



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	En Masse, Flower	
Height: 3–6 feet		
Spread: 2–4 feet		
Bloom Color: Yellow		
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 (cypsela) 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	Excellent Replacement for	
Light Requirements: Sun, Partial Shade	<i>Anthemis tinctoria</i> - Golden Marguerite	
Water Requirements: Dry, Moist	<i>Calendula officinalis</i> - Marigold	
Deadhead to extend bloom season	<i>Chrysanthemum morifolium</i> - Chrysanthemum	
Cut back by up to ½ in May to reduce need for staking; more support needed w/ increased shade	<i>Gerbera jamesonii</i> - Gerbera Daisy	
Use in borders, cutting gardens, and meadows	*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.	
Hardiness: USDA Zones 3–9		
developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria		

Images by Elaine Mills, Arlington, VA