

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing Helenium

Helenium is a perennial that will bloom from the late summer to early fall. Its blooms resemble daisies, but bright yellow. The bloom is on top of tall stems. Helenium is also commonly known as Sneezeweed. Although yellow blooms are the most common, Helenium can bloom in bright red or bronze colors, as well. It is a perennial, but it will live for about four to five years.

To plant:

Sow Helenium seeds indoors 8 to 10 weeks before the last frost. Transplant the flowers outside when the air is cool and there is still possibility of a frost. Direct sowing can take place in the early spring or the early fall. Seeds will sprout within 10 days, and the idea temperature for seeds to germinate is 70 degrees. When planting, barely cover the seeds with soil.

To grow:

Once the seeds have sprouted, thin them to stand 36 inches apart. Gardeners may need to stake the taller varieties of Helenium, especially in windy areas. Helenium grows best in soil with a pH of 5.5 to 7.0. Keep the soil moist between watering. Gardeners will need to deadhead once the flowers begin their blooming season. This encourages the plant to focus its energy into more flowering instead of producing seeds. Every three or four years, divide clumps of Helenium to encourage it to maintain its vigor. Divide the plants in the spring in cooler climates and in the fall in warmer climates. In late June, cut the Helenium plants back to half of its height. This will make the foliage thicker and encourage more flowering the following



[Helenium seed available at ufseeds.com](http://ufseeds.com)

spring. Before the first frost, spread a thick layer of hay over the ground around the Helenium to insulate the soil during the coldest months of the year. Remove the hay early spring.

To harvest:

In the past, Helenium's leaves would be harvested in order to be dried and then make snuff, which was inhaled to encourage sneezing, which, in some cultures, was said to remove the body of evil spirits. This flower may add to a bouquet's appearance due to its clustered blooms and tall stems.

What Helenium craves:

Feed Helenium once each spring with a balanced, slow-release fertilizer. Make sure you apply the fertilizer just before the new growth begins. When fertilizing, ensure you water thoroughly before and after applying the fertilizer to help prevent root burn.



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Where to buy Helenium seeds:

Sneezeweed will produce plenty of beautiful and large flowers that resemble daisies. You can find Helenium seeds on our website at ufseeds.com!



[Helenium seed available at ufseeds.com](http://ufseeds.com)



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