



## How to Grow Helenium

**Position** – Full sun or part shade

**Soil** – Moist, well-drained

**Flowering Period** – May to October

**Hardiness** – Hardy

### About Helenium

Helenium are clump-forming annuals, biennials or herbaceous perennials with simple leaves and large, daisy-like flower heads that bloom with bold and audacious colour, atop an abundance of lush-green foliage throughout late spring and early autumn. They are best suited to flower beds and borders within cottage and informal garden settings. You should expect to see Helenium grow to an approximate height of 90cm (36") and a spread of 45-60cm (18-24").

### How to plant Helenium

Helenium are best planted in moist, well-drained soil of chalk, loam, sand or clay within an acidic, alkaline or neutral PH balance. They are best positioned in an area of full sun or part shade and will thrive where the morning and afternoon sun falls. Supplement the planting area with plenty of organic matter to improve overall drainage and to enrich the soil. You may need to provide a support whilst Helenium are in active growth.

### How to care for Helenium

Spread a thin layer of mulch around the base of your plant during the spring to retain high moisture levels. If your Helenium start to wilt, water thoroughly. Watering should also be increased during periods of drought. Deadhead spent flowers as they begin to fade as this will encourage further growth for the following season.

### How to propagate Helenium

It is possible to propagate Helenium by division during autumn or spring or by basal cuttings within a cold frame during spring.