



For the joy of gardening!

Estabrook's

FALSE SUNFLOWER CARE

LIGHT

False sunflower (*Heliopsis helianthoides*) flowers best in full sun. Give stems room for airflow and choose a site where neighboring shrubs will not shade them. Bleeding Hearts and Burning Hearts have dark foliage and warm-colored flowers, with color changing as individual blooms age.

WATER

Water deeply during establishment and whenever prolonged dry weather causes stress. Let the soil drain between waterings. Established plants tolerate some dryness, but a small nursery root ball needs regular checking. Water the soil directly where possible and avoid keeping leaves wet overnight.

SOIL & PLANTING

Plant in well-drained garden soil at the same crown depth as the nursery pot. Average soil is usually adequate; very rich conditions can encourage floppy growth. Space plants for the cultivar's mature width. Install discreet support early if tall stems need it.

FEEDING

Avoid heavy feeding, especially with nitrogen. If growth is weak, check sunlight, moisture, and competition before fertilizing. Use a soil test where a nutrient shortage is suspected. Excess feeding is not a substitute for sufficient sun and can make stems less self-supporting.

SEASONAL CARE

Remove faded flowers to encourage a longer display, or leave some seedheads if desired. Clear dead growth after the season or in spring. Established clumps can be divided when crowded. Support stems before they lean over rather than trying to tie up a collapsed flowering plant.

HELPFUL TIPS

Heliopsis is a perennial false sunflower, distinct from annual sunflowers and *Helenium*. Plants may self-seed where conditions suit them. Watch young growth for aphids and inspect stressed leaves rather than spraying preventively. A sunny, open position usually produces the strongest stems and best flowering.