



The Mystery Solved! Deadheading, Pinching, and Cutting Back

By Pam Duthie, from "Continuous Bloom"

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Deadheading is not some mysterious gardening lingo, or at least it shouldn't be. It simply means to remove flowers that have finished blooming. Some look like brown dried flowers, while others dangle on their stem like faded wet hankies. All detract from the colorful display of flowers you want for your garden.

Pinching refers to pinching off the growth tip and the first leaves with your thumb and forefinger to get bushier plants with more bloom. The flowers then produced will be smaller and bloom later. I actually use the term as *pinching for height* control and use pruners to cut the plant height in half in early June so that I don't have big plants flopping all over their neighbors in late summer.

Finally, some plants will benefit from cutting back or cutting everything to the ground after blooming to regenerate new, fresh foliage (but not flowers). Although this sounds drastic, it works well on plants that are tired looking with floppy yellow or brown leaves.

(Note: The lists below is only partial, the complete lists can be found in "Continuous Bloom")

Deadhead for repeat bloom

Achillea species (yarrow)
Campanula carpatica (bellflower)
Coreopsis grandiflora 'Sunray'
Coreopsis verticillata cultivars
Delphinium x elatum
Digitalis grandiflora
Echinacea purpurea 'Magnus'
Gaillardia x grandiflora 'Goblin'
Hemerocallis species
Leucanthemum x superbum cultivars
Nepeta species
Phlox paniculata cultivars
Rosa cultivars
Salvia x superb cultivars
Veronica species

Deadhead for aesthetics

Alchemilla mollis (lady's mantle)
Bergenia cordifolia
Hemerocallis cultivars (daylilies)
Heuchera cultivars
Lamium maculatum
Monarda didyma
Pulmonaria longifolia ssp. *Cevnensis*
Stachys byzantine

Deadhead to prevent "seeding about"

Achillea sibirica (yarrow)
Aquilegia alpine (columbine)
Arabis caucasica 'Snowcap'
Brunnera macrophylla
Centaurea montana
Corydalis lutea
Geranium sanguineum
Lychnis coronaria
Malva alcea cultivars
Myosotis sylvatica

Pinch for height control

Aster cultivars
Lavandula angustifolia 'Hidcote'
Monarda didyma cultivars (bee balm)
Perovskia atriplicifolia (Russian Sage)
Phlox paniculata cultivars
Platycodon grandiflorous cultivars (balloon flower)
Sedum x 'Autumn Joy'
Veronicastrum virginicum

Cut back to regenerate tired-looking plants

Bergenia cordifolia
Hemerocallis cultivars- after bloom
Iris sibirica
Lamium maculatum
Tradescantia cultivars (spiderwort)