

CAT# HB164 LOT# 1375A
MIN 100 SEEDS \$2.75
PACKED FOR 2021 SELL BY 12/31/21

(Inula helenium)

ELEGAMPANE OR HORSE HEAL

Perennial. Large plant, yellow sunflower type.
2nd year, fall-dug roots traditionally used for
lung and other health issues. Ornamental!

PLANTING INSTRUCTIONS

Prefers rather moist, well-drained soil. Direct sow
in fall or spring before last frost, or cold treat seeds
in refrigerator for 4 weeks before sowing indoors
in spring.

More details at rareseeds.com

PACKED BY

Baker Creek Heirloom Seed Co.

2278 Baker Creek Road • Mansfield, MO • 65704

Telephone: 417-924-8917 • rareseeds.com

Request our free heirloom seed catalog. Featuring
amazing non-GMO heirloom vegetables, flowers, and
herbs in brilliant color! Visit our company, pioneer
village, and farm near Mansfield, Missouri.



HB164

Find us on Facebook for updates and more.

Sprouts in
12-20 days

Ideal Temp
65-90 F

Seed Depth
Surface Sow

Plant Spacing
24" apart

Frost Hardy
YES

Min Full Sun
4-8 hrs

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