

## Paleleaf woodland sunflower

# *Helianthus strumosus* L.

**Group:** Dicot

**Family:** Asteraceae  
(aster)

**Growth Habit:** Forb/  
herb

**Duration:** Perennial

**U.S. Nativity:** Native,  
most of eastern U.S.

**Natural Enemies**

**Attracted:** Large numbers of [Chalcidoidea](#). Medium numbers of [Cantharidae](#), [Orius insidiosus](#), and [Thomisidae](#). Small numbers of [Bombyliidae](#), [Plagiognathus politus](#), [Coccinellidae](#) and [Braconidae](#).

**Pests Attracted:** Medium numbers of leaf beetles. Small numbers of lygus bugs, thrips and leafhoppers.

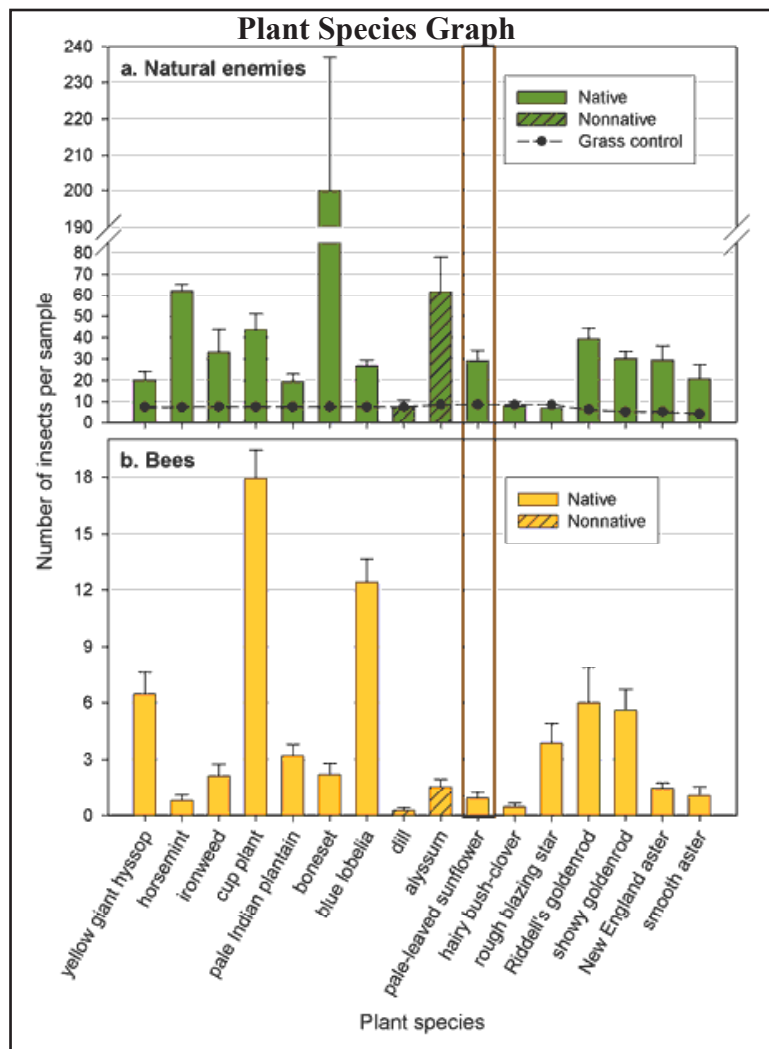
**Bees attracted:** Moderate numbers (between 1-5 bees per meter square in a 30 second sample) of bees including Andrenid bees, sweat bees, digger bees, and bumble bees.

**Species Notes:** Bright yellow sunflowers about 4 inches wide bloom on plants that grow 3-6 ft tall. Plants filled in readily in the second year of growth, and bloomed throughout August into early September. This species was the ninth most attractive to natural enemies in the late season, with three times more natural enemies than the grass control.



### About the Plant Species Graph:

Average number of beneficial insects collected at each plant species the week before, during, and after peak bloom, for plant species blooming from mid-August through early October (+ standard error). Pale-leaved sunflower (*Helianthus strumosus*) boxed in red. Bars for natural enemies are in green, bars for bees are in yellow. Bars for native plants are solid and nonnative plants are striped. The black line on the top graph shows the number of natural enemies in grass with no flowering plants (grass control). Plants are listed in order of peak bloom.



**Habitat:** Includes full sun to partial sun and mid-range soil moisture (neither very wet nor very dry). Naturally occurring in a diverse range of habitats, including dry sandy ground such as oak woods and along river banks, in fields, roadsides, clearings and prairies.

**Cultivation and Management:** Can be grown from seed (flowers in third year) or plug material (flowers in second year). This species suckers year by year to fill in large areas, and may become weedy in perennial cropping systems. Seeds attract birds.

**Availability:** Species is available as seed, plug or container grown material from various native plant nurseries. See the Michigan Native Plant Producers Association

**For more information:** View the online USDA-NRCS PLANTS database

