

Inula helenium - Plant



Elecampane, is a rhizomatous, sunflower-like composite of the aster family.

Rating: Not Rated Yet

Price

Sales price R 123,456

Discount

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Description

Description for Inula helenium

Elecampane, *Inula helenium*, also called horse-heal or marchalan, is a widespread plant species in the sunflower family Asteraceae. It typically grows to 3-6' tall. It is noted for having coarse, toothed, rough-hairy leaves, broad floral bracts, feature numerous very thin, scraggly yellow rays which surround a center disk of darker yellow tubular flowers.

Common name	Flower colours	Bloom time	Height	Difficulty
Elecampane, horse-heal, alanroot or elfdock	Yellow	July to September	3 to 6 feet	Easy to grow

Planting and care

Inula is a bushy herbaceous summer flowering plant. It blooms from July to October in most zones and produces 5-inch blooms with slender rayed petals in yellow and deep orange-yellow. Most species are hardy to USDA planting zones 5 to 8.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	Well-drained soil	Medium	25 degrees C	Apply any organic fertilizer

Caring for Inula helenium

- Inula plants need plenty of space to grow, well-drained soil and a sunny location.
- They are tolerant of a range of soil types but avoid heavy clay soils which do not drain well.
- Prune back the plants in early spring to remove the dead stems from winter.

Typical uses of Inula helenium

Special features: Can be used for cottage gardens, wildflower gardens, borders, herb gardens etc.

Culinary use: NA

Ornamental use: The plant is used for an ornamental purpose.

Medicinal use: The root is used to make medicine. Elecampane is used for lung diseases including asthma, bronchitis, and whooping cough. It is also used to prevent coughing, especially coughing caused by tuberculosis; and as an expectorant to help loosen phlegm, so it can be coughed up more easily.

Note: Please consult your health expert.

References

- <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=277211&isprofile=0&>
- <https://www.google.co.in/search?q=Inula+helenium&oq=Inula+helenium&aqs=chrome..69i57j69i61l2&sourceid=chrome&ie=UTF-8#q=inula+helenium+medicinal+uses>
- <http://www.gardeningknowhow.com/ornamental/flowers/inula-plants/inula-plant-care.htm>

Reviews

There are yet no reviews for this product.