



WESTERN SUNFLOWER

Helianthus occidentalis

The Western Sunflower, with vibrant yellow blooms, is a striking addition to any garden. It features a unique rosette base and a tall, slender stem, earning it the nickname "naked stemmed sunflower" due to sparse leaf growth. Thriving in dry meadows, this hardy plant adapts well to poor soil, making it ideal for low-maintenance landscapes. Its bright blooms enhance wildflower arrangements, while its seeds feed birds, promoting wildlife observation. As a drought-resistant plant, the Western Sunflower is a sustainable choice for eco-friendly gardening, enriching outdoor spaces and supporting biodiversity.



PROPOGATION

Life Cycle

Perennial

Sow Depth

1/2 in

Soil Temp

65-75°F

Days to Germination

10-20 Days

Plant Spacing

10-12 in

Germination Codes:

- C(30) - Cold Stratify 30 Days

PLANTING

Soil Moisture

Medium - Dry

Sun Exposure

Full, Partial

Plant Height

2-3 ft

Plant Spread

1.5-2 ft

Bloom Time

July-Sept

Bloom Color

Yellow

USDA Zones

3-9

ROUTINE CARE

Transplanting:

- Spring

Pruning:

- Optional in mid-spring

Dead Heading:

- Optional: Encourages plants to bloom longer, prevents excessive self-seeding

Considerations:

- Middle or back of garden
- Can spread through roots but isn't aggressive
- Drought, heat, and humidity tolerant

ADVANTAGES

- Pollinator Favorite
- Bird Favorite
- Deer Resistant
- Drought Tolerant
- Recommended for larger home landscaping projects

COMPANION PLANTS

- Purple Coneflower
- Blue Grama Grass
- Prairie Switchgrass
- Purple Poppy Mallow

