

# Sneezeweed

*Helenium autumnale* is an important nectar source for many bees, butterflies and insects. Despite the name, it will not cause you to sneeze. The name is derived from the traditional use of this plant as a snuff to treat colds and headaches. There is a long history of medicinal use. Research shows that Sneezeweed contains a compound called helenalin. Helenalin has been shown to produce significant anti-tumour activity as well as producing insecticidal properties.

**NATIVE TO  
PENNSYLVANIA**



## *Helenium autumnale*

- Hardiness: Zone 3-8
- Size: 3-5'. Can be cut back as late as early June to reduce height and increase bloom
- Flower: Yellow. August to October
- Culture: Prefers full sun and average to wet soils
- Uses: Border, meadow, naturalizing, rain garden, salt tolerant, nectar source, butterflies, pollinators, birds, insecticide, medicinal, cut flower, deer resistant