Grow a Greener Garden

Garden and Landscape Plant Finder

Creeping Foamflower

Tiarella cordifolia

Plant Height: 6 inches

Flower Height: 12 inches

Spread: 24 inches

Spacing: 18 inches

Sunlight: ◐ ●

Hardiness Zone: 3a



Creeping Foamflower in bloom
Photo courtesy of NetPS Plant Finder



Creeping Foamflower in bloom
Photo courtesy of NetPS Plant Finder

Ornamental Features

Creeping Foamflower has masses of beautiful spikes of lightly-scented white star-shaped flowers rising above the foliage from mid spring to mid summer, which emerge from distinctive shell pink flower buds, and which are most effective when planted in groupings. Its lobed leaves are green in color. As an added bonus, the foliage turns a gorgeous deep purple in the fall.

Landscape Attributes

Creeping Foamflower is an herbaceous evergreen perennial with tall flower stalks held atop a low mound of foliage. Its relatively fine texture sets it apart from other garden plants with less refined foliage.

This plant will require occasional maintenance and upkeep, and is best cleaned up in early spring before it resumes active growth for the season. Deer don't particularly care for this plant and will usually leave it alone in favor of tastier treats. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Spreading

Creeping Foamflower is recommended for the following landscape applications;

- Mass Planting
- General Garden Use
- Groundcover

BRUNSWICK
422 Bath Road
Brunswick, ME 04011
1-800-339-8111
207-442-8111

FALMOUTH
89 Foreside Road
Falmouth, ME 04105
1-800-244-3860
207-781-3860

CUMBERLAND
201 Gray Rd (Route 100)
Cumberland, ME 04021
1-800-348-8498
207-829-5619

Planting & Growing

Creeping Foamflower will grow to be only 6 inches tall at maturity extending to 12 inches tall with the flowers, with a spread of 24 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 18 inches apart. Its foliage tends to remain low and dense right to the ground. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 10 years. As an evegreen perennial, this plant will typically keep its form and foliage year-round.

This plant does best in partial shade to shade. It requires an evenly moist well-drained soil for optimal growth. It is particular about its soil conditions, with a strong preference for rich, acidic soils. It is somewhat tolerant of urban pollution, and will benefit from being planted in a relatively sheltered location. Consider covering it with a thick layer of mulch in winter to protect it in exposed locations or colder microclimates. This species is native to parts of North America. It can be propagated by division.