

# Heliopsis helianthoides



## Sun Up, Seeds Down: Multiplying Your False Sunflower Patch

*Heliopsis helianthoides*, commonly known as the False Sunflower, is a pollinator magnet with cheery, daisy-like blooms that blaze throughout the summer. But did you know that this easy-going native plant is also incredibly easy to propagate? Whether you're looking to expand your sunny border, share its sunshine with friends, or simply get the most out of this garden workhorse, there are multiple ways to multiply your *Heliopsis helianthoides*.

### 1. Seeds: Planting Sunshine for Future Blooms

Starting your False Sunflowers from seed is a rewarding and cost-effective way to grow a whole new generation. Here's how:

- **Collecting Seeds:** Wait until the flower heads start to dry and turn brown. Gently rub the center disk, collecting the small, black seeds that fall out.
- **Sowing Indoors:** Sow seeds indoors 6-8 weeks before your last expected frost. Sprinkle the seeds over a seed-

starting mix, pressing them lightly into the surface. Keep the soil consistently moist and place in a warm, sunny location.

- **Direct Sowing:** In warmer climates, seeds can be sown directly into the garden after the last frost has passed.
- **Thinning Out:** Once the seedlings reach a couple of inches tall, thin them out, leaving the strongest one in each pot or spacing them about 12-18 inches apart in the garden.

## 2. Division: Sharing the Sunny Wealth

Division is an excellent way to rejuvenate mature clumps and create new plants every few years.

- **Timing is Key:** The best time to divide *Heliopsis helianthoides* is in early spring just as new growth emerges.
- **Digging Deep:** Carefully dig around the entire plant, lifting the clump from the ground.
- **The Dividing Line:** Using a sharp knife or garden spade, divide the root ball into smaller sections, ensuring each section has a healthy amount of roots and shoots.
- **Replanting Time:** Replant the divisions at the same depth they were previously growing and water them in thoroughly.

## 3. Cuttings: Cloning Your Favorite Blooms

Creating new False Sunflowers from cuttings allows you to clone the exact characteristics of a particular plant.

- **Taking the Cutting:** In late spring or early summer, select a healthy, non-flowering stem. Make a clean cut just below a leaf node.
- **Prep the Cutting:** Remove the lower leaves from the stem, leaving only a few at the top. Dip the cut end in rooting hormone (optional but helpful).

- **Planting the Cuttings:** Plant the cutting in a pot filled with a well-draining potting mix. Keep the soil consistently moist and place the pot in a bright location, but out of direct sunlight.
- **Rooting Success:** Roots should develop in about 4-6 weeks. Once the cutting shows signs of new growth, you can transplant it to its permanent location in the garden.

### **Enjoy the Bounty:**

No matter which propagation method you choose, with a little care and attention, you'll soon have a thriving colony of *Heliopsis helianthoides* brightening your garden and attracting a symphony of pollinators for years to come.