

Bearsfoot Lenten Rose



It is also used in the treatment of headaches, psychic disorders, enteritis and spasms, but only recommended with medical supervision.



Helleborus foetidus

- **Use:** An interesting plant to grow in a shady garden for winter flowers. It blooms in late winter to early spring, with unusual yellow-green pendant, cup-shaped blossoms with a maroon rim that are surrounded by pale green bracts. Although 'foetidus' means fetid, or smelly, the plant as a whole is not unpleasant smelling. The leaves, when crushed or bruised, give off a smell that many describe as unpleasant or strange.
- **Exposure/Soil:** Part sun-shade. Moist, well-drained soil, but not soggy.
- **Growth:** Grows 1-2' tall and 1-1.5' wide; multiplies well.
- **Hardiness:** Zone 5-9; Perennial
- **Foliage:** Evergreen, virtually problem free. Deeply divided dark green foliage. Foliage can take on a maroon color. **Leaves are poisonous.**
- **Flower:** Produces light green blooms in early spring. The flowers are occasionally rimmed in maroon.