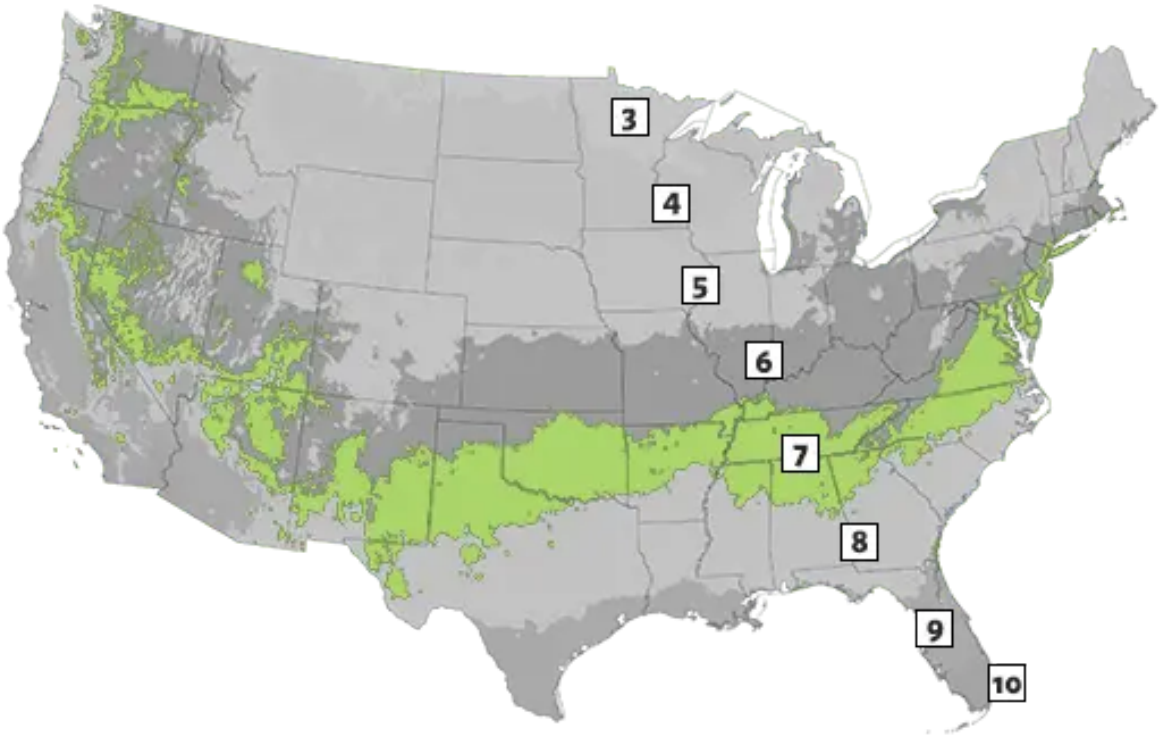
Some of the best performers in Zone 7 and 8 winters are arugulas, beets, swiss chard, mustard, cauliflower, radishes, spinach, broccoli, carrots, cabbage, peas, turnips, and varieties of lettuces. When shopping for seeds, keep a keen eye out for varieties that boast cold hardiness and have shorter maturation periods.

The Best Plants for Zone 7



If you live in Zone 7, then you should know it has a medium to long growing season, with a frost-free period lasting from early May until late September. Asters, astilbe, bee balm, cannas, coneflowers, crocus, daffodils, delphiniums, glads, hibiscus, hostas, hyacinths, irises, jasmine, lilies, peonies,

phlox, salvia, sedum, succulents, tulips, and yarrow are among the Zone 7 plants we recommend.

Use our growing zone finder to get more information about your exact hardiness zone.

Fall-Planted Bulbs for Zone 7

Largely because they signal the welcome return of warmer weather, spring blooms not only possess considerable natural beauty, but they also tend to occupy a special place in our hearts. Fall-planted bulbs include tulips, daffodils, hyacinths, alliums and crocus, a small plant that can flower even before the end of winter. Grow them in rich, well-drained soil that will receive plenty of sunlight. Remove weeds, loosen soil and add compost before planting.

Popular Varieties

Alliums

Crocus

Daffodils

Dutch Iris

Hyacinths

Tulips

Best Fall-Planted Bulbs for Zone 7

Lily’s, many varieties live beautifully in zone 7

Sunset Carpet Border Lily™ Mixture

Arum italicum

Sun Perennials for Zone 7

Sun perennials are revered for their versatility, attract pollinators to your landscape and produce countless, lovely blooms for years or even decades. No wonder these are some of the world's most popular flowers! Sun-loving perennials include roses, peonies, irises, daylilies, hibiscus, coneflowers and asters. These varieties perform best when receiving about 6-8 hours of direct sunlight per day. Without it, the plants grow poorly, and their blooms, if any emerge, are drab and lifeless.

Popular Varieties

Coneflowers

Daylilies

Iris

Peonies

Phlox

Roses

Best Sun Perennials for Zone 7

Shade Perennials for Zone 7

Some gardeners don't even try to grow anything in the shaded areas of their gardens or yards. That's a shame, because some incredible plant varieties—including those that yield many delicate, colourful blooms—fare well when grown within dark shadows. We recommend such shade seekers as hellebores, hostas, astilbe, bleeding hearts, toad lilies and ferns. Poor soil can hinder a shade perennial garden more than a lack of sunlight, so be sure to add plenty of organic matter when

preparing a new one. Avoid damaging roots when planting Shade Perennials near trees.

Popular Varieties

Astilbe

Bleeding Hearts

Ferns

Heuchera

Hostas

Lily of the Valley

The U.S. Department of Agriculture's Plant Hardiness Zone Map, which divides the continental U.S. into eight

gardening zones based on wintertime minimum temperature averages, can help you select plants that have the best chance of flourishing where you live. Each of our product pages lists the hardiness zones in which that particular plant is best suited for growing. Take the time to learn your location on the garden zone map. Don't wait until the next planting season begins to ask yourself, "What is my gardening zone?" or "What gardening zone am I in?" We can't emphasize this point enough: It's crucial for you

to know your zone before choosing your plants. Selecting the right plants for your zone helps ensure a better performing and more attractive garden. As you become a more seasoned gardener and come to be more familiar with the advantages—and the limitations—of your growing season, you'll learn which of your favourite plants you can grow most successfully.