

## Nectar Species

This species provides nectar for many insects during the summer.

## Food and Water Source

This species provides food and water (in the “leaf cups”) for birds.



American Goldfinch

## Nesting Place

Honeybees and Bumblebees use this plant for nesting in the winter.



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## Garden Shop

Invite a Pollinator to Lunch



## Yellow-Cup (*Silphium perfoliatum*)

Nectar plant for insects, food and water source for birds and nesting places for bees.

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## Range of Yellow-Cup in the United States and Canada.



Meadow

## Habitat

Yellow-Cup is found in open areas such as prairies, fields, meadows, and woodlands. It likes full sun to partial shade and can live up to 100 years.

## Description

Yellow-Cup is a perennial plant that grows from 4 to 8 feet tall. The opposite, simple, serrate, lanceolate leaves grow over 6 inches in length and about 3-6 inches in width. The leaves are perfoliate and hold water. The yellow flowers bloom from June to October.



## Alternative Names

Cup-Plant, Rosinweed, Compass plant

Hardy in Zones: 3-9

## Taxonomy and Name

Yellow-Cup (*Silphium perfoliatum*) was originally described and named by Carl von Linnaeus in 1759. While briefly named *Resinocaulon perfoliatum*, it is back to the original name. It is a member of the Aster Family (Asteraceae).



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1. Herbarium specimen above: *Silphium perfoliatum* var. *perfoliatum* L. collected in United States of America by The New York Botanical Garden (licensed under [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/)).