

Autumn Beauty Sunflower

Helianthus annuus 'Autumn Beauty'

At a Glance

Height: 5 to 7 feet tall

Bloom Colors: Yellow, bronze, mahogany, and gold

Bloom Time: Mid to late summer

Days to Maturity: Approximately 60 to 80 days

Best For: Cut flowers, pollinator gardens, and fall color

Growing Conditions Quick Reference

Soil Temperature: 60-70F for best germination

Soil Type: Well-drained, moderately fertile soil

Light Requirements: Full sun (6-8+ hours daily)

Planting Depth: 1/2 inch deep

Seeding Rate: 1-2 seeds every 12-18 inches

Plant Spacing: Thin to 12-18 inches apart for strong stems

Moisture Needs: Moderate; keep soil evenly moist during germination

Average Germination Time: 7-10 days under warm conditions

How to Grow

When to Plant: Direct sow after the last frost when soil reaches 60 to 70F.

Location: Full sun, well-drained soil.

Spacing: 12 to 18 inches apart for sturdy stems.

Watering: Moderate; avoid overwatering once established.

Fertilizer: Light feeding with compost or a balanced fertilizer at planting.

Tips for Success

Succession plant every 2 weeks for blooms all season.

Support tall plants if in windy areas.

Cut blooms early in the morning for longest vase life.

Leave a few seed heads for birds to enjoy in autumn.

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Fun Fact

Autumn Beauty is a branching sunflower variety, meaning each plant produces multiple blooms, perfect for vibrant fall bouquets.

Companion Planting

Autumn Beauty Sunflowers pair well with zinnias, cosmos, and marigolds to attract pollinators. Avoid planting too close to crops that need full sun as these tall blooms may create shade.

Harvesting and Seed Saving

Harvest blooms when petals just begin to unfurl for long-lasting bouquets. For seeds, allow heads to fully mature and dry on the plant, then cut and store in a cool, dry place.

Seasonal Garden Use

Perfect for late summer and fall color, Autumn Beauty can also act as a natural screen or background planting. Leaving seed heads standing through fall provides food for birds and adds winter interest.

Quick Planting Checklist

- Sow directly after last frost
- Keep soil at 60-70F for best germination
- Space plants 12-18 inches apart
- Provide full sun and moderate moisture
- Cut blooms early for longest vase life
- Leave some seed heads for birds in autumn