HERITAGE
FARM & GARDEN

Bleeding Heart

Dicentra eximia



Bleeding Heart flowers
Photo courtesy of NetPS Plant Finder

Height: 12 inches

Spread: 18 inches

Spacing: 15 inches

Sunlight: ◐ ●

Hardiness Zone: 2b

Other Names: Fringed Bleeding Heart, Plume Bleeding Heart

Description:

Easy to grow, compact bushy mound of deeply cut, fern-like blue-green foliage featuring long stems of rosy-pink, dangling heart shaped flowers; an excellent addition to borders, rock gardens or garden beds; blooms from mid spring to the middle of summer

Ornamental Features

Bleeding Heart features delicate nodding pink heart-shaped flowers dangling from the stems from mid spring to mid summer. Its ferny compound leaves remain bluish-green in color throughout the season.

Landscape Attributes

Bleeding Heart is an herbaceous perennial with a mounded form. It brings an extremely fine and delicate texture to the garden composition and should be used to full effect.

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. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Self-Seeding

Bleeding Heart is recommended for the following landscape applications;

- Mass Planting
- Rock/Alpine Gardens
- Border Edging
- General Garden Use
- Container Planting

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Planting & Growing

Bleeding Heart will grow to be about 10 inches tall at maturity, with a spread of 18 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 15 inches apart. Its foliage tends to remain low and dense right to the ground. It grows at a slow rate, and under ideal conditions can be expected to live for approximately 10 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 quite intolerant of urban pollution, therefore inner city or urban streetside plantings are best avoided. Consider applying a thick mulch around the root zone over the growing season to conserve soil moisture. This species is native to parts of North America, and parts of it are known to be toxic to humans and animals, so care should be exercised in planting it around children and pets. It can be propagated by division.

Bleeding Heart is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. It is often used as a 'filler' in the 'spiller-thriller-filler' container combination, providing a mass of flowers against which the thriller plants stand out. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.