



center  
—for—  
native  
plants

# Helenium

*Helenium autumnale*  
Sunflower/Aster Family

- Great addition to rain gardens for its ability to tolerate moist conditions
- Is a host plant of the Dainty Sulphur Butterfly
- Habitat includes moist meadows, open woodlands, and margins of streams/ponds
- '*autumnale*' refers to how the plant flowers in autumn

