

Tiarella cordifolia (Heart-leaved) Foamflower

Tried and True
Native Plant Selections
for the Mid-Atlantic



Moist woods and stream banks are home to this charming wildflower that is less common to absent in the eastern portions of the Mid-Atlantic Region and is indigenous in NoVA only in Fairfax County. It looks as wonderful as a ground cover in shady locations as it does in a container on a patio or balcony. The plant's tiny, star-shaped flowers and fine-textured stamens resemble foam, accounting for its common name.

Ground Cover	Colony, Flowers
Height: ½–1 foot	
Spread: 1–2 feet	
Bloom Color: White	
Characteristics	
Clump-forming, herbaceous perennial	
Oval to heart-shaped, lobed leaves with soft sheen and often deep red mottling along the veins	
Airy racemes of tiny white flowers with finely textured, long stamens bloom from April to July	
Leaves may become red-bronze in autumn and remain evergreen in mild winters	
Spreads quickly by stolons	
Attributes	
Tolerates rabbits; intolerant of waterlogged, winter soil	
No serious pests or diseases	
Deer seldom severely damage	
Ethnobotanic and therapeutic uses	
Attracts small bees, flies and butterflies	
Growing and Maintenance Tips	Excellent Replacement for
Soil Requirements: Average, well-drained	<i>Glechoma hederacea</i> - Ground Ivy
Light Requirements: Partial Shade, Shade	<i>Hedera helix</i> - English Ivy
Water Requirements: Moist	<i>Liriope</i> species
Soil should be neither too wet nor too dry	<i>Pachysandra terminalis</i> - Japanese Pachysandra
Use in borders, in rock and woodland gardens, en masse as a ground cover, and to control erosion	<i>Vinca minor</i> - Periwinkle
Hardiness: USDA Zones 4–9	
<i>developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria</i>	

Images by Mary Free, Quarry Shade Garden