

Common Sneezweed (*Helenium autumnale*)

Aster Family

Other Common Names: yellow sneezweed, fall sneezweed, autumn sneezweed

Scientific Name: *Helenium autumnale* L.

Plant Symbol: HEAU

Distinguishing characteristics: Plants clump forming with 1 to several erect stems arising from a root crown; stems are winged with narrow bands of tissue extending down the stem from the leaf bases; leaves elliptic to widest near the top, 3-5 in. long by about 1 inch wide, and with a pointed tip; flowering heads daisy-like; rays yellow, broadest at the top and with 3 teeth at the end of each ray; centers ball-shaped and yellow.

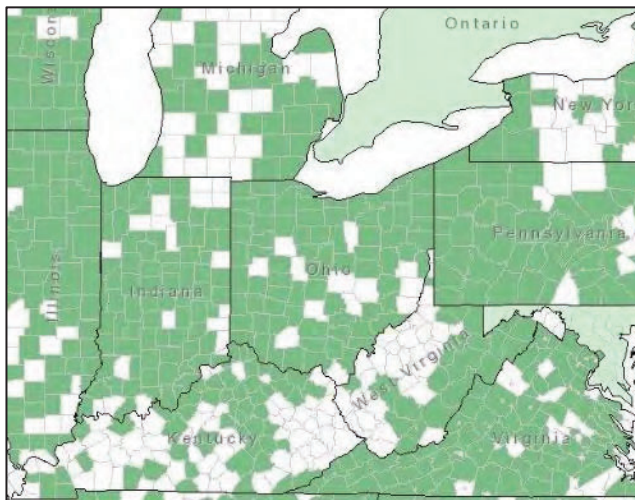
Plant Height: 2-5 ft.

Blooms/Fruits: August–November

Duration: Perennial, herbaceous

Pollinator Value: Visited by honey bees, native bees (including bumble bees), wasps, flies, butterflies, moths and beetles.

Habitat: Wet pastures and meadows, stream and pond banks, swamps, sloughs, moist depressions, ditches roadsides, and moist disturbed areas.

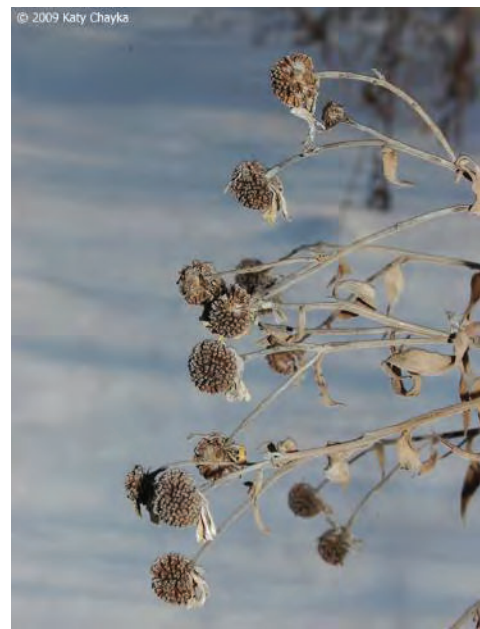




Flowering/close-up of flowers/bud



Winged stem



Mature plant