

SUNFLOWER

HELIANTHUS

PLANT CHARACTERISTICS

Size

3 – 10' high, 1.5 – 3.0' wide

Sun/Shade

Full Sun

Water

Dry to Medium

Maintenance

Low

Life Span

Annual, Zones 2-11

Description

Helianthus, also known as the Sunflower (*Helianthus annuus* is the Common Sunflower), is a group of at least 150 different species of flower and with all the crossing and hybridization that has taken place, many cultivars have been created exhibiting a multitude of colors, shapes and sizes. Sunflowers grow rapidly from seeds so there is no need to start them indoors. They produce blooms in July and August ranging from 3" to 12" (mammoth variety) and the flower heads tend to follow the sun throughout the day. They attract butterflies and birds who love the seeds so avoid removing declining heads if at all possible. Sunflowers are susceptible to rust, leaf fungal spots and powdery mildew. Also watch out for caterpillars and beetles. Depending on size, they can be used for borders, backdrops and garden groupings. The larger varieties will need to be staked for support.

Source: [NC State Extension](#), [Missouri Botanical Garden](#)



Have questions or need help?
Contact us at GreenHelpLine@gmail.com.

