

Creeping Phlox ‘Mary Belle Frey’ (*Phlox stolonifera*)

Species has 4-6” low mats of semi-evergreen foliage, creeping about 1-2’ a year.

Can form large colonies in the wild.

Spreads by runners that root along the ground.

Creeps around other plants, without crowding them at all.



Native to moist mountain woods and stream banks; PA south.

Loose clusters of sweet-scented pale to medium purple-pink flowers with five rounded overlapping petals. Flowers float above mats on thin 6-10” upright stems, in April-May.



Paddle shaped 1-2” deep green leaves.

Part sun to shady. Moist to medium, well-drained humusy soils.

During the springtime cleanup, be careful not to rake up this plant, as its hold in the ground is shallow.

When the soil is workable, sections of the plant can be transplanted to bare patches, provided the transplants are watered in dry periods.



Undemanding.

Attractive woodland ground cover, useful for shade gardens, fronts of borders, rock gardens, naturalized areas, and combined with spring bulbs and wildflowers.

Attracts moths, bees, hummingbirds.

Photo 1: Mount Cuba Center
mtcubacenter.org/trials/phlox-for-shade/phlox-stolonifera-mary-belle-frey/

Photos 2, 4: North Central Conservation District

Photo 3: Deep Root Plantbase

deeproot.co.uk/photo/images360/p/Phlox%20stolonifera%20%27Mary%20Belle%20Frey%27.jpg

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