

FGCU Food Forest

Plant Database

Dune Sunflower (*Helianthus debilis*)

Origin: Southern North America; Gulf Coast.

Description: Perennial herb that spreads along the ground and becomes a dense

provide nectar for butterflies and bees.

Uses: Pollinator/bird attractant; anti-erosive

Harvest: N/A

Flower: Yellow inflorescence; year-round.

Flower heads contain up to 30 lance-shaped phyllaries and around 20 ray florets on one to three flower heads.

Tolerance: thrives in poor, dry soils; very salt-tolerant; very drought-tolerant; not cold tolerant and will die back to the ground in



General Description: Dune Sunflower, also known as Beach Sunflower, is a native wildflower species that flowers year-round and is a good pollinator attractant. Due to the fact that Dune Sunflower naturally thrives amongst sea oats in coastal sand dunes, it's also great for erosion control in dry areas with poor soils. Dune Sunflower is a wonderful addition to any garden due to its hardiness and strong attraction for pollinators.

- **Native Origin:** Gulf Coast from Texas to Florida; some subspecies are endemic to south Florida.
- **General History:** Dune Sunflower is a *Helianthus* species related to the popular annual, *H. annuus*, and is a common wildflower species in coastal areas in Florida. There are a handful of *Helianthus debilis* subspecies native to Florida- two of which are endemic- *H.*

d. ssp. debilis, and H. d. ssp. vestitus. Helianthus debilis ssp. cucumerifolius is probably the most widely distributed throughout coastal regions in southern North America, but H. d. ssp. debilis is probably the most common here in southwest Florida (and sold by local native plant nurseries).

- **Distribution:** Coastal areas in tropical and subtropical southwest Florida.
- **Season of Harvest:** N/A
- **Culinary Uses:** N/A

Dune Sunflower	
Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Asterids
Order:	Asterales
Family:	Asteraceae
Genus:	Helianthus
Species:	<i>H. debilis</i>

Sources

<http://www.floridata.com/Plants/Asteraceae/Helianthus%20debilis/564>

http://regionalconservation.org/ircs/pdf/publications/2004_05.pdf

http://www.efloras.org/florataxon.aspx?flora_id=1&taxon_id=250068433

<http://www.ars-grin.gov/cgi-bin/npgs/html/taxon.pl?70328>

https://en.wikipedia.org/wiki/Helianthus_debilis

http://lee.ifas.ufl.edu/Hort/GardenPubsAZ/beach_dune_sunflower_Helianthus_debilis.pdf