



photo: Dan Jaffe

# WHITE TURTLEHEAD

*Chelone glabra*

This striking perennial has lance-shaped, dark green leaves and white snapdragon-like flowers that resemble turtle heads. The name is derived from Greek mythology: the nymph Chelone was turned into a turtle for insulting the Gods.

## Benefits for Wildlife

- Attracts a wide variety of pollinators, including butterflies and hummingbirds
- Bumblebees are the only bees strong enough to pry open the flower
- Primary host of Baltimore Checkerspot butterfly, *Euphydryas phaeton*

Host to 4 caterpillar species:  
(common names) Turtlehead Borer;  
Satyr Pug; Verbena Bud Moth; Baltimore Checkerspot

## Benefits for People

- Adds late summer charm to shade gardens and is a great accent plant.
- Native Americans had many medicinal uses for this plant

## Growing Information

|                           |                   |
|---------------------------|-------------------|
| <i>Sunlight</i>           | Part shade        |
| <i>Soil Type</i>          | Moist to wet      |
| <i>Height</i>             | 2-3'              |
| <i>Width</i>              | 2-3'              |
| <i>Flowering calendar</i> | August to October |

## Natural Habitat

- Swampy areas and stream banks

