



**Common Name:** Hellebores

**Plant Type:** Perennial

**Light Requirements:** Shade in summer, sun in winter

**Height:** 1-2 ft.

**Bloom Time:** Late winter – early spring

**Hardiness Zone:** 3-9

## Hellebores

*Helleborus orientalis* is a clump-forming herbaceous perennial in the Ranunculaceae (buttercup) family. It is sometimes referred to as Lenten rose or Christmastime rose because of its early bloom time, although it is not related to roses. Hellebores are native to Northeast Greece, Turkey, and the Caucasus mountains.

This cold-hardy perennial grows 1-2 feet high with a similar spread. The foliage forms a clump of low-lying leaves that are large and palm-like with 7-9 segments. The foliage provides visual interest year-round. This plant enjoys growing under deciduous trees that will shade it during the summer and allow sun in the winter. Hellebores come in a variety of flower colors and patterns including white, yellow, and shades of purple. The flowers are typically nodding, though newer varieties have been bred to have more upward-facing flowers.

The early bloom time makes it an important early food source for pollinators. Hellebores are generally insect, deer, and rabbit resistant due to their toxicity. All parts of the plant are toxic if ingested and can cause skin irritation. Aphids are the most common pest. Hellebores are drought tolerant once established and require very little in terms of maintenance. Trim back dried and tattered leaves in late winter or early spring to improve the overall appearance of the plant and make way for fresh foliage.

### References:

<https://plants.ces.ncsu.edu/plants/helleborus-orientalis/>

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

<https://www.thespruce.com/growing-hellebores-in-the-garden-1402846>