



# Purple-head Sneezeweed

## *Helenium flexuosum*



Dried, powdered leaves and flowers of this plant cause violent sneezing fits. The genus gained its name because of the myth that Helen of Troy cried tears and these sprang up where they fell. Blossoms are yellow with purple centers, where the true flowers lie. This plant is a larval host for some butterfly and moth species.

- Perennial - Grows 3 feet - Found in swamps, wet prairies, rocky glades



Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
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Flowering Time