MAKE IT GREEN
GARDEN CENTRE
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Bleeding Hearts False Sunflower

Heliopsis helianthoides 'Bleeding Hearts'



Bleeding Hearts False Sunflower flowers
Photo courtesy of NetPS Plant Finder

Plant Height: 3 feet

Flower Height: 4 feet

Spread: 20 inches

Spacing: 15 inches

Sunlight: ○ ◐

Hardiness Zone: 3a

Other Names: Oxeye Daisy, Perennial Sunflower

Description:

Beautiful red blooms that mature to orange, then bronze, contrasted by dark purple-green foliage; extremely beneficial to pollinators; leave standing over winter so songbirds can feast on the seeds; prefers moist, well-drained soil but can survive drought

Ornamental Features

Bleeding Hearts False Sunflower has masses of beautiful red daisy flowers with orange overtones, brick red eyes and yellow tips at the ends of the stems from early summer to mid fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its serrated oval leaves emerge green in spring, turning dark green in colour with showy deep purple variegation throughout the season. The deep purple stems can be quite attractive.

Landscape Attributes

Bleeding Hearts False Sunflower 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 is a relatively low maintenance plant, and is best cleaned up in early spring before it resumes active growth for the season. 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. It has no significant negative characteristics.



Bleeding Hearts False Sunflower in bloom
Photo courtesy of NetPS Plant Finder

Bleeding Hearts False Sunflower is recommended for the following landscape applications;

- Mass Planting
- General Garden Use
- Naturalizing And Woodland Gardens

Planting & Growing

Bleeding Hearts False Sunflower will grow to be about 3 feet tall at maturity extending to 4 feet tall with the flowers, with a spread of 20 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 15 inches apart. It tends to be leggy, with a typical clearance of 1 foot from the ground, and should be underplanted with lower-growing perennials. 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!



Bleeding Hearts False Sunflower in bloom
Photo courtesy of NetPS Plant Finder

This plant does best in full sun to partial shade. It is very adaptable to both dry and moist locations, and should do just fine under typical garden conditions. It is not particular as to soil type or pH, and is able to handle environmental salt. It is highly tolerant of urban pollution and will even thrive in inner city environments. 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.