

Polemonium reptans


(Spreading) Jacob's Ladder, Greek Valerian

Tried and True




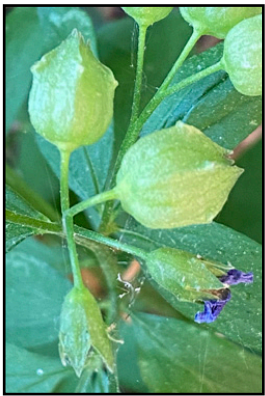
Native Plant Selections

for the Mid-Atlantic

In the Mid-Atlantic Region, this attractive wildflower is most common in Pennsylvania. In Virginia its occurrence is spotty, although it is [native](#) to Fairfax County. At home in moist woods and along stream banks, this Phlox family member features leaflets arranged like rungs on a ladder (the ladder Jacob dreamt about in the Bible story), thus the common name.



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Ground Cover	Foliage, Flowers (Blue and Lavender), Fruit
Height: ½–1½ feet	   
Spread: 1–1½ feet	
Bloom Color: Blue, lavender	
Characteristics	
Mound-forming, herbaceous perennial	
Glabrous or sparsely pubescent , light green to red-green stems tend to ramble along the ground	
Fern-like foliage of alternate , pinnately compound leaves, petioles absent on upper leaves	
Showy, bell-shaped flowers bloom in loose flower clusters on separate slender stalks April to May	
Three-celled fruit capsule with persistent calyxes	
Spreads by self-seeding in optimal conditions	
Attributes	
Intolerant of drought; no serious pests or diseases; deer seldom severely damage	<div>Excellent Replacement for</div> <div><div>Polemonium caeruleum - Jacob's-ladder</div><div>Vinca minor - Periwinkle</div></div>
Slow-spreading, light-textured ground cover	
Therapeutic uses	
Attracts bees, flies, butterflies, and moths	
Growing and Maintenance Tips	
Soil Requirements : Humus-rich soil	
Light Requirements : Partial Shade, Shade	
Water Requirements : Moist	
Becomes dormant in drought situations	
Divide clumps in early spring or late summer	
Use in rock or woodland gardens	
Hardiness : USDA Zones 3–8	

developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria

Images by Elaine Mills, private garden, Arlington, VA and by Mary Free (flowers), Quarry Shade Garden