



Full Sun Groundcovers - Wet Soil

These species mix well into areas with very limited mowing, lawn areas with semi frequent mowing, or in managed beds for weed suppression. For more details about Groundcovers and Freedom Lawns, check out our [Info page on them.](#)

Under 6 Inches High:

Carolina Ponysfoot, *Dichondra carolinensis*

Blue Eyed Grass, *Sisyrinchium angustifolium*

Wild Strawberry, *Fragaria virginiana*

Violet, *Viola spp.*

Low Groundcovers with Tall Flowers:

Lyre-leaf Sage, *Salvia lyrata*

Rayless Sunflower, *Helianthus radula*

1 to 2 Feet High:

Browne's savory, *Clinopodium brownei*

Frog Fruit, *Phyla nodiflora*

Maryland meadowbeauty, *Rhexia
mariana var. Exalbida*

Swamp Twinflower, *Dyschoriste humistrata*

Inland Sea Oats, *Chasmanthium latifolium*

White-Topped Sedge, *Rhynchospora colorata*

Size is approximate, plants may be larger with more water or soil nutrients.

All species can be mowed and tolerate foot traffic unless otherwise noted

Under 6 Inches High:

Plant Species	Height	Description	Spreads by
<p>Carolina Ponysfoot <i>Dichondra carolinensis</i></p> 	<p>Under 1 inch</p> <p>Perennial</p> <p>Summer Dormant</p>	<p>One of our most recommended groundcovers</p> <p>Yellow to white flowers in spring attract pollinators. Edible foliage</p> <p>Disappears in the summer, reappears in the winter to spring. Active year round in areas with more moisture or shade. Pairs well with a summer active groundcover</p>	<p>Surface Spreading</p>
<p>Blue-Eyed Grass <i>Sisyrinchium Angustifolium</i></p> 	<p>Up to 6 inches tall</p> <p>Evergreen</p> <p>Perennial</p>	<p>Tiny member of the Iris family. Grass-like foliage</p> <p>Blue or purple flowers in spring open in the mornings and close in the afternoons. Birds may eat the seeds</p> <p>Spreads out from original plant to form a clump about 1 foot wide</p> <p>Handles limited foot traffic and infrequent mowing. Can be cut back in the summer to refresh</p>	<p>Clump Forming</p>
<p>Wild Strawberry <i>Fragaria virginiana</i></p> 	<p>Up to 6 inches</p> <p>Perennial</p> <p>Evergreen</p> <p>Winter Active</p>	<p>Wild Strawberry is closely related to commercial strawberries</p> <p>White flowers in early spring are followed by small tasty berries. Leaves can be made into tea high in Vitamin C</p> <p>Butterfly host plant</p> <p>Doesn't tolerate heavy foot traffic or mowing. Best in undisturbed areas with limited foot traffic</p>	<p>Surface Spreading</p>

<p>Violets <i>Viola spp.</i></p> 	<p>3-5 inches Evergreen Perennial</p>	<p>Purple flowers in the spring support pollinators Readily reseeds and can spread quickly Edible flowers! Butterfly host plant</p>	<p>Reseeds</p>
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Low Groundcovers with Tall Flowers:

Plant Species	Height	Description	Spreads by
<p>Lyre-leaf Sage <i>Salvia lyrata</i></p> 	<p>2-4 inches Perennial</p>	<p>Very adaptable. Grows in almost any condition Low-growing basal rosette of leaves with up to 18" tall purple flower spikes in the spring Sections of the leaves turn purple in response to cold weather. Seed production occurs 4-6 weeks after flowering is finished Mow after seeds are released to encourage spread</p>	<p>Reseeds</p>
<p>Rayless Sunflower <i>Helianthus radula</i></p> 	<p>0.5 - 4 inches Perennial Winter dormant</p>	<p>Low growing groundcover with 1-2 foot tall flowers in fall Unique black disk flowers attract Poey's Furrow Bee, <i>Halictus poeyi</i> Grows densely in wet soil and more open habit in dry soil Seeds are a source of food for birds in winter Works well in meadows</p>	<p>Surface Spreading Reseeds with appropriate habitat</p>

1-2 Feet High:

Plant Species	Height	Description	Spreads by
<p>Browne's savory <i>Clinopodium brownei</i></p> 	<p>1-2 feet tall Perennial</p>	<p>Semi-evergreen member of the mint family Fragrant edible leaves can be used in salads or teas White and purple flowers all year long Handles moderate foot traffic and mowing</p>	<p>Surface Spreading</p>
<p>Frog Fruit <i>Phyla nodiflora</i></p> 	<p>1-2 feet tall Perennial Winter dormant</p>	<p>Very tough groundcover, can spread quickly. Long season pink and white flowers support pollinators. Butterfly host plant Taller leaves and stems die back in the winter Pairs well with an evergreen or winter active groundcover such as Carolina Ponysfoot</p>	<p>Surface Spreading</p>
<p>Maryland Meadow Beauty <i>Rhexia mariana</i></p> 	<p>1-2 feet tall Perennial Winter dormant</p>	<p>Low-growing perennial wildflower. White flowers all summer attract pollinators Great as a filler in garden beds, border plant, or ground cover in areas with limited foot traffic Thrives in wet to average soil, but has drought tolerance too Excellent use in rain gardens Butterfly host plant</p>	<p>Spreads underground</p>

<p>Swamp Twinflower <i>Dyschoriste humistrata</i></p> 	<p>Up to 1 foot high</p> <p>Perennial</p> <p>Winter dormant</p>	<p>Deciduous groundcover dies back in the winter</p> <p>Pair with a winter active or evergreen groundcover</p> <p>Purple flowers in spring through summer</p> <p>Butterfly host plant</p>	<p>Spreads underground</p>
<p>Inland Sea Oats <i>Chasmanthium latifolium</i></p> 	<p>2-3 feet in flower</p> <p>Perennial</p>	<p>Medium sized bunchgrass</p> <p>Showy seed heads in fall offer food for birds and small mammals over winter</p> <p>Golden fall color</p> <p>Seed heads hold up well in cut flower arrangements</p> <p>Butterfly host plant</p>	<p>Spreads Underground</p> <p>Reseeds</p>
<p>White-Topped Sedge <i>Rhynchospora colorata</i></p> 	<p>1-2 feet in flower</p> <p>Perennial</p>	<p>Semi-evergreen grass-like perennial</p> <p>Showy white flower bracts from spring through summer attract pollinators</p> <p>Songbirds eat the seeds</p> <p>Spreads quickly, best in areas where spreading is welcomed</p>	<p>Spreads Underground</p>