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## TIP SHEET

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### Fall is for Planting!

Why is fall planting so good for plants? When perennials are planted in September and October, the warm soil encourages root growth. Roots continue to grow through the winter until the ground freezes. In early spring, roots begin new growth, and top growth begins. While the same plant planted in spring gets a slow start due to cool soils, the fall-planted plants are becoming well established. Hence, the spring-planted plant lags. When summer finally arrives, the fall-planted plant is far better equipped to deal with heat and drought, largely due to its well-established root system.



Photo courtesy of Walters Gardens

Fall planted perennials are stronger, more well-established, and can even be more disease resistant. The following list includes some of the perennials which we feel are excellent for planting in late summer and fall.

- Aquilegia, Columbine
- Aster
- Dianthus: Sweet William, Maiden Pinks, Carnation
- Dicentra, Bleeding Hearts
- Hardy Garden Mums
- Helleborus, Lenten Roses - best kept under minimum heat
- Hemerocallis, Day Lilies
- Hosta - best planted in spring or late summer
- Iris: Tall Bearded, Siberian - best planted in spring or late summer
- Paeonia, Garden Peony
- Papaver, Poppy
- Rudbeckia, Black-eyed Susan
- Sedum, Stonecrop

Information courtesy of Walters Gardens