Photo: Missouri Botanical
Gardens

False Sunflower

Heliopsis helianthoides

Light:	Full Sun
Soil:	Sand, Loam, Clay
Moisture:	Dry, Medium, Moist
Benefits:	Pollinators, Butterflies, Birds, Host Plant
Height:	3'-6'
Blooms:	Jun, Jul, Aug, Sep
Zones:	3, 4, 5, 6, 7, 8
Color:	Yellow
Spacing:	1'
Root:	Fibrous

A member of the Aster family, False Sunflower is a relative of the true sunflower *Helianthus* and is also known as Ox Eye Sunflower, Ox-eye Daisy or Smooth Oxeye. The plant is easily grown in average, dry to medium, well-drained soil in full sun and does best if watered regularly. Flowers bloom throughout the summer.

False Sunflower is considered one of the best hardy plants for a wildflower garden border. Staking may be necessary in shady locations. The nectar attracts butterflies and other pollinators, birds utilize the seed as a food source, and stems provide winter cover for beneficial insects.