

# Grower's Facts

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## Sneezeweed

*Helenium sp. Helena Red Shades*

**PLANTATION: Indoor:** It is suggested to sow 8 weeks before planting outside. Maintain the temperature around 18-21 ° C. The germination time is between 14-20 days. Sow indoors, 0.5 cm deep, in trays. Keep the soil moist. Thin seedlings when they are large enough to handle. Put them outside for a few days at the end of May before transplanting them, spacing them 45 cm (18 inches) apart.

**Outdoor:** Or sow outdoors, May through July, in a seedbed. Keep the soil moist. Thin out the seedlings, spaced 12 in. (30 cm) apart, as they develop.

**SOIL: Indoor:** Well-drained, porous seedlings soil to prevent overwatering.

**Outdoor:** Rich soil.

**CULTURALS PRACTICES:** Prefers moist, organic soils, but will tolerate average garden soils as long as the soils do not dry out. Regular watering in depth is recommended. Plant them in full sun. Tolerates light shade, but full sun and good air circulation will promote the formation of larger flowers, stronger stems and better resistance to potential disease. Avoid high winds to minimize the risk of blast scald. Pinch them when they reach 20 cm (8") and again at 30 cm (12") if you want bushy plants. Plants will benefit from regular fertilization during the growing season. Remove dead flowers to maintain the appearance of the plant. In late fall, cut the stems down to about 15 cm from the ground. It requires good protection from dead leaves or mulch. New shoots are slow to emerge in the spring. However, once the new growth begins, it takes place quite quickly.