

PLANT LIST

'Muscular Dystrophy UK – Forest Bathing Garden'

Show Garden designed by Ula Maria – 2024 RHS Chelsea Flower Show (MA327)

Trees

Betula pendula
Betula albosinensis 'Fascination'
Alnus glutinosa
Crataegus varieties

Hedges

Taxus baccata

Herbaceous/Shrubs*

Actaea simplex 'Brunette'	Dryopteris affinis	Omphaloides verna 'Alba'
Actaea pachypoda 'Misty Blue'	Dryopteris filix-mas	Paeonia emodi 'Late Windflower'
Anemonella thalictroides 'Rosea'	Dryopteris wallichiana	Peltoboykinia watanabei
Anthriscus sylvestris 'Ravenswing'	Epimedium 'Amber Queen'	Podophyllum hexandrum
Aquilegia canadensis	Fragaria vesca	Polygonatum 'Betburg'
Aquilegia 'Chocolate Soldier'	Geranium sylvaticum 'Ice Blue'	Polygonatum falcatum variegatum
Aquilegia vulgaris 'Niveum'	Geranium sylvatica 'Mayflower'	Polystichum munitum
Aquilegia 'White Barlow'	Geum rivale 'Leonard's Variety'	Polystichum setiferum 'Herrenhausen'
Aquilegia 'Black Barlow'	Glaucidium palmatum	Primula japonica 'Postford White'
Asarum caudatum	Hesperis matronalis var. albiflora	Ranunculus acris citrinus
Begonia emeiensis	Iris sibirica 'Perry's Blue'	Rodgersia aesculifolia
Blechnum spicant	Iris sibirica 'Dreaming Yellow'	Rodgersia podophylla 'Braunlaub'
Boehmeria platanifolia	Iris sibirica 'Peacock Paprikash'	Rodgersia henricii
Boehmeria sieboldiana	Iris sibirica 'Persimon'	Rodgersia pinnata 'Elegans'
Briza media	Iris sibirica 'Silver Edge'	Rosa 'Kew Gardens'
Brunnera 'Betty Bowring'	Lamium orvala	Saruma henryi
Brunnera macrophylla	Lamium orvala 'Album'	Semiaquilegia adoxoides
Caulophyllum thalictroides	Lilium martagon	Silene fimbriata
Cenolophium denudatum	Lilium martagon 'Claude Shride'	Tellima grandiflora
Cornus canadensis	Luzula nivea	Tellima grandiflora rubra
Darmera peltata	Maianthemum bifolium	Thalictrum 'Black Stockings'
Dicentra formosa	Molopospermum peloponnesiacum	Trollius x cultorum 'Alabastor'
Digitalis lutea	Monarda bradburiana	Valeriana officinalis
Digitalis grandiflora	Omphaloides cappadochia	Valeriana pyrenaica
Dodecatheon meadia	'Cherry Ingram'	

**list is subject to small changes*