

A close-up photograph of a hand holding a dead, brown, and crumpled rose head. In the foreground, a pair of blue and silver pruning shears is positioned to cut a green rose stem. The background is a soft-focus garden with green leaves and pink flowers. A white crosshair graphic is overlaid on the image, with a circle centered on the dead rose head.

# WHAT IS DEADHEADING?

# WHAT IS DEADHEADING?

Deadheading is the process of removing dead or dying flower buds and seed heads from a plant, stopping the plant from spending energy trying to save or produce seeds from the dead bud and directing that energy to other necessary processes.

## BENEFITS OF DEADHEADING

- Redirects plant energy to stronger growth and more flower production.
- Reduces the need for additional seed purchases and controls invasive self-seeding plants, resulting in financial savings.
- Prolongs the attractiveness of garden displays, decreasing the frequency of replanting and associated expenses.
- Enhances the overall aesthetic of the garden and encourages re-flowering.
- Prevents invasive plant species from spreading, reducing the need for chemical or manual interventions.
- Contributes to the overall sustainability of the garden by reducing resource use and minimizing waste.

## HOW TO DEADHEAD



### 1. Remove spent flowers when they look ragged to get the most benefit.

- Consider deadheading daily for some plants, like summer bedding, and once per or every other week for others, such as border perennials. Regular deadheading is a responsibility that ensures your plants stay healthy and vibrant.

### 2. Use your finger and thumb to pinch or snap off faded blooms to remove the flower with its stalk to keep the plant looking tidy.

- For plants with thick, tough or stringy stems, use secateurs, scissors or a knife to deadhead.
- For plants with multiple flowers, such as delphiniums and lupins, pinch or trim off individual flowers and then prune the entire head to just above a lower bud, leaf or side shoot, or to ground level once all have finished flowering.

# WHAT PLANTS TO DEADHEAD

Deadheading is a crucial practice for any gardener, as it encourages growth and enhances the appearance of plants.

## THE DOS AND DON'TS OF DEADHEADING

### DOS



#### Some common varieties to deadhead include:

- Cosmos
- Marigolds
- Petunias
- Roses
- Salvia
- Snapdragons
- Sweet peas
- Bee balms
- Zinnia
- Delphiniums
- Hollyhocks
- Marguerite daisy
- Hardy geraniums
- Blanket flowers

Not all flowers should be deadheaded. Generally, you should avoid deadheading biennials or plants that self-seed.

### DON'TS



#### Some examples of plants you shouldn't deadhead include:

- Foxglove
- Hollyhock
- Sweet William
- Columbine
- Poppies
- Peonies
- Lobelia
- Forget-me-nots