



Scientific name: *Thelesperma filifolium*

Common name(s): Stiff Greenthread, Hopi/Navajo/Zuni Tea

Family: Asteraceae (Sunflower)

Native: CO, NM, TX, Great Plains

Habitat: High plains, disturbed sites

This delicate annual thrives in harsh conditions and brings a bright pop of color to the garden throughout the summer and into early fall. The flowers provide abundant nectar to pollinators and the plant serves as a larval host for the Sulfur Butterfly. The ripened seeds are a food source for small ground-feeding birds. Traditionally revered by Pueblo cultures, the dried stems and leaves can be brewed into an herbal tea. Deer resistant.

Plant type: Annual

Elevation: Native range to 7500'

USDA Hardiness Zone: N/A

Exposure: Full sun

Soil: Adaptable, well-drained (prefers sandy, gravelly soil)

Moisture: Dry, xeric

Flower color: Yellow

Bloom time: Summer

Mature size (height x width): 8-18" x 8-15"



Propagation: Cold stratify 2-4 weeks, outside in situ or in cells (not bagged in the refrigerator). Cover the seeds very lightly and keep moist. The radicles emerge in 17 days.

