Putting a Perennial Garden to Bed

By Kelly Peden

A certain sense of peace descends when a perennial garden is put to bed for the season. The plants are safely tucked in against the elements, and the garden is ready to welcome the first signs of life. When the work is done, you can sit back and anticipate the bright blooms of spring. Many gardeners are uncertain of how to close a perennial garden. This week’s column demystifies the process.

Clean up

Garden clean up can be a gradual process—plants will deteriorate at different rates, allowing you to do a little bit each week.

- Edge beds and borders and remove stakes and other plant supports.
- Dig and divide irises, daylilies, and other early bloomers.
- Cut back plants when foliage starts to deteriorate, then rake all debris out of the garden and pull any weeds that remain.

Plant perennials

Fall is the perfect time to plant perennials! The warm, sunny days and cool nights provide optimal conditions for new root growth.

- Dig deeply and enhance soil with organic matter.
- Use a good starter fertilizer to speed up new root growth.
- Untangle the roots of new plants before planting.
- Water deeply after planting as the weather dictates, and keep plants moist for several days after planting.

Add compost

Organic matter is the key ingredient to healthy garden soil. Composting adds nutrients to the soil, helps the soil retain water and nutrients, and keeps the soil well aerated. If you take care of the soil, your plants will become strong and disease resistant. Before adding compost, use an iron rake to loosen the top few inches of soil. Spread a one to two inch layer of compost over the entire garden—the best compost is made up of yard waste and kitchen scraps—and then refrain from stepping on the area and compacting the soil.

To mulch or not to mulch?

Winter protection for perennial beds can only help plants survive the winter. Winter mulch prevents the freezing and thawing cycles, which cause plants to heave and eventually die. Here’s what works and what doesn’t:

- Always apply mulch after the ground is frozen.
- Never apply generic hay because it contains billions of weed seeds. Also, whole leaves and bark mulch hold too much moisture.
- Use a loose material to allow air filtration. Straw and salt marsh hay are excellent choices for mulch. If using leaves, use only stiff leaves such as Oak or Beech. Soft leaves, such as Maple, make it difficult for air and water to filtrate.
- Remove the winter mulch in the spring as soon as new growth begins.

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