

White Turtlehead

This native perennial is a larval host for the Baltimore Checkerspot and an important plant for many butterflies. Turtlehead also attracts bees and hummingbirds. The flowers resemble a turtles head and the scientific name has its origins from Greek mythology when a nymph named Chelone was turned into a turtle as punishment from the gods. This plant is traditionally known to have medical uses.



Chelone glabra

- Hardiness: Zone 3-8
- Size: 2-4' tall and 2' wide
- Flower: White with a tinge of pink in late summer
- Culture: Prefers full to part sun and moist to wet soils
- Uses: Naturalizing, rain garden, wetland, butterflies, pollinators, hummingbirds, cut flower, medicinal, deer resistant

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PENNSYLVANIA**