




Heliopsis helianthoides

(Smooth) Oxeye

Tried and True
Native Plant Selections
for the Mid-Atlantic

Sometimes referred to as False Sunflower, this hardy native* of open woodlands, prairies, and fields is notable for its eight-week period of peak bloom. Its 2- to 3-inch, showy yellow flowers attract a wide variety of pollinators and make it a wonderful addition to a cutting garden.



| Perennial | Flowers En Masse and Close-up, Fruit | |
|---|--|--|
| Height: 3–6 feet |  | |
| Spread: 2–4 feet | | |
| Bloom Color: Yellow | | |
| Characteristics | | |
| Upright, clumping, herbaceous perennial with stiff, branched, hairy stems |   | |
| Opposite , ovate , toothed leaves, six inches long | | |
| Orange-yellow composite flowers with persisting rays slightly notched at the tips and dark cone-shaped disks on pubescent peduncles June–Sept | | |
| Small, flattened, dark-colored fruit (cypselae) with pappi absent or of 2–4 obscure teeth | | |
| Spreads by self-sowing; difficult to divide | <div style="background-color: #4a4a9a; color: white; padding: 5px;">Excellent Replacement for</div> <p><i>Anthemis tinctoria</i> - Golden Marguerite</p> <p><i>Calendula officinalis</i> - Marigold</p> <p><i>Chrysanthemum morifolium</i> - Chrysanthemum</p> <p><i>Gerbera jamesonii</i> - Gerbera Daisy</p> <p><small>*<i>Heliopsis helianthoides</i> var. <i>helianthoides</i> is native to DC and rare in DE. It has been reported mostly in MD's Carroll and Howard counties and is present throughout PA. In VA, it is frequent to common in the mountains, infrequent in the Piedmont, and rare in the Coastal Plain.</small></p> | |
| Attributes | | |
| Tolerates drought, erosion, and clay , dry, or rocky soil; no serious pests or diseases | | |
| Deer rarely severely damage | | |
| Can be used in fresh floral arrangements | <div style="background-color: #4a4a9a; color: white; padding: 5px;">Growing and Maintenance Tips</div> <p>Soil Requirements: Well-drained</p> <p>Light Requirements: Sun, Partial Shade</p> <p>Water Requirements: Dry, Moist</p> <p>Cut back by up to ½ in May to reduce need for staking; more support needed w/ increased shade</p> <p>Deadhead to extend bloom season</p> <p>Use in borders, cutting gardens, and meadows</p> <p>Hardiness: USDA Zones 3a–9b</p> | |
| Attracts many pollinators incl. hummers to nectar and/or pollen and birds to seeds; winter cover for beneficial insects; larval host to ~2 lepidopterans | | |
| Growing and Maintenance Tips | | |
| Excellent Replacement for | | |
| <i>developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria</i> | | |

Images by Elaine Mills, Pollinator Garden, Gulf Branch Nature Center and Arlington, VA and by Mary Free (fruit), Glencarlyn Garden



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