

Chelone glabra



Chelone (chel-o-nee) From the Greek chelone meaning tortoise, referring to the flowers which look like a tortoise's head.

glabra (gla-bra) meaning glabrous-not hairy.



Zones: 5 - 8 **Flower Color:** White **Height:** 2 – 3' **Spacing:** 18''

About the Species:

Common Name: White Turtlehead

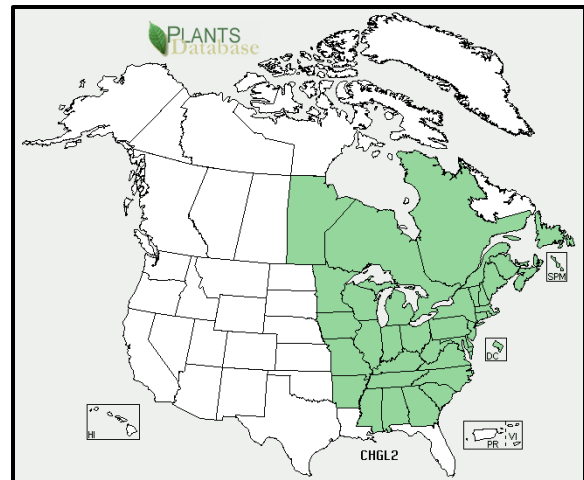
Family: Scrophulariaceae

The ½ inch white snapdragon-like flowers will open in late summer and autumn. They have two lips that look like a turtle's head. This hardy native perennial prefers moist soil and will grow to 2-3 feet high with glossy green foliage in full sun to part sun and is tolerant of a variety of soils except dry soils. Good air circulation is necessary to prevent powdery mildew. Staking is not needed if grown in full sun; too much shade may cause it to flop. White Turtlehead is a stiffly erect, clump-forming perennial attracting butterflies and birds. It is also deer resistant.

Habitat: *Chelone glabra* is found growing along rivers, margins of swamps, and wet woods.

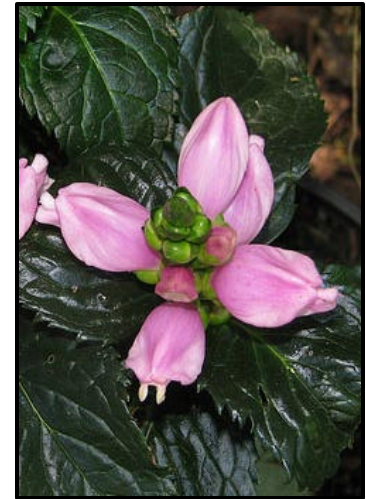
In the Garden: Use *Chelone* in a moist meadow, on the edge of woodland, or in a butterfly, bog, or native garden. Used widely in Europe as a cut flower, White Turtlehead will provide a great deal of attention.

Other Uses: *Chelone* is a very bitter herb with a tea-like flavor that acts mainly as a tonic for the liver and digestive system. This plant also has anti-depressant and laxative effects. It is used internally in the treatment of consumption debility, diseases of the liver, gallbladder problems, and gallstones. White Turtlehead is also used to relieve nausea and vomiting, intestinal colic and to expel worms. Its tonic effect upon the digestive system has made it of benefit in the treatment of anorexia nervosa. Native Americans also used this plant as a contraceptive. The plant is harvested when in flower and dried for later use, or young shoots and leaves are boiled, fried, and eaten



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Chelone lyonii 'Hot Lips'



Chelone (che-l-o-nee) From the Greek chelone meaning tortoise, referring to the flowers which look like a tortoise's head
lyonii (lie-on-ee-eye) After Scottish gardener John Lyon (1765-1814).



Zones: 5 - 8 **Flower Color:** Pink **Height:** 2 - 3' **Spacing:** 18"

'Hot Lips' is a hardy native plant that inhabits boggy areas or the banks of streams. The Pink Turtlehead has rosy-pink snapdragon like flowers in August and September 2-3' high that form sizable clumps with dark glossy leaves.

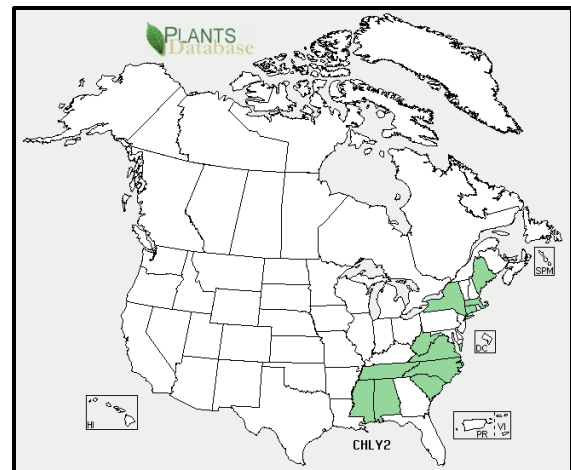
About the Species:

Common Name: Pink Turtlehead

Family: Scrophulariaceae

Habitat: Found in moist areas and open woods in the Southern Appalachian Mountains, Georgia and Alabama.

In the Garden: *Chelone lyonii* prefers some shade and deep, moist soil, thus making great a woodland planting.



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Zoo in the Garden.

Turtles, spiders, snakes, oh my!... *Chelone lyonii*, known as Pink **Turtle** head, *Tradescantia*, known as **Spider**wort, *Actaea (Cimicifuga)* as **Snake**root or **Bug**bane. There are many more native plants that have a descriptive common name from the wild animal kingdom. *Lobelia cardinalis*, or Red **Cardinal** flower, *Matteuccia pensylvanica* as **Ostrich** Fern and *Blechnum spicant* as **Deer** Fern. Enchant a child with a garden filled with plants named for their favorite animals and familiar insects.