

# *Helianthus carnosus*



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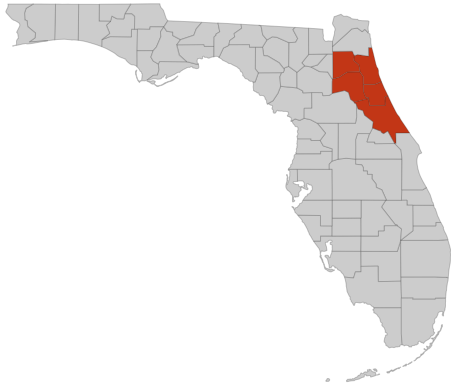
## Lakeside Sunflower, Flatwoods Sunflower

### *Asteraceae (Compositae)*

#### Plant Specifics

Size:	ft
Life Span:	Short-lived perennial
Flower Color:	Yellow
Fruit Color:	White,NA
Phenology:	Winter dormant
Habitats:	Wet flatwoods, savannas, roadside ditches.

#### Natural Range in Florida



#### USDA Zones

Suitable to grow in:

9A 9B

#### Landscaping

Recommended Uses:	Wildflower garden
Light:	☀️ Part Shade
Moisture Tolerance:	Usually moist, occasional inundation ----- to - Not wet but not extremely dry
Salt Water Flooding Tolerance:	Not salt tolerant of inundation by salty or brackish water.
Salt Spray Tolerance:	Low/no tolerance of salty wind or direct salt spray
Soil/Substrate:	Organic material (muck), Sand

#### Wildlife



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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](#)).