



# COREOPSIS

*Coreopsis tinctoria* (kor-ee-OP-sis tink-TOR-ee-uh)

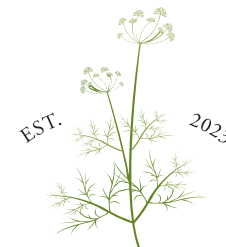
SELF SEEDING ANNUAL | ASTERACEAE FAMILY

ZONES: 2-11

EXPOSURE: FULL SUN

MATURE HEIGHT: 24-48" | SPREAD 18"

BLOOM: YELLOW/RED | SPRING THRU FALL



HERB & VINE

— healing plants —



Medicinal



Pollinators



Cut



Resistant



Native

Native Americans used roots and flowers as a tea to strengthen the blood and for internal pain and bleeding. This North American native plant was also used as a source of yellow and red dye.

- Flowers can be used as a beverage and as a nutraceutical for reducing weight, high serum lipids, and blood sugar, for treating cardiovascular disease, hypertension, diarrhea, and vomiting.
- Therapeutic\*: antihyperlipidemic, antioxidative, antidiabetic, and antihypertensive effects; neuroprotective.
- Great for mass plantings in sunny, hard-to-water areas. Remove faded flowers to promote reblooming. Makes a good cut flower. Prefers sandy soil but tolerates poor soil, drought, heat; provide good drainage and water lightly.

Caution: consult your doctor before adding Coreopsis to your diet if you're diabetic or have high blood pressure.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*

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