**Tiarella cordifolia**

**Common name:** Foamflower

**Hardiness:** Zones 3 – 9

**Light:** Shade to Part Shade

**Soil:** Moist, organic soil

**Size:** 4”–10” tall x 12” + wide (varies for clumping vs running forms)

**Foliage:** Medium to dark green, often with showy darker colorations, maple leaf shape; often evergreen or semi-evergreen

**Flowers:** White spikes of flowers, sometimes light pink

**Bloom Time in Tri-State Area:** Spring

**Wildlife Value:** Nectar for beneficial insects, including early bees

*Tiarella cordifolia* is a favorite spring bloomer which provides 3 seasons of beauty in the garden with its attractive flowers and foliage. Its pretty white flower spikes offer early nectar for many early beneficial insects. It is easy to grow in a shady, moist location and makes a terrific native groundcover. Clumping and running (stoloniferous) forms are available.