Sneezeweed
Helenium autumnale

Minnesota C-Value: 4
Wetland Indicator Status: FACW+
Native

Leaves: Alternate, flat, lance-shaped to elliptic. 1.25-6 in. long and 1.5 in. wide. Toothed and tapered at both ends.

Stems: Typically 30-150 cm high, can reach up to 5 ft. Distinct winged stem.

Flowers and fruit: Yellow flower heads with "squared off" ray florets 9-22 mm long with 3 lobes on each ray. The central disk is 9-20 mm across, distinctly spheroid in shape. Each flower head is on an individual stalk.

Plant communities: Wet to wet-mesic prairies, inland fresh meadows, streambanks, lakeshores.

Comments: Key identification characteristics include a winged stem and bent-back ray flowers with 3 teeth. Poisonous to livestock but usually not eaten.