



Top Photo: Katy Chayka, Minnesota Wildflowers
Bottom Photo: Peter M. Dziuk, Minnesota Wildflowers

Cup Plant

Silphium perfoliatum

Light:	Full Sun, Partial Sun
Soil:	Rich Loam, Sandy Loam
Moisture:	Medium-Wet, Medium
Benefits:	Pollinators, Bees, Butterflies, Birds, Hummingbirds, Deer Resistant
Height:	6–8'
Blooms:	Jul, Aug, Sep
Zones:	4, 5, 6, 7, 8
Color:	Yellow
Spacing:	2' to 4'
Root:	Deep Fibrous

Cup Plant is a very tall plant that establishes well in average garden soil or heavier, wet soils and can reseed liberally in the right conditions; as a result, it should be used with caution home gardens. One of the best wildflowers for attracting birds, Cup Plant provides seeds for food and good cover if densely planted. The cup that is formed where the leaves attach to the stems provides water to birds and other wildlife.

With flower heads averaging three inches across, the plant is wonderful along a fence for privacy and at the back of a native garden. Due to the extensive deep root system, Cup Plant is difficult to transplant once it is established.