



Photo: Arthur Haines

# THIN-LEAVED SUNFLOWER

*Helianthus decapetalus*

Elegant perennial native sunflower that can tolerate varied tough spots and shade. Helianthus is a major caterpillar host throughout most of Maine, and several species of bees specialize on its flowers.

## Benefits for Wildlife

- There are at least six species of bees and ten species of Lepidoptera that specialize on Helianthus
- Seeds eaten by songbirds, game birds, and small mammals
- Muskrats eat foliage and use stems for lodge building materials

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

## Benefits for People

- Deer resistant
- Responds well to pruning (to encourage spreading and blooms) and dividing

## Growing Information

<i>Sunlight</i>	Full sun, part sun, part shade
<i>Soil Type</i>	Widely varied, dry to moist
<i>Height</i>	3–6'
<i>Width</i>	1–3'
<i>Flowering calendar</i>	July, August

## Natural Habitat

Woodland clearings, river banks, and fields

