



Flannel Flower

Actinotis helianthi



Family: Apiaceae

Herbaceous shrub .5 – 1.5m
with soft white flowers



Distribution: Sandstone heathland in coastal New South Wales and Queensland

Description: The stem, branches and leaves of the plant are a pale grey in colour, covered in downy hair (rather like flannel in texture). Flowering occurs in spring and may be profuse after bushfires.

Propagation: Plants may be propagated by seed or cutting.

Habitat: Grow in a well-drained sunny position, on shallow sandy soils, does well in partial shade, but tolerates full sun as long as the root system is protected by other plants, boulders or logs; suitable for use in a rockery.

Uses: In traditional Yaegl culture, flowering of this plant in September indicated that shellfish and crabs were at their best for eating, when their flesh was white like the flannel flower.