



**Dakota Gold Sneezeweed**  
*Helenium amarum 'Dakota Gold'*

Height: 14 inches

Spread: 24 inches

Spacing: 18 inches

Sunlight: ☉

Hardiness Zone: 4a

Other Names: Helen's Flower

**Description:**

A great summer and fall bloomer that brightens the garden with its sunny golden-yellow flowers when everything else starts to fade; adapts to most soils; regular watering needed

**Ornamental Features**

Dakota Gold Sneezeweed has masses of beautiful yellow daisy flowers with gold eyes at the ends of the stems from early summer to early fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its narrow leaves remain green in color throughout the season.

**Landscape Attributes**

Dakota Gold Sneezeweed is an herbaceous perennial with an upright spreading habit of growth. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition.

This plant will require occasional maintenance and upkeep, and should be cut back in late fall in preparation for winter. It is a good choice for attracting butterflies to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Disease

Dakota Gold Sneezeweed is recommended for the following landscape applications;

- Mass Planting
- General Garden Use
- Container Planting



*Dakota Gold Sneezeweed flowers*  
Photo courtesy of NetPS Plant Finder



## Planting & Growing

Dakota Gold Sneezeweed will grow to be about 12 inches tall at maturity, with a spread of 24 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 18 inches apart. The flower stalks can be weak and so it may require staking in exposed sites or excessively rich soils. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 10 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant should only be grown in full sunlight. It requires an evenly moist well-drained soil for optimal growth. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH. It is somewhat tolerant of urban pollution. This is a selection of a native North American species. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Dakota Gold Sneezeweed is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. It is often used as a 'filler' in the 'spiller-thriller-filler' container combination, providing a mass of flowers against which the larger thriller plants stand out. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.

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