False Sunflower

Heliopsis helianthoides



False Sunflower flowers
Photo courtesy of NetPS Plant Finder

Plant Height: 3 feet

Flower Height: 4 feet

Spread: 3 feet

Spacing: 30 inches

Sunlight: ○ ◐

Hardiness Zone: 2

Other Names: Oxeye Daisy, Perennial Sunflower

Description:

Beautiful golden daisy-like flowers are featured on lush, upright mounds of deep green, toothy foliage; blooming all summer long and into the fall, this heat and drought tolerant selection is idea for borders, containers and cutting gardens

Ornamental Features

False Sunflower has masses of beautiful gold daisy flowers at the ends of the stems from early summer to mid fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its serrated oval leaves remain green in color throughout the season.



False Sunflower in bloom
Photo courtesy of NetPS Plant Finder

Landscape Attributes

False Sunflower is an herbaceous perennial with an upright spreading habit of growth. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition.

This is a relatively low maintenance plant, and is best cleaned up in early spring before it resumes active growth for the season. It is a good choice for attracting butterflies to your yard. It has no significant negative characteristics.

False Sunflower is recommended for the following landscape applications;

- Mass Planting
- Border Edging
- General Garden Use
- Naturalizing And Woodland Gardens
- Container Planting

Planting & Growing

False Sunflower will grow to be about 3 feet tall at maturity extending to 4 feet tall with the flowers, with a spread of 3 feet. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 30 inches apart. It tends to be leggy, with a typical clearance of 1 foot from the ground, and should be underplanted with lower-growing perennials. The flower stalks can be weak and so it may require staking in exposed sites or excessively rich soils. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 10 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant does best in full sun to partial shade. It is very adaptable to both dry and moist locations, and should do just fine under typical garden conditions. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This species is native to parts of North America. It can be propagated by division.

False Sunflower is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.