

BEACH SUNFLOWER / DUNE SUNFLOWER

Helianthus debilis

- The Beach sunflower is a native plant in the Aster family and blooms year-round.
- This is a true "sun" flower, in that the flower faces the rising sun and follows it across the sky throughout the day.
- This plant helps hold the soil in place on the dunes and is a nice plant to cultivate in landscapes for ground cover or border.
- Notice the flower's brown eye. This plant attracts butterflies and has been recognized by pollination ecologists as attracting large numbers of native bees.
- Native Americans ground seeds to make a "meal" for cooking and a peanut butter-like finger food. Dyes were made from petals.
- If purchasing at nursery, make sure you are getting the *Helianthus debilis* and not *Wedelia*, as it has been sold by some nurseries purporting it as beach or dune sunflowers. *Wedelia* is an exotic species that is highly invasive.

