



## INULA helenium


Elecampanae, Horseheal, Elf Dock

Item No.: IO058

Also available as: Normal Seed

Portion Price (sufficient for 50-100 plants)	1g Price (0.1-9.9g)	10g Price (10-99.9g)	100g Price (100-999.9g)	1000g Price (1000-9999.9g)	10000g Price (10000-99999.9g)
4,20€	8,00€	48,00€	346,00€	-	-

## Plant Description

<b>Article Type</b>	Organic Seed DE-ÖKO-006
<b>Life Cycle</b>	Perennial
<b>Family</b>	Asteraceae
<b>Origin</b>	Europe and Asia
<b>Special Features</b>	Impressive perennial with bold leaves and yellow daisies. An excellent selection for naturalizing.
<b>Historical</b>	Medicinal antiseptic uses reported and is also an ingredient in the production of absinthe.
<b>Basic Colour</b>	(yellow / gold)
<b>Flower Colour</b>	yellow
<b>Natural Flowering Period</b>	July - October
<b>Winter Hardiness Zones</b>	Z3 - Z8
<b>Foliage</b>	large basal leaves up to one meter long
<b>Growth Habit</b>	erect
<b>Height with Flowers</b>	150 cm
<b>Spacing between Plants</b>	90 cm
<b>Soil Requirements</b>	dry / well-drained / average
<b>Location</b>	
<b>Characteristics</b>	medicinal plant / culinary herb
<b>Usage</b>	honey-bee food plant

## Cultivation

<b>Grams per 1000 seeds</b>	1.66667 Gram
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<b>Seeds per Gram</b>	600 (does not correspond to the number of plants!)
<b>Gram to get 1000 plants</b>	5 Gram (if sown directly into pots etc. you will need a larger quantity)
<b>Sowing Rates/Trays</b>	2 - 3 per cell
<b>Plug tray recommended size(s)</b>	128 / 288
<b>Sowing Direction</b>	(15) Rapidly germinating, keep seed in constant moisture (not wet) with temperatures of about +20°C [68°F]. Seeds must be covered thinly. Do not cover very small seeds, but tightly press into the earth. Keep in cooler conditions after germination occurs.

## Scheduling

<b>Best Sowing Date</b>	Anytime (northern Hemisphere, Field condition)
<b>Sowing to Germination</b>	2 - 3 weeks
<b>Germination to Transplant</b>	4 - 6 weeks
<b>Transplanting to Potting</b>	6 - 8 weeks
<b>Cutting back at Transplanting</b>	Cut back 1-2 times; once at transplanting; once again 4 weeks later to keep more compact.

## Growing On

<b>Container Size(s)</b>	1-2 plugs per 11/12 cm (4 1/2") / 2-3 plugs per 15 cm (6")
<b>Vernalization</b>	There is no current research on vernalization but a prudent recommendation for any perennial would be 6-12 weeks (a few might need 15 weeks!) at an average daily temperature of 40°F (5°C). Exposure to cold may not be necessary for flowering but might improve quality.
<b>Forcing</b>	This species is not a suitable candidate for forcing.
<b>Fertilizer</b>	Medium (150-200 ppm)