

MAXIMILIAN SUNFLOWER

Helianthus maximiliani



Range

Maximilian sunflowers are yellow flowered **perennials** that provide food and shelter for a wide variety of wildlife. Butterflies enjoy the nectar from the masses of late summer blooms that form a spiral around the stalk. Birds, deer and other wildlife enjoy the seeds produced in the fall.



Plants

MAXIMILIAN SUNFLOWER



Helianthus maximiliani

Appearance

Height: 1-10 feet, usually 4-6 feet

Flower size: 3 inches across

Flower color: Yellow

Maximilian sunflowers are tall **perennials** with one or more stalks and long, narrow, pale green leaves. They produce large, bright yellow flowers in a spiral around the stem.

Planting Information

Soil: Well drained sand, loam, clay or limestone

Sunlight: Full sun to partial shade

Spacing: 3 feet apart

Lifespan: Long lived perennials, clumps of Maximilian sunflowers should be divided and replanted every 3 years

Habitat

Maximilian sunflowers are found in seasonally moist ditches or depressions on prairies in central and eastern Texas north to southern Canada and east as far as the prairies extend.

Now You Know!

- › Most sunflowers are **annuals**, which means that they live for only one year, but Maximilian sunflowers are **perennials** and come back for many years from their roots.
- › Deer love Maximilian sunflower seeds and will knock the tall plants down to get to them!
- › A single plant will slowly form an expanding circular colony over a number of years.
- › Sunflowers are **heliotropes** (sun lovers) and the flower heads turn to follow the sun as it moves across the sky. Look at the next field of sunflowers that you see. On a sunny day all of the flowers will be facing the same direction.

Life Cycle

Plant type: Perennial

Bloom time: August -October

Method of reproduction: Seeds or root division

Planting time: Seeds should be planted 1/4" deep in spring after danger of the last frost has passed. Roots can be dug, divided and replanted in January or February.

Legend Has It ...

Native Americans grew sunflowers as a source of food, oil, dye and thread. Early pioneers planted sunflowers near their homes. They believed that sunflowers repelled mosquitoes and that a bath in boiled sunflower blossoms relieved arthritis pain.



Sunflowers & Man

Wild animals are not the only things that love sunflower seeds, many humans do too! We currently grow 2 different types of sunflowers for human consumption. One type has seeds that produce a lot of oil while the other has large seeds that we use for food.