

# *Helianthus nuttallii*

# Nuttall's sunflower



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Image Source: Gardenia.net

<b>Plant type:</b>	Perennial
<b>Season of Interest:</b>	June - Oct
<b>Height:</b>	up to 12'
<b>Spread:</b>	1-4'
<b>Water needs:</b>	Moderate - High
<b>Native Region:</b>	CO, AZ, NE , NM , UT, WY
<b>Elevation:</b>	4500'-8500'
<b>Important to know:</b>	May need staking if grown in exposed areas. important nectar source for fall migrating monarch butterflies



<b>Maintenance:</b>	Low
<b>Characteristics:</b>	Showy, cut flowers
<b>Garden Uses:</b>	Native or pollinator garden, naturalized areas, rain garden, along streams/ponds
<b>Habitat:</b>	Foothills, plains, riparian, wetland, meadows

## Ease of Propagation: Easy

Propagation: 45 day cool moist stratification or plant outside in the fall. Best planted in situ. Plant to 1/4 inch deep. *[per Western Native Seed]*



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