



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, Close-up, Seed Capsules
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	
Two-section capsule containing shiny black seeds	
Leaves may become red-bronze in autumn and remain evergreen in mild winters	
Rhizomatous, with stolons that spread quickly or w/o*	
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>Flora of Virginia</i> says two taxa may be recognized: <i>T. cordifolia</i> var. <i>cordifolia</i> with stolons and a creeping habit and <i>T. cordifolia</i> var. <i>collina</i> (aka <i>T. wherryi</i>) without stolons and a clumping habit.
developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria	

Images by Mary Free, Quarry Shade Garden



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