### Heliopsis helianthoides
*(Smooth) Oxeye*

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

<table>
<thead>
<tr>
<th>Feature</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>3–6 feet</td>
</tr>
<tr>
<td>Spread</td>
<td>2–4 feet</td>
</tr>
<tr>
<td>Bloom Color</td>
<td>Yellow</td>
</tr>
</tbody>
</table>

#### Characteristics

- Upright, clumping herbaceous perennial with stiff, branched stems
- Opposite, ovate, toothed leaves, 6 inches long
- Orange-yellow daisy-like flowers w/ persisting rays and dark cone-shaped centers June to September
- Small, flattened, dark-colored fruit (cypselae) without tufts of hair or significant scales
- Spreads by self-sowing; difficult to divide

#### Attributes

- Tolerates drought, erosion, and clay, dry or rocky soil
- No serious pests or diseases
- Deer rarely severely damage
- Nectar and pollen attract many pollinators; birds eat seeds; winter cover for beneficial insects

#### Growing and Maintenance Tips

- **Soil Requirements:** Well-drained
- **Light Requirements:** Sun, Partial Shade
- **Water Requirements:** Dry, Moist
- **Deadhead to extend bloom season:**
- **Cut back by up to ½ in May to reduce need for staking; more support needed w/ increased shade:**
- **Use in borders, cutting gardens, and meadows:**
- **Hardiness:** USDA Zones 3–9

*In the Mid-Atlantic Region, it is native to DC, rare in the Piedmont and Coastal Plain of DE, and present in MD and in much of PA. It is found in NoVA, although it is most frequent in the mountains and rare in the Coastal Plain in VA.*

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*Images by Elaine Mills, Arlington, VA*