

## **Best Perennials for Fall Planting**

Every year, we see evidence of the hard work laid out by enthusiastic, earth loving gardeners. Their landscapes look carefully planned, vibrant and healthy. As you gaze upon the lush beauty, you may be wondering “How does it all come together?” In other words, what does it take to achieve this level of success?

Many gardeners confess, they didn’t always have a green thumb and they didn’t always know what to do and when to do it. But, with persistence and a desire for knowledge, they learned what does and does not work. A huge part of that knowledge was what to plant and when to plant it. Following are some handsome perennials to consider planting in the fall in order to show off your landscape and your finesse in the garden.

### **Helenium**

The *Double Trouble* variety has gorgeous blooms with pure bright yellow, double flowers with golden eyes and deep green foliage. Also known as Sneezeweed, this flower blooms from mid-summer to early fall. Consider it for adding texture throughout your garden and along borders. Helenium attracts butterflies, is deer and rabbit resistant, and good as a cut flower.

**Height:** 24-36"

**Hardiness Zone:** 4-8

### **Coral Bells**

The beauty of this flower is its pink blooms that contrast handsomely against a dark eggplant-colored foliage. It’s a great choice for borders because of its small, mounding growth habit and for any spot that enjoys part to full sun. Coral Bells will attract butterflies and hummingbirds and it makes an excellent cut flower. Consider it for small garden spaces. It’s deer resistant, easy to grow and great for containers.

**Height:** 8-12"

**Hardiness Zone:** 3-9

### **Coreopsis**

This beautiful border and container bloom will be a delight in any sunny area of your garden. It boasts large, soft yellow blooms with a thread-like leaf. At only 20" tall, it's perfect for a border or container garden. It attracts birds, butterflies and bees and is so easy to grow. You’ll love it as a cut flower too.

**Height:** 18-20" Tall

**Hardiness Zone:** 4-9

### **Astilbe (Silvery Pink)**

This lovely variety has a compact and shorter growth habit. It's a great option as a container plant and brings lots of color along a shady border. Astilbe is deer resistant and thrives in shade. You can also use it as a cut flower.

**Height:** 12-18"

**Hardiness Zone:** 3-9

### **Butterfly Bush**

This striking flower will deliver extended blooms. Their variegated leaf is quite unusual and the bloom has a fragrant flower. It's deciduous and has a height that makes it perfect for the back of your garden. Other benefits are that it's deer resistant, great as a cut flower, fragrant, and attracts birds and butterflies.

**Height:** 48-72"

**Hardiness Zone:** 6-9

### **Aster (Novae Angliae)**

Known for reliably feeding bees and monarch butterflies, this beauty is also known as the New England Aster. This variety has a large purple bloom that last from late summer until frost. It serves as a great cut flower and is deer resistant. Imagine this plant growing up to 6 feet tall!

**Height:** 48-72"

**Hardiness Zone:** 3-8

### **Other Options:**

- Echinacea
- Lilac
- Digitalis
- Daylily
- Veronica
- Tulips
- Dahlia
- Calla Lily

Many gardeners may appreciate and prefer planting perennials in the spring. However, there are quite a few who favor fall planting and for good reason. Plants get a jump-start on spring growth and the soil is a lot easier to manage. This allows the root system to begin to immediately grow, thus allowing the plants to get established well ahead of the hardened spring soil that's more difficult to work. This jump start means you can expect first-season perennials that will actually show their flowers. So, try planting in the fall, while the air is cool and crisp around you. Also, your plants suffer much less transplant shock while acclimating to your garden.