



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

