

# Horticulture



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PERENNIALS

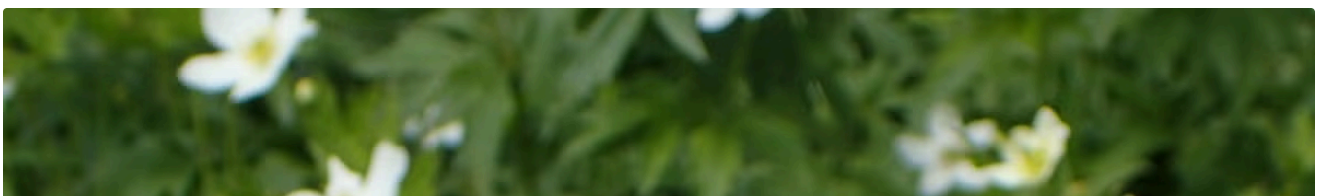
## Canada Anemone Is a Spring-Blooming Groundcover with Deer Resistance

Canada anemone works as a rugged space-filling groundcover in gardens with full sun or part shade

**MEGHAN SHINN** Updated Mar 16, 2026 1:18 PM PDT

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A native plant across Canada and throughout much of the United States, Canada anemone (*Anemone canadensis*) is a pretty but rugged perennial that can serve as a groundcover in full sun or part shade. Resistant to rabbits and deer, it blooms in late spring, attracting small bees. It can be an enthusiastic spreader, so it should not be paired with weaker growers or expected to stay in place.





Canada anemone blooms in late spring to early summer, with bright white flowers rising above its finely cut maple-like foliage.

**Common name:** Canada anemone

**Botanical name:** *Anemone canadensis*

**Origin:** *Anemone canadensis* is native to damp meadows, shorelines and ditches across Canada and throughout the Northeast, Midwest, Mid-Atlantic and Interior West regions of the United States.

*Related: [For a similar species that prefers more shade, consider the European snowdrop anemone.](#)*

**Flowers:** Five-petaled white flowers with gold-and-green centers appear from late spring to early summer. The flowers open from pearly buds held on upright stems.

*Related: [For a fall-blooming anemone, try the compact Fantasy Jasmine.](#)*

**Foliage:** Medium green and maple-like in shape, with long, narrow lobes.

**Size and habit:** This is an herbaceous groundcover that stands 12 inches tall and spreads by rhizomes to fill available space. Be aware that where happy it can make a sizable colony. Plant it where you don't mind its spread and/or plant it with equally strong-growing companions, because it will likely outcompete more delicate or slow-growing perennials. Try it as a carpet around trees and shrubs.



Canada anemone is a strong spreader that pairs best with equally vigorous companions, such as the ostrich fern seen here.

# Growing Canada anemone

**Exposure:** Full sun to part shade

**How to grow it:** Plant this spring-blooming anemone in full sun to part shade and well-drained moderate to moist soil. Avoid areas with dry soil or periodic standing water. If flowering diminishes after a few years, dig and divide clumps to thin the patch. [Because this is a spring bloomer, the time for division is fall.](#) USDA Zones 3–8.

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**Meghan Shinn**

AUTHOR

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