

# Foxglove Beardtongue

(*Penstemon digitalis*)

Leaves are elliptical and stem leaves are oblong and can be slightly fleshy.

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## Planting:

Plant outside in the garden during the fall (Stratify in cold (40°F) moist soil).

Plant in an area with sun. Soil should be moist to dry.

Plant on the surface of loosened soil and press down gently. A thin layer of coarse sand can be used over top of the seeds. The sand will help hold moisture around the seeds, but it's not required.

Don't plant too densely, they tend to have high germination rates. Germinate quickly but grow slowly after that.

We recommend using these seeds to start a Pollinator Pathway garden. Plant in the fall, refrain from active weeding, and let the seeds sprout, root, establish, mature, and bloom naturally.

## Harvest:

Collect early to middle of September.

Seeds are mature when the pods are brown, dry, and cracking open. Seeds should be able to fall out of the pods.

Break off the seed pod stalks and crush or shake into a paper bag.



*Seeds graciously donated from The Greenwich Land Trust Meadow*

*Remember: "Sleep Creep Leap". Perennials are slow to start but will eventually grow into a garden.*