

DUNE SUNFLOWER

Helianthus debilis

The plant that does it all: The beach sunflower is a highly salt-tolerant plant that thrives in sandy, well-drained soil in full sun. It can be found growing naturally on sand dunes and with native vines and grasses. It spreads by aboveground stems and by seeds. The stems are easily rooted wherever they touch ground. Under adequate growing conditions, it becomes a shrubby groundcover of about two to four feet tall. Heavy summer rains, especially in poorly drained soils, promote root rot, defoliation, and elongated stems. Space plants no closer than four feet apart. They can generally be counted on to last two to three years during which time they will self-sow adequately to retain a showy mass.

