

Swamp Sunflower

(*Helianthus angustifolius*)



Sun Exposure: sun to partial shade

Height: 6 - 8ft.

Bloom Season: late summer/fall

Wildlife: Provides nectar for butterflies and bees

Songbirds eat the seeds

Deer Resistant

Fun Facts: Cut the plant back to knee height in mid-June, for a slightly shorter and bushier plant.

***NC Native**

For more info:

