



**High Contrast Lungwort**  
*Pulmonaria 'High Contrast'*

Height: 10 inches

Spread: 18 inches

Spacing: 15 inches

Sunlight: ● ●

Hardiness Zone: 3a

Other Names: Lords And Ladies, Bethlehem Sage

**Description:**

This attractive variety has flowers in spring that emerge pink and mature to bluish-violet, over heavily spotted green leaves; perfect in the garden, massed along border fronts or in containers

**Ornamental Features**

High Contrast Lungwort features delicate clusters of blue bell-shaped flowers with violet overtones at the ends of the stems from mid to late spring, which emerge from distinctive rose flower buds. Its attractive pointy leaves remain forest green in color with distinctive silver spots throughout the season. The fruit is not ornamentally significant.

**Landscape Attributes**

High Contrast Lungwort is an herbaceous perennial with a mounded form. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition.

This is a relatively low maintenance plant, and should be cut back in late fall in preparation for winter. Deer don't particularly care for this plant and will usually leave it alone in favor of tastier treats. It has no significant negative characteristics.

High Contrast Lungwort is recommended for the following landscape applications;

- Mass Planting
- Rock/Alpine Gardens
- General Garden Use
- Groundcover
- Container Planting



*High Contrast Lungwort flowers*  
Photo courtesy of NetPS Plant Finder



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### Planting & Growing

High Contrast Lungwort will grow to be about 10 inches tall at maturity, with a spread of 18 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 15 inches apart. Its foliage tends to remain low and dense right to the ground. It grows at a medium rate, and under ideal conditions can be expected to live for approximately 10 years.

This plant does best in partial shade to shade. It prefers to grow in average to moist conditions, and shouldn't be allowed to dry out. It is not particular as to soil type or pH. It is somewhat tolerant of urban pollution. 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.

High Contrast Lungwort is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. It is often used as a 'filler' in the 'spiller-thriller-filler' container combination, providing a mass of flowers and foliage against which the thriller plants stand out. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.