



# ask the landscape professional

Celebrating 20 Years!

Linda K. Lillie of Sprigs & Twigs

## Welcome to my weekly series!

Email or mail your questions to: [info@sprigsandtwigs.net](mailto:info@sprigsandtwigs.net) or Linda Lillie, Sprigs & Twigs Inc, PO Box 245, Gales Ferry, CT 06335



Thank you Readers for Voting Sprigs & Twigs Best Landscape Company Two Years in a Row & Best Tree Service!

### Question this Week:

Linda, could you please help identify this plant? Thanks, Gary

### Linda's Answer:

Certainly. The plant in your picture is *Physostegia virginiana* or Obedient Plant, also known as False Dragonhead. This plant is a member of the Mint family and is actually a native plant seen from the east coast of the US and Canada to the Midwest. It is called Obedient Pant because the individual flowers can be turned to aim in almost any direction and they stay where you pointed them! The native species of this plant can be quite invasive and spreads by rhizomes which are underground stems that send out roots and shoots at nodes along the stem. Fortunately, in recent years there have been a number of improved cultivars created that are clumpers or slow spreaders and are not invasive.



It is a plant that blooms throughout the summer into the fall with white, pink or purpleish flowers. Obedient plant can grow up to 4 feet tall and 3 feet wide and may need staking to keep it upright. It is pollinated by hummingbirds, butterflies and bees and is reportedly deer resistant. It can grow in a variety of garden conditions, but prefers full sun and moist but well drained soil. It is also an excellent choice for containers.



Linda K. Lillie has been President of Sprigs & Twigs, Inc. for the last 20 years. She is a graduate of Connecticut College in Botany, an accredited NOFA Organic Land Care Professional, a Connecticut Master Gardener and a national award winning landscape designer for her design and installation projects.

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