



**White Bleeding Heart**  
*Dicentra spectabilis 'Alba'*

Height: 32 inches

Spread: 3 feet

Spacing: 30 inches

Sunlight: ● ●

Hardiness Zone: 1

**Description:**

Hardy long lived clumps of white heart shaped flowers hang on long, arching stems. Fern-like, lime-green foliage. Lovely cut flower. Can be cut back for re-bloom.

**Ornamental Features**

White Bleeding Heart features delicate nodding white heart-shaped flowers dangling from the stems from late spring to early summer. The flowers are excellent for cutting. Its ferny compound leaves remain light green in color 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;

- Shade
- Mass Planting
- General Garden Use



*White Bleeding Heart flowers*  
Photo courtesy of NetPS Plant Finder



*White Bleeding Heart flowers*  
Photo courtesy of NetPS Plant Finder



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### 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 full shade. Keep it well away from hot, dry locations that receive direct afternoon sun or which get reflected sunlight, such as against the south side of a white wall. It prefers to grow in average to moist conditions, and shouldn't be allowed to dry out. It may require supplemental watering during periods of drought or extended heat. 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 in both summer and winter to conserve soil moisture and protect it in exposed locations or colder microclimates. 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 in bloom*  
Photo courtesy of NetPS Plant Finder

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