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Ice Cream Astilbe

Astilbe x arendsii 'Ice Cream'

Height: 30 inches

Spread: 24 inches

Spacing: 18 inches

Sunlight: ◐ ●

Hardiness Zone: 4

Other Names: False Spirea

Group/Class: Astary Series



Ice Cream Astilbe flowers
Photo courtesy of NetPS Plant Finder



Ice Cream Astilbe in bloom
Photo courtesy of NetPS Plant Finder

Description:

Lovely soft pink, fluffy plumes rising above a compact mound of foliage; perfect in a shady spot with dappled light; prefers moisture so water regularly for abundant flowers and nice foliage

Ornamental Features

Ice Cream Astilbe has masses of beautiful plumes of pink flowers at the ends of the stems from mid summer to early fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its ferny compound leaves remain dark green in color throughout the season.

Landscape Attributes

Ice Cream Astilbe is an herbaceous perennial with an upright spreading habit of growth. Its relatively fine texture sets it apart from other garden plants with less refined foliage.

This is a relatively low maintenance plant, and is best cleaned up in early spring before it resumes active growth for the season. It is a good choice for attracting butterflies to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. It has no significant negative characteristics.

Ice Cream Astilbe is recommended for the following landscape applications;

- Mass Planting
- Rock/Alpine Gardens
- Border Edging
- General Garden Use
- Container Planting

Planting & Growing

Ice Cream Astilbe will grow to be about 24 inches tall at maturity, with a spread of 24 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 18 inches apart. Its foliage tends to remain dense right to the ground, not requiring facer plants in front. It grows at a medium rate, and under ideal conditions can be expected to live for approximately 10 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant does best in partial shade to shade. It requires an evenly moist well-drained soil for optimal growth. It is very fussy about its soil conditions and must have rich, acidic soils to ensure success, and is subject to chlorosis (yellowing) of the foliage in alkaline soils. It is somewhat tolerant of urban pollution, and will benefit from being planted in a relatively sheltered location. Consider applying a thick mulch around the root zone over the growing season to conserve soil moisture. This particular variety is an interspecific hybrid. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Ice Cream Astilbe is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.