Sweet Sunshine False Sunflower

Heliopsis helianthoides 'Sweet Sunshine'



Sweet Sunshine False Sunflower flowers
Photo courtesy of NetPS Plant Finder

Plant Height: 3 feet

Flower Height: 4 feet

Spread: 3 feet

Spacing: 30 inches

Sunlight: ○ ◐

Hardiness Zone: 4

Other Names: Oxeye Daisy, Perennial Sunflower



Sweet Sunshine False Sunflower in bloom
Photo courtesy of NetPS Plant Finder

Description:

A neat and tidy selection, producing rich golden blooms with contrasting dark centers; blooms early and for a long period; attracts bees, butterflies, and hummingbirds; low maintenance, prefers moist soil but can survive drought

Ornamental Features

Sweet Sunshine False Sunflower has masses of beautiful semi-double gold daisy flowers with yellow overtones and coppery-bronze eyes at the ends of the stems from early summer to mid fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its serrated pointy leaves remain green in color throughout the season.

Landscape Attributes

Sweet Sunshine False Sunflower is an herbaceous perennial with an upright spreading habit of growth. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition.

This is a relatively low maintenance plant, and is best cleaned up in early spring before it resumes active growth for the season. It is a good choice for attracting bees, butterflies and hummingbirds to your yard. It has no significant negative characteristics.

Sweet Sunshine False Sunflower is recommended for the following landscape applications;

- Mass Planting
- Rock/Alpine Gardens
- General Garden Use
- Naturalizing And Woodland Gardens
- Container Planting

Planting & Growing

Sweet Sunshine False Sunflower will grow to be about 3 feet tall at maturity extending to 4 feet tall with the flowers, with a spread of 3 feet. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 30 inches apart. Its foliage tends to remain dense right to the ground, not requiring facer plants in front. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 10 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant does best in full sun to partial shade. It is very adaptable to both dry and moist locations, and should do just fine under typical garden conditions. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This is a selection of a native North American species. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Sweet Sunshine False Sunflower is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.