

Helianthus angustifolius



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Swamp Sunflower; Narrow-leaved Sunflower

Asteraceae (Compositae)

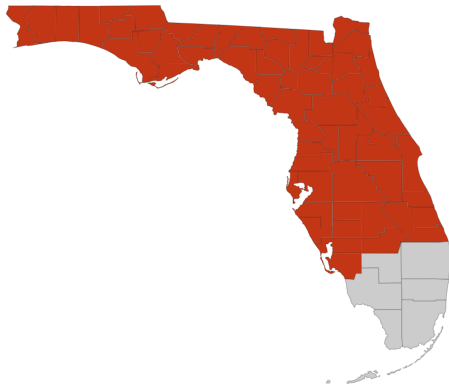
Plant Specifics

- Size: 5-8 ft
- Life Span: Short-lived perennial
- Flower Color: Yellow
- Phenology: Winter dormant. Blooms in fall.
- Habitats: Flatwoods, marsh edges, cutthroat seep.

Landscaping

- Recommended Uses: Plant as a buffer along the edge of wetlands a swale, or any other open wet site. Forms clones of plants up to 6 ft wide.
- Light: ☀ Full Sun
- Moisture Tolerance: Stays Wet ----- to ----- Usually moist, occasio inundation
- Salt Water Flooding Tolerance: Not salt tolerant of inundation by salty or brackish water.
- Salt Spray Tolerance: Some tolerance to salty wind but not direct spray.
- Soil/Substrate: Loam, Sand

Natural Range in Florida



USDA Zones

Suitable to grow in:



Wildlife



Birds and small mammals eat the seeds.

Primarily pollinated by bees. The goldenrod soldier beetle (a.k.a. leatherwing beetle), *Chauliognathus pensylvanicus* is a goldenrod pollinator ([FL Wildflower Foundation](#)).

