



For the joy of gardening!

Estabrook's

HELENIUM SNEEZEWEED CARE

LIGHT

Helenium autumnale and its identified garden selections flower best in full sun. Give Mariachi Sombrero and Siesta enough light and airflow for strong stems. Compact cultivars and the taller species need different spacing and support, so follow the named plant's mature dimensions.

WATER

Keep roots consistently moist, especially during establishment and summer flowering. Helenium is not a dry-border substitute for drought-tolerant daisies. Water deeply during prolonged dry spells. Containers need close checking, but their drainage holes must remain open so the roots are not trapped in stagnant water.

SOIL & PLANTING

Use moisture-retaining garden soil and plant the crown at the nursery level. Allow space around stems for airflow. A light mulch helps reduce drying, but keep it off the crown. Install support early for tall selections if their stems are likely to lean over neighboring plants.

FEEDING

Feed modestly according to soil fertility and growth. Excess nitrogen can produce tall, weak stems rather than more useful flowers. Check water supply and sunlight first if plants struggle. Follow the labeled rate for flowering perennials and avoid applying strong fertilizer to severely dry roots.

SEASONAL CARE

Remove faded flowers to prolong a tidy display. Tall, vigorous plants may be shortened in early summer to encourage branching, but compact Mariachi selections generally need less intervention. Remove dead growth after the season or in spring, and divide crowded clumps when needed.

HELPFUL TIPS

Sneezeweed is a traditional common name, not an instruction for use. Do not ingest the plant or allow pets to chew it. Watch crowded foliage for mildew or leaf spots. This guide covers autumnale-type heleniums; other species and unidentified hybrids should be checked before assuming the same moisture needs.