



FLORIDA
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Southeastern sneezeweed

(*Helenium pinnatifidum*)

For definitions of botanical terms, visit
en.wikipedia.org/wiki/Glossary_of_botanical_terms.

Don't let the name fool you — sneezeweed does not refer to the biological reaction one might have to smelling it. Rather, it is a reference to the plant's historic use. Native Americans were known to dry and grind into a powder certain species of *Helenium* and use it as snuff.

Southeastern sneezeweed is an herbaceous perennial with delightful sunny blooms. Flowers are solitary and comprised of a broad and dense cluster of yellow disk florets surrounded by many bright yellow ray florets, each with three lobes or notches. Flowers are 2–3 inches in diameter. Stems are erect, unbranched and may be pubescent or glabrous. They arise from a basal rosette of leaves that may have entire or slightly toothed margins. Stem leaves are sessile, alternately arranged and become reduced as they ascend the stem. Seeds are borne in brown, hairy achenes.

Flowers typically bloom in spring, but may bloom year-round. They occur naturally in wet flatwoods and roadside ditches, and along marsh and swamp edges throughout Florida.

Family: Asteraceae (Aster, composite or daisy family)

Native range: Nearly throughout

To see where natural populations of Southeastern sneezeweed have been vouchered, visit
www.florida.plantatlas.usf.edu.

Hardiness: Zones 8a–10b

Soil: Moist to wet soils

Exposure: Full sun

Growth habit: 1–3' tall

Propagation: Seed, division

Garden tips: Southeastern sneezeweed is a wetland plant that will only thrive in moist soil. It is not drought tolerant. When planted en masse, it puts on a dazzling spring display.

Southeastern sneezeweed plants are occasionally available at nurseries that specialize in native plants. Visit PlantRealFlorida.org to find a native nursery on your area.



Photo by Stacey Matrazzo

