



UTAH POLLINATOR HABITAT PROGRAM

Sneezeweed (*Helenium autumnale*)



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Zone: 3-9

Color: Yellow

Bloom Time: July to October

Plant Type: Perennial herb

Mature Height: 3-5' tall

Mature Spread: 3' wide

Water Use: Moderate to high

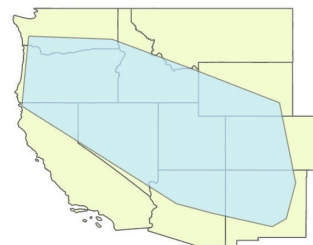
Soil Type: Loamy to silty soils that are high in organic matter

Range and Native Habitat: Sneezeweed occurs throughout the western United States. It grows in wet to moist soils in meadows, marshes, soggy thickets, and moist margins of streams, creeks, ponds, and ditches.

Suggested Maintenance: A spring pruning can encourage stronger branching and denser growth.

Other: Sneezeweed received its name because the flowers were pulverized to make a snuff that induced sneezing. Sneezing was believed to clear the head and relieve headaches. The genus is thought to have been named for Helen of Troy; the story is that the flowers sprung up from the ground where here tears fell. The plant attracts a large number of native bees, wasps, flies, butterflies, and beetles. It is very toxic to livestock.

Distribution Map



Wildlife Supported



Landscaping Information



Sun
Full sun to part shade



Water Needs
Moderate to high



Summer Irrigation
Max 4x / month once established



Soil Drainage
Moderate



Propagation
By seed in the spring