



# UTAH POLLINATOR HABITAT PROGRAM

## Oneflower Sunflower (*Helianthella uniflora*)



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**Zone:** 4-7

**Color:** Yellow

**Bloom Time:** May-August

**Plant Type:** Perennial herb

**Mature Height:** 2-3' tall

**Mature Spread:** 1-2' wide

**Water Use:** Low water

**Soil Type:** Coarse, shallow, well-drained soils.

**Range and Native Habitat:** Oneflower Sunflower can be found in most western states from Montana to New Mexico with the exception of California and southern Arizona. It prefers open exposures on hillsides between about 3,900 and 10,500 feet in elevation in sagebrush, pinyon-juniper, mountain brush, ponderosa pine, aspen, and spruce-fir communities.

**Suggested Maintenance:** Care should be taken during the first few years not to trample the plants. Once established, Oneflower Sunflower is fairly resilient and resistant to trampling and grazing. At this stage, it is also relatively competitive against weeds.

**Other:** The flowers are used as a pollen source for a number of native bees, including mason bees.

### Distribution Map

### Wildlife Supported



### Landscaping Information



**Sun**  
Full sun to part shade



**Water Needs**  
Low



**Summer Irrigation**  
Max 1x / month once established



**Soil Drainage**  
Fast



**Propagation**  
By seed, root division