



Wingstem     *Verbesina alternifolia*

- 3-8 ft tall, native NJ/eastern No America, winter-dormant perennial
- Yellow aster-like flowers bloom Aug to Sept on strong winged stalks
- Prefers moist soil, sun to part shade
- Attracts honeybees, native bees, and butterflies
- Food plant for butterfly/moth caterpillars; tolerates deer
- Spreads readily by seeds and rhizomes
- Collect brown seeds after petals fall, September – November
- Allow to dry briefly, then crumble seedhead to separate seeds
- Store seeds cold and dry to maintain dormancy
- Sow seeds in pots or outdoors in garden bed
- Press seeds into moist soil surface, do not cover with soil
- Treat 8 weeks moist at 40°F or winter outdoors, to break dormancy
- Move to 70°F with light, indoors or outdoors in spring, to germinate