Sterling Hops

Humulus 'Sterling'



Sterling Hops fruit
Photo courtesy of NetPS Plant Finder

Height: 25 feet

Spread: 3 feet

Sunlight: ○

Hardiness Zone: 4

Description:

A fast growing perennial vine, with cone-shaped clusters of yellowish-green fruits which are used in making beer; a noble varietal with citrus and floral notes; used for flavoring; very tough and adaptable, needs structural support

Ornamental Features

Sterling Hops is primarily grown for its highly ornamental fruit. It produces abundant clusters of light green hop-like fruit with yellow overtones from mid summer to mid fall. It attractive tomentose lobed leaves remain dark green in color throughout the season.

Landscape Attributes

Sterling Hops is a dense herbaceous perennial vine with a twining and trailing habit of growth. Its relatively coarse texture can be used to stand it apart from other garden plants with finer foliage.

This is a high maintenance plant that will require regular care and upkeep, and can be pruned at anytime. 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. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Insects
- Disease

Sterling Hops is recommended for the following landscape applications;

- Hedges/Screening
- General Garden Use
- Naturalizing And Woodland Gardens
- Container Planting

Planting & Growing

Sterling Hops will grow to be about 25 feet tall at maturity, with a spread of 3 feet. As a climbing vine, it should either be planted near a fence, trellis or other landscape structure where it can be trained to grow upwards on it, or allowed to trail off a retaining wall or slope. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 20 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! This is a self-pollinating variety, so it doesn't require a second plant nearby to set fruit.

This plant should only be grown in full sunlight. It does best in average to evenly moist conditions, but will not tolerate standing water. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH, and is able to handle environmental salt. It is highly tolerant of urban pollution and will even thrive in inner city environments. This particular variety is an interspecific hybrid. It can be propagated by cuttings; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Sterling Hops is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. Because of its spreading habit of growth, it is ideally suited for use as a 'spiller' in the 'spiller-thriller-filler' container combination; plant it near the edges where it can spill gracefully over the pot. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.