

## Recommended Native Plants for Lathrop Cottage Gardens

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All plants listed are native to New England. All plants listed (except ferns) are pollinator plants.

Within each section, plants are listed by flowering season (then alphabetically by scientific name)

The tables include a Deer Resistant indicator although we all know that, if deer are hungry enough, they will eat anything.

The tables include "Larval Host." Larva = caterpillar. Moths and butterflies lay their eggs on leaves of plants that their babies/larva/caterpillar will be able to eat. (They are picky eaters.) Some will thrive, go through chrysalis/cocoon then metamorphosis to be the next generation. Some will be snatched up by adult birds who will feed them to their nestlings who, in turn, will thrive and fledge into the next generation. Meanwhile the host plant (where the eggs were laid) will try to protect itself so it too can thrive and produce its next generation. (No larval host plants = no moths, no butterflies, no birds ) See Books and Websites About Native Plants (also prepared by the Lathrop Native Plant Group) and page 11 for more information.

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**Some Possible Native Ground Covers:** (Herbaceous and woody plants. Ground huggers. These are often clustered below taller perennials or woody plants as "green mulch.") More information on specific plants below each table.

Common Name	Scientific Name	Soil Preference	Light Preference	Bloom Time	Bloom Color	Special Interest	Deer Resistant	Mature Size	Larval Host
Bearberry	<i>Arctostaphylos uva-ursi</i>	Average to dry	Sun to part sun	Spring	White, Pink,	Evergreen, stabilizes sandy soil	Y	3-6" h 2-3' w	Y
Wild Ginger	<i>Asarum canadense</i>	Moist to Average	Part Shade to Shade	Spring	Brown	Flowers below leaves	Y	3-6" h 1-1.5' w	Y
Pennsylvania sedge	<i>Carex pensylvanica</i>	Dry to Average	Adaptable	Spring	Green	Lawn substitute in shade	Y	6-10" h 1-1.5' w	Y
Woodland strawberry	<i>Fragaria vesca</i>	Dry to Average	Sun to Part Shade	Spring	White	Berries	y	2-5" h 6-12" w	Y
Canada mayflower	<i>Maianthemum canadense</i>	Dry to Moist	Sun to Part Shade	Spring	White	Flowers, berries	Y	2-4" h 10-14"w	N
Running groundsel	<i>Packera obovata</i>	Wet to average, sandy	Sun to part Sun	Spring	Yellow	Salt tolerant, leaves purple tinged	Y	3-6" h 1-2' w	Y
Foamflower/ Running Foamflower	<i>Tiarella cordifolia var. cordifolia</i>	Moist to Average Adaptable	Part Sun Adaptable	Spring	White clustered on stalk	Leaf pattern varies, evergreen	Y	3"-12" h 1-2' w	Y
Violets	<i>Viola spp.</i>	Adaptable	Adaptable	Spring	Violet, White, Yellow	Important early pollinator	Y	6-24" h	Y
Wild geranium	<i>Geranium maculatum</i>	Adaptable	Partial Sun	Summer	Pink to Lavender	Mound of leaves when not flowering	Y	12-18"h 8-12" w	Y
Low-bush blueberries	<i>Vaccinium augustifolium</i>	Adaptable	Adaptable	Summer	White	Fall color	N	1-2' h 1-2' w	Y

**Bearberry** (*Arctostaphylos uva-ursi*). Can form dense mat, especially good at holding loose soil (preventing erosion), pollinator

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**Wild Ginger** (*Asarum canadense*), Nector for early butterflies, host plant for bold feathered grass moth.

**Pennsylvania sedge** (*Carex pensylvanica*) Sedges bloom early and are important pollinator plants for moths and butterflies and larval hosts for Dun skipper butterfly and Huckleberry sphinx moth. *C. pensylvanica* is a good lawn alternative in dry, shady area with acidic soil. (Starts early then stops, so needs only one mowing mid-June). **Plantain Sedge** (*C. plantaginea*), and **Creek Sedge** (*C. amphibola*), grow in clumps, so serve as garden accent plants.

**Woodland strawberry** (*Fragaria vesca*) can grow in shade and is good ground cover under perennials. The **Common Wild Strawberry** (*F. virginiana*) spreads too rapidly to be used in gardens. However, it can be used as ground cover to replace lawns. Prefers sun.

**Canada Mayflower** (*Maianthemum canadense*) No nectar, but pollen for native bees.

**Running Groundsel** (*Packera obovata*), **Golden Groundsel** (*P. aurea*) is too robust to be ground cover. Do not plant with delicate perennials. Sun to Part Shade.

**Foam flower** (*Tiarella cordiflora* var. *cordiflora*) is more versatile than *T. cordifolia* var. *collina* which is native farther south and grows in clumps. Use *T. cordiflora* beneath taller plants and as "green mulch." Early flowers for bees.

**Violets** (*Viola* spp). 25 species in New England, larval host site for fritillary butterflies including the Spangled Fritillary, and Giant Leopard Moth. One violet that is easy to tell apart from the others even when not in bloom is Bird's foot Violet (*V. pendata*) - the leaves look like a bird's foot - in flower the blossoms are 1/3 as large as plant. and, unlike some violas it is native to New England. Violets are larval hosts for 31 species of butterflies and moths

**Wild geranium** (*Geranium maculatum*) important spring food for mining, cuckoo, mason, sweat, bumble, and small carpenter bees. Geranium are larval hosts for 27 species of moths and butterflies.

**Low-bush blueberry** (*Vaccinium augustifolium*). Larval host for brown elfin. Berries wildlife food source. If grown in the shade there will be fewer flowers and therefore also fewer berries. (Also see Shrubs below.)

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**Some Possible Native Perennials:** (herbaceous, flowering plants, too tall to be called "ground covers") More information below the list.

Common Name	Scientific Name	Soil Preference	Light Preference	Bloom time (approx)	Bloom color	Special Features	Deer Resistant	Approx. height at maturity	Larval Host
Butterfly milkweed	<i>Asclepias tuberosa</i>	Dry to Average	Sun to part sun	Summer	Orange	Shortest milkweed	Y	1-2.5' h 1-2' w	Y
Blue flag iris	<i>Iris versicolor</i>	Moist to Average - even standing water	Sun to part shade	Summer	Blue, Purple	Vertical plant	Y	1-3' h 2-3' w	Y
Cardinal flower	<i>Lobelia cardinalis</i>	Moist to Wet	Sun to part sun	Summer	Red	Stunning color	Y	2-3' h 8-12" w	Y
Wild bergamont	<i>Monarda fistulosa</i>	Dry to average	Sun to part shade	Summer	Pink to Purple	Seed head has winter interest	Y	2-3.5' h 1-1.5' w	Y
Tall meadow rue	<i>Thalictrum pubescens</i>	average to moist	Part Shade to Shade	Summer	White	White, pink, purple flowers	Y	1.5-5' h 1.5-3' w	Y
Golden alexanders	<i>Zizia aurea</i>	Moist to Average	Sun to part sun	Summer	yellow	Small yellow flowers on tall branches	Y	1-2' h 10-14" w	Y
Joe Pye weed	<i>Eutrochium (Eupatorium) spp</i>	Moist to average	Sun to part shade	Fall	Bronze to pink	Stately backdrop	Y	3-8' high	Y
Downy goldenrod	<i>Solidago puberula</i>	Dry to average	Sun to part sun	Fall	Yellow	Drought tolerant	Y	1-3' h 1-2' w	Y
New England aster	<i>Symphotrichum novae-angliae</i>	Moist to average	Sun to part shade	Fall	Blue	Drought tolerant	Y	2-4' h 2-3' w	Y

**Butterfly milkweed** (*Asclepias tuberosa*): Milkweeds are the larval host plant for monarch butterflies. *A. tuberosa* is well-behaved, thrives in dry soil, and is short (2.5') with vibrant orange blossoms. **Common milkweed** (*A. syriaca*) is a rapid colonizer - use in large

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open meadows, not in gardens. (It is not well-behaved.) **Swamp/Rose milkweed** (*A. incarnata*) hosts tussock moths, swallowtails, and some beetles. Its lovely fragrance attracts insects of all kinds. It is well-behaved does not need a swamp.

**Blue flag iris** (*versicolor*). Larval host plant for Virginia ctenucha moth and 13 other species of butterflies and moths.

**Cardinal flower** (*Lobelia cardinalis*) Nectar for Hummingbirds. Seeds need bare soil or gravel. **Blue lobelia** (*Lobelia siphilitica*) is pollinated by bees. Seeds like drier soil, but, unlike the Cardinal flower, the seeds do not need bare soil or gravel. *Lobelias* are larval hosts to 6 species of butterflies and moths.

**Wild bergamont** (*Monarda fistulosa*) Hawk moths, hummingbirds, and long-tongued bumble bees (such as *Bombus pensylvanicus*) are common visitors. **Scarlet beebalm** (*M. didyma*), need moist soil and full sun or it will mildew. **Spotted beebalm** (*M. punctata*) is the only *Monarda* listed that thrives in poor, dry, sandy soils. Short lived but self-sows (don't deadhead the flowers).

**Tall meadow rue** (*Thalictrum pubescens*) is one of many rues that serve as larval hosts for 15 species of moths and butterflies. **Rue anemone** (*T. thalictroides*) that is only 4" high and blooms in early spring producing a lovely mound of flowers (semi-ephemeral)

**Golden alexanders** (*Zizia aurea*) is a larval host plant for swallowtail butterfly; its shallow nectaries attract small beneficial wasps, bees, and flies. Open, branching plant.

**Joe Pye weed** (*Eutrochium* (formerly called *Eupatorium*) *spp*). Four species - all good garden plants. If you don't want the plant be 6-8 feet tall, cutback once (stalks will branch so flowers will be smaller). *Eutrochiums* host 31 species of moth and butterfly larvae.

**Downy goldenrod** (*Solidago puberula*.) More than 25 varieties in New England. The pollen is too heavy to be carried by the wind. Ragweed (not goldenrod) causes hay fever. Goldenrods is host to the highest number (125) of butterfly and moth larvae. It is larval host and nectar source. While some species are too aggressive for gardens, **Downy Goldenrod** (*S. puberula*), **Wreath or Blue-stemmed Goldenrod** (*S.caesia*) grows in clumps and are well-behaved. *S.caesia* prefers shade, as does **Zigzag goldenrod**, (*Solidago flexicaulis*).

**New England aster** (*Symphotrichum novae-angliae*). While the tall **N. Eng. aster** likes moist, sunny locations, the shorter **Stiff aster** (*Ionactis linariifolia*) (12-16") thrives on dry to average to sunny sites, and both **Blue wood/Heart-leaved aster**, (*S. cordifolium*) (12-36") and **White wood aster** (*Eurybia divaricata*) (12-24") thrive in dry, shady spots. The **Blue wood aster** is less rambunctious than the **White wood aster**. Asters are larval hosts for pearl crescents, and 10 other butterflies and moths. They also provide late season nectar for butterflies and bees, especially honey bees and pre-hibernation bumble bee queens.

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**Some Possible Native Shrubs:** (Shrubs are woody plants with several stems growing from the base. But sites vary so these plants can also have a single stem.) For more information, see below and see Some Possible Native Trees

Common Name	Scientific Name	Soil Preference	Light Preference	Bloom time (approx)	Bloom color	Special Interest	Deer Resistant	Approx. height at maturity	Larval Host
Red chokeberry	<i>Aronia spp.</i>	Moist to dry (drought tolerant once established)	Sun to Part Shade	Spring	White	Red berries and leaves	N	5-12' h 4-8' w	Y
Winterberry	<i>Ilex verticillata</i>	Average to Wet	Sun to Part Shade	Spring	White	Winter berries (poisonous to humans)	Y	4-10' h 4-19' w	Y
Mountain laurel	<i>Kalmia latifolia</i>	Average to Dry, well drained	Sun to Part Shade	Spring	Pink to Pale Pink	Flowers, evergreen leaves	Y	4-10' h 4-8' w	Y
Spicebush	<i>Lindera benzoin</i>	Average to Moist	Sun to Shade	Spring	Yellow flowers	Flowers before leaves, fall color	Y	6-12' (TALL) 6-12'w	Y
Red twig dogwood	<i>Swida sericea</i>	Moist to average	Sun to part shade	Spring	White	Red twigs in winter	Y	3-8' h 4-7' w	Y
High-bush blueberry	<i>Vaccinium corymbosum</i>	Moist to Average, + acidic soil	Sun to part sun	Spring	White	Red leaves in fall	Y	3-8' high 3-7' wide	Y
Maple-leaved viburnum	<i>Viburnum acerifolium</i>	Average to dry	Sun to Shade	Spring	White; blue fruits	Fall color: soft pink to purple	Y	3-6' high 3-5' wide	Y
Elderberry	<i>Sambucus canadensis</i>	Moist, well-drained	Sun	Summer	White	Tasty berries (cook or ferment before eating)	N	5-8' high 3-8' wide	Y
Witch hazel	<i>Hamamelis virginiana</i>	Average to Wet	Part Sun to Part Shade	Late fall	yellow	November flowers and yellow leaves	deer will lightly browse	3-15' h 6-15' w	Y

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**Red chokeberry** (*Aronia arbutiflora*), berries are edible and persistent, eaten by birds in winter. **Black chokeberry** (*A. melanocarpa*) is smaller (3-5' high). and the berries are less bitter. The genus (*Prunus*) hosts 411 larval species and the open flower structure makes them accessible to many bee species.

**Winterberry** (*Ilex verticillata*), Beware of hybrid plants that claim the berries will last through the winter. That means the birds won't/can't eat them. Need both male and female plants to get berries.

**Mountain Laurel** (*Kalmia latifolia*). The genus hosts 34 larval species of moths and butterflies and serves as shelter and nest protection for birds and small mammals. Especially effective planted in a cluster.

**Spicebush** (*Lindera benzoin*). Leaves are larval hosts for Spicebush Swallowtail. Many birds, especially wood thrush, veery, and catbird eat the berries. Note: this is a TALL shrub (3-12').

**Red twig dogwood** (*Swida sericea*) Only the young stems are red. Cut down old stems at least every 3 years (can cut entire plant to the ground.)

**High-bush blueberry** (*Vaccinium corymbosum*) provides food for mining bees, mason bees, and long-tongued bumble bees. Wildlife may beat you to the berries. Vaccinium is larval host to 280+ species of moths and butterflies. Bumble bees get pollen by performing "buzz pollination (landing on the flower, loosening the pollen by rapidly vibrating their flight muscles.) Although Blueberries prefer moist soil, they will tolerate drought. For **Low-bush blueberry**, see Ground Covers - above.

**Maple-leaved viburnum** (*Viburnum acerifolium*). There are many other viburnams recommended for garden use: **Hobblebush** (*V. lantanoides*) is difficult to transplant, but perhaps the most beautiful; **Withrod** (*V. nudum* var. *nudum*) has colorful fall fruit and leaves, and the list goes on. Viburnams are larval hosts and nectar sources for butterflies and moths, nectar sources for bees, seed sources for small mammals, and shelter for small birds and their nests.

**Elderberry** (*Sambucus nigra*) Hosts 37 larval species. Branches often bend and break from the weight of the berries. Plant a few together so the damage is not so noticeable. **Red elderberry** (*S. racemosa*) is slightly shorter. The red berries add color to the garden and serve as a wildlife food source.

**Witch Hazel** (*Hamamelis virginiana*) New growth comes from the center of the clump creating a vase-like shape. Hosts 68 species of moth and butterfly larvae. Probably late flowers are pollinated by flies, small bees, and fungal ants <http://info@grownativemass.org>

**Some Possible Native Trees:** More information below the list and see Some Possible Native Shrubs

Common Name	Scientific Name	Soil Preference	Light Preference	Bloom time (approx)	Bloom color	Special Interest	Deer Resistant	Approx. height at maturity	Larval Host
Striped Maple	<i>Acer pensylvanicum</i>	Average well-drained	Part Shade to Shade	Spring	green	Yellow in fall vertically striped bark	N	15-25' h 7-10' w	Y
Smooth Shadbush	<i>Amelanchier laevis</i>	Adaptable	Sun tp Part Shade	Spring	white	Spring flowers fall color	Y	15-30' h 8-18' w	Y
Flowering dogwood	<i>Benthamidia florida</i>	Average	Sun to Part Shade	Spring	white	Fall foliage summer berries	Y	12-20' h 8-15' w	Y
Gray birch	<i>Betula populifolia</i>	Average to Dry	Sun to Part Shade	Spring	catkins	Slender shape gray bark	Y	20-40' h 8-15' w	Y
Musclewood/ American hornbeam	<i>Carpinus caroliniana</i>	Wet to Average	Part Shade to Shade	Spring	catkins	Sinewy gray bark glistens after rain	Y	20-30' h 20-35' w	Y
Eastern red cedar	<i>Juniperis virginiana</i>	Average to Dry	Sun to Part Sun	Spring	cones	Resilient, do not plant near apple trees, evergreen	Y	15-30' h 3-10' w	Y
Black cherry	<i>Prunus serotina</i>	Average	Sun to Part Shade	Spring	white racemes	Spring flowers fall red/yellow	Y	30-60' h 20-30' w	Y
Sassafras/ Mitten Tree	<i>Sassafras albidum</i>	Adaptable	Sun to Part Shade	Spring	insignificant	Leaves different shapes, in fall orange/purple	N	20-40' h 8-18' w	Y



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**Striped maple** (*Acer pensylvanicum*): does not thrive in hot sun. There are many taller native maples: **Red maple** (*A. rubrum*) can be 35-50' tall, **Silver maple** (*A. Saccharinum*) 50-65' tall, and **Sugar Maple** (*A. saccharum*) 60-80' tall

**Smooth shadbush** (*Amelanchier laevis*): Flowers just as leaves emerge, gorgeous red color in fall. **Shadbush** (*A. canadensis*) is the shrub form.

**Flowering dogwood** (*Benthamidia florida*): Susceptible to powdery mildew, NPT recommends locating this tree where it will receive plenty of light, air circulation, and adequate water to avoid eventual mildew issues.

**Gray birch** (*Betula populifolia*:) survives heat and humidity. There are many taller native birches: **Paper Birch** (*B. papyrifera*), **Yellow birch** (*B. alleghaniensis*) and **Black/Cherry birch** (*B. lenta*), can be 40-60' tall. Native birches are fast growing and are larval hosts for 390+ species of moths and butterflies.

**Musclewood** (*Carpinus caroliniana*): If planted in the sun, it will be a fuller tree. but foliage will hide the sculptural bark.

**Eastern red cedar** (*Juniperis virginiana*): dense columnar shape, can be used in screen planting

**Black Cherry** (*Prunus serotina*): Thrives in rich soil and sun. Larval host of 400+ butterflies and moths

**Sassafras/Mitten tree** (*Sassafras albidum*): Taller in moist, acidic soils and full sun. Sassafras are larval host for 28 species of moths and butterflies.

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**Some Possible Native Ferns** While ferns don't have flowers (no nectar, no pollen), some do serve as host plants for larvae/caterpillars and all serve as shelters for small critters.

Since "bloom time" is irrelevant, ferns are listed alphabetically by scientific name. See below the list for more information.

Common Name	Scientific Name	Soil Preference	Light Preference	Bloom time (approx)	Bloom color	Special Interest	Deer Resistant	Approx. height at maturity	Larval Host
Maidenhair Fern	<i>Adiantum pedatum</i>	Average to Moist, acidic	Part shade to Shade	--	--	horizontal curving stalks	Y	1-2' h 1-2' w	N
Marginal Wood Fern	<i>Dryopteris marginalis</i>	Average to Moist, but drought tolerant	Part shade to Shade	--	--	evergreen, forms vase-shaped clumps	Y	1.5-2' h 1.5-2' w	Y
Ostrich fern	<i>Matteuccia struthiopteris</i>	Average to Moist	Sun to Shade	--	--	source of fiddleheads	Y	2-3' h 2-4' w	Y
Cinnamon fern	<i>Osmunda cinnamomea</i>	Average to Wet	Part Shade to Sun	--	--	fertile tall, stiff fronds cinnamon-colored	y	2-4' h 2-3' w	Y
Long beech fern	<i>Phegopteris connectilis</i>	Average to Moist	Part Shade to Shade	--	--	delicate rachis bends to horizontal	Y	0.5-1' h 2-3' w	N
Christmas fern	<i>Polystichum acrostichoides</i>	Average to Dry	Shade	--	--	evergreen, forms clumps	Y but deer eat under snow	8-16" h 12-24" w	Y

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**Maidenhair Fern** (*Adiantum pedatum*). Will spread (slowly). Watch for uncoiling fiddleheads in the spring.

**Marginal Wood Fern** (*Dryopteris marginalis*) Easy to grow and has more texture in a garden than the lacy **Intermediate wood fern** (*D. intermedia*). Use as filler or for mass plantings. Will not take over the area. Three species of butterflies and moths use Wood Ferns as a larval host plant.

**Ostrich fern** (*Matteuccia struthiopteris*), Three species of moths and butterflies use this fern as a larval host. Stabilizes soil, but needs constant moisture.

**Cinnamon fern** (*Osmunda cinnamomea*) Ruby-throated Hummingbirds line their nest with the "fur" from the stem of this fern. Seven moths and butterflies use Osmunda ferns as larval host plants

**Long beech fern** (*Phegopteris connectilis*) can use in mass - well-behaved, unlike hay-scented fern.

**Christmas fern** (*Polystichum acrostichoides*) Provides structure to a garden. Three species of moths and butterflies use Polystichum ferns as larval host plants.

### **Additional Resources Prepared by the Native Plant Group**

**Gardening at Lathrop:** a bi-fold brochure about the group and gardening with native plants.

**Books and Websites About Native Plants:** an annotated list of organizations that provide both print and webinar information on their websites

**On the Native Plant Shelf:** a list of materials available to Lathrop Residents at each campus library.

**Recommended Native Plants for Lathrop Cottage Gardens:** see above

Copies of these materials are available:

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- (1) in the notebook on the Native Plant Shelf in each of the campus libraries (North Campus in the Meeting House; East Campus at the Inn).
- (2) on the Lathrop/Kendall North Residents website: <https://lathropres.org/committees/land-conservation/>(To access the documents, go to the top of the webpage, click on North/East Groups, then Land Conservation, then Books and Websites about Native Plants.)
- (3) on the Lathrop Land website (Site maintained by the Resident Land Conservation Committee) <https://lathropland.wordpress.com/> (To access the documents, go to the top of the webpage, click on Cottage Garden Guides, the scroll down to the central column, select the appropriate document.)