



Carex "Ice Dance"

**Common Names:**  
Sedge, Japanese Sedge

**Plant Type:** Perennial

**Light Requirements:**  
Partial-full shade

**Height:** 12-24 inches

**Bloom Time:**  
Spring/Summer

**Hardiness Zones:** 5-9

## Carex

Carex is an herbaceous perennial belonging to the sedge family (Cyperaceae). Carex can be found throughout much of the world. It is widespread in North America but also commonly occurring in East Asia. The specific species growing in our garden is *Carex morrowii*, which is native to alpine regions of Japan.

Carex has a grass-like texture (though it is not actually a grass) and grows in partial to full shade. It has insignificant flowers which bloom in the spring, but the plant is mostly grown for its foliage. Variegated carexes such as "Ice Dance" (pictured above) are bright accents for shady gardens.

Unlike most sedges which are clump forming, Carex spreads by underground stems called rhizomes, making it able to be used as a groundcover. It requires medium to wet soil, though once established it can tolerate average moisture. It is generally considered deer resistant. Maintenance is minimal; cut back brown foliage in late winter to make way for fresh spring growth.

References:

<https://www.missouribotanicalgarden.org/carex>

<https://plants.ces.ncsu.edu/plants/carex-morrowii-ice-dance/>