CREEKSIDE
HOME AND GARDEN

White Bleeding Heart

Dicentra spectabilis 'Alba'

Height: 32 inches

Spread: 3 feet

Spacing: 30 inches

Sunlight: ◐ ●

Hardiness Zone: 1b

Description:

Easy to grow, bushy mound of fern-like. light green foliage featuring long, arching stems of white, dangling heart shaped flowers; an excellent addition to borders, cutting gardens or garden beds; blooms in early spring before going summer dormant

Ornamental Features

White Bleeding Heart features delicate nodding white heart-shaped flowers dangling from the stems from late spring to early summer. Its ferny compound leaves remain light green in colour throughout the season.

Landscape Attributes

White Bleeding Heart is an herbaceous perennial with a mounded form. Its relatively fine texture sets it apart from other garden plants with less refined foliage.

This plant will require occasional maintenance and upkeep, and should be cut back in late fall in preparation for winter. It is a good choice for attracting butterflies to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. It has no significant negative characteristics.

White Bleeding Heart is recommended for the following landscape applications;

- Mass Planting
- General Garden Use



White Bleeding Heart flowers
Photo courtesy of NetPS Plant Finder



White Bleeding Heart in bloom
Photo courtesy of NetPS Plant Finder

Planting & Growing

White Bleeding Heart will grow to be about 32 inches tall at maturity, with a spread of 3 feet. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 30 inches apart. It grows at a medium rate, and under ideal conditions can be expected to live for approximately 15 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen! As this plant tends to go dormant in summer, it is best interplanted with late-season bloomers to hide the dying foliage.

This plant does best in partial shade to shade. It prefers to grow in average to moist conditions, and shouldn't be allowed to dry out. It is not particular as to soil pH, but grows best in rich soils. It is somewhat tolerant of urban pollution. Consider applying a thick mulch around the root zone over the growing season to conserve soil moisture. This is a selected variety of a species not originally from North America. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.



White Bleeding Heart flowers
Photo courtesy of NetPS Plant Finder