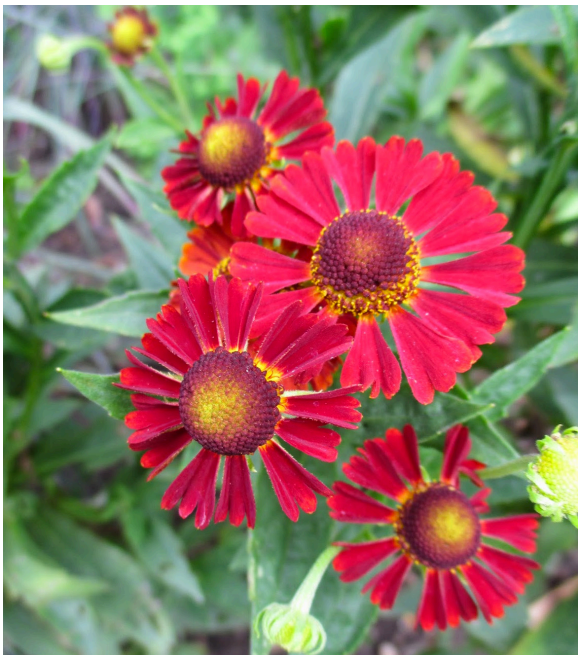
Helen's Flower 'Siesta'
(Helenium autumnale)

18-20" x 20-24" compact upright clumps; stout rigid well-branched stems. Bushy basal growth.

CT native. Found in thickets, wet meadows, swamps, along streams.

Rounded flowers with deep true-red wedge-shaped petals with ruffled edges, surrounding a maroon and yellow cone, giving the flowers a 2-tone effect. Blooms June to September. Remove spent flowers for additional bloom.

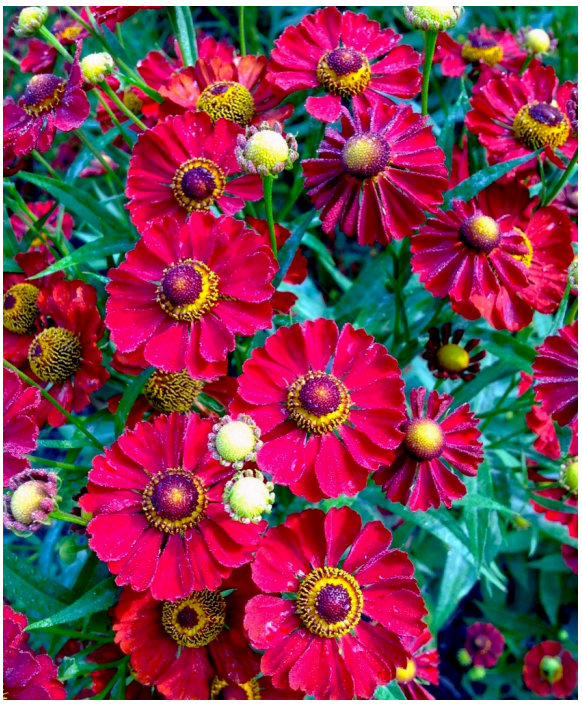
Narrow lance-shaped dark green 4-6" leaves.



Full sun. Medium to wet soil, prefers rich, moist soils. Easy to grow.
Clumps do not flop, so no staking is needed.

Use in borders, cottage gardens, cutting gardens, rain gardens, meadows, moist soils, along bodies of water.
Excellent for massing and drifts, especially with ornamental grasses. Excellent cut flowers with long vase life, sturdy stems.
Stream buffers.

Attracts long-tongued bees, honey bees, bumblebees, miner bees.
Butterflies are attracted by the abundant blooms.
A natural rabbit repellant. Deer resistant, as leaves are toxic and bitter to mammals.



Above Photo: Sue Cro
flickr.com/photos/31018850@N04/28678847344/sizes/l
Photos 1, 3: Plants Nouveau
plantsnouveau.com/plant/helenium-mariachi-siesta
Photo 2: Mark Dwyer, Director of Horticulture
Rotary Botanical Gardens
rotarygardens.blogspot.com/2014/12/dont-sneeze-at-sneezeweed.html