

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.

Copyright 2014 Maclean Landcare Group Inc

http://www.landcare.nsw.gov.au/groups/maclean-landcare-group Disclaimer: MLG Inc. does not guarantee, and accepts no legal liability whatsoever arising from or connected to, the accuracy, reliability, currency or completeness of any material contained herein.