



Photos: Arthur Haines

# THINLEAF SUNFLOWER

*Helianthus decapetalus*

Elegant perennial native sunflower will tolerate varied tough spots and shade. *Helianthus* hosts the third most species of caterpillars throughout most of Maine, and several species of bees that specialize on its flowers. Responds well to pruning (to encourage spreading and blooms) and dividing like exotic perennials.

## Growing Information

Sunlight Full sun, part sun, part shade  
Soil Type Widely varied, dry to moist  
Height 3–6'  
Flowering calendar July, August

## Benefits for Wildlife

Leaves Yes  
Flowers Yes  
Fruit  
Seeds Yes  
Host to 60 caterpillar species, including (common names): Isabella Tiger Moth (Woolly Bear caterpillars); Painted Lady; Whitemarked Tussock; Eight-spot moth; *Authographa flagellum*

## Benefits for People

- Deer resistant

## Natural Habitat

Woodland clearings, river banks, and fields

