

**List of Flowering Native Plants for All Seasons:**

**Plants that flower in the Spring, or in the Summer, or  
in the Autumn**

Both the **List of Native Plants for All Seasons** and the **Chart of Native Plants for All Seasons** are available in the:

**Lathrop Library: on the Native Plant Shelf**

East Campus – the Library is in the Inn

North Campus – the Library is in the Meeting House

**Lathrop Residents' Websites:**

On the Land Conservation Committee's website:

<https://lathropland.wordpress.com/home/>

Click on "Cottage Garden Guides" then scroll down to the choices listed in the center panel.

On the North Campus website: <https://lathropres.org>

Go to the top of the page. Click on North/East Groups, then on Land Conservation, then scroll down to a list of resources.

**How is "Flowering Season" Defined?**

**SPRING:**

Early Spring (last half of April)

Mid-Spring (first half of May)

Late Spring (last half of May)

SUMMER:

Early Summer (June)

Mid-Late Summer (July-August)

AUTUMN:

(September-November)

## **Background**

On May 13, 2020 the Lathrop Native Plant Group was formed. According to the notes,

“This initial meeting was a brainstorming session about members’ interest in being on this committee and suggestions of ways to proceed with our common interests. All members put Education at the top of their list. We hope to educate one another and also the community around us as to the value and use of native plants in the landscapes of the Lathrop campuses.”

Our subsequent work focused on those aspirations, creating lists of useful books and websites, and calling attention to native plants by labeling plants along trails and in gathering places – hoping that by becoming acquainted with native plants, residents would be more likely to add some of them to their gardens.

In 2021 we met monthly on zoom to develop a list of plants native to New England that we felt comfortable recommending for residents’ gardens. The completed list provided information on each plant’s light and soil preference, whether it served as host plant for butterfly or moth larvae (larval host plant), bloom color, and whether it was rabbit/deer resistant (although if deer are hungry enough, they will eat anything). However, that original document did not provide enough information on what season the plant would bloom. And, since native plant gardeners want to have flowers blooming for pollinators all through the growing season, the sequence of flowering periods, is important.

In 2022, March was long and gray, both in the news and out the window. Folks longed for flowers. Any flowers. What plants that are native to New England should we have planted last year to help us get through this gray spring? (And, by the way, since everything is connected, what plants will help other plants and their critters thrive?)

In preparing the list, we consulted many books, including:

Heather Holm, *Pollinators of Native Plants: Attract, Observe and Identify Pollinators and Beneficial Insects with Native Plants*, Pollination Press, 2014

Uli Lorimer, *The Northeast Native Plant Primer; 235 Plants for an Earth-Friendly Garden*, Native Plant Trust, 2022

and many websites, especially:

the Native Plant Trust at <https://www.nativeplanttrust.org> (both *Native Plant Finder* and *Go Botany*) and

the Bee Lab at The Ohio State University Extension Services,  
<https://u.osu.edu/beelab/plants/>

and we consulted many residents and gardening friends.

We thank them all for their help – including the suggestion that we format the list two ways:

(a) as a narrative List with as much information as possible and

(b) as a simplified Chart that would allow a gardener to skim the essential information about each plant (size, color, soil preference, light preference) – it is, after all, about the right plant in the right place.

But, of course, the Spring List and Chart were barely finished, when folks began talking about summer plants, their importance to critters, and their long period of

flowering. Hence the Summer-flowering plants were added – and, inevitably, the Autumn plants – to both the List and the Chart.

## **Organization**

Plants are grouped according to their bloom time in the Northampton-Easthampton section of the Connecticut River Valley. All plants are native to New England, unless otherwise noted.

Within each flowering period, the native plants are listed (on the List and on the Chart) alphabetically by common name.

The Lathrop Native Plant Group encourages you to use the same books and websites we use (listed above) and to expand your search to other sources – and photographs (there are many.)

### **EARLY SPRING (last half of April)**

**Bloodroot**, *Sanguinaria canadensis*, (4-8” high and 4-12” wide) white, noticeable flowers, and large, conspicuous leaves that unfurl, grow larger and remain long after the flowers are gone. Plant in part shade to shade, in average to wet soil. Deer/rabbit resistant. Gardeners are often surprised when Bloodroots sprout where none were planted. If you find such a cluster of plants, you can thank the local ants who carried the Bloodroot seeds to their ant nursery, then removed the caps (the *elaiosome*) from the seeds to feed their young, ignoring - but not damaging - the seeds. If you want words to impress your friends, just tell them you are intrigued by “myrmecochory” (the way that seeds are disbursed by ants - a worldwide (except Antarctica) and ecologically significant phenomenon, involving more than 3,000 species.)

**Dutchman’s breeches**, *Dicentra cucularia* (3-5” high, 6-8” wide) white, noticeable flowers, very early, that is “only effectively pollinated by queen bumble bees that have the size, strength, and tongue length to manipulate the flower, reach the nectar and effectively transfer pollen.” (Holm, p. 8). Plant in shade to partial shade in average soil. Deer/rabbit resistant. Forms a delicate mat of leaves that

**EARLY SPRING (last half of April), continued**

die back as it gets warm and then return the following year - a true Spring Ephemeral. Ants disperse the seeds (see Bloodroot above).

**Marsh marigold**, *Caltha palustris*, (12-18" high, 8-12" wide) yellow flowers, grows best in full sun to part shade, moist to wet soil, spreads by seeds. Flowers attract pollinators by scent and by absorbing reflected ultraviolet light so that the center is darker than the outside of the flower (not obvious to humans who cannot see into the ultraviolet range). Larval host plant.

**Red trillium**, *Trillium erectum*, or **Red wakerobin**, (8-14" high, 10-18" wide), is also called Stinking Benjamin, because it smells like rotting meat to attract carnivorous ants as pollinators. Flowers are deep red. Native to New England. There are other native Trilliums, including the **White trillium**, *T. grandiflora*, or **White wakerobin** (6-14" high, 12-18" wide) which is almost the same size as the Red but seems to take up more visual space. Ants disperse Trillium seeds (see Bloodroot above). The White wakerobin is not native to Massachusetts and Maine, but is native to the rest of New England.

**Sessile-leaved bellwort**, *Uvularia sessilifolia*, (4-9" high, 12-18" wide) and the larger (9" high - 24" wide) **Large-flowered bellwort**, *U. grandifolia*, like part sun to part shade, have lovely yellow flowers. Both form clusters of graceful nodding leaves that remain into the summer. Flower stems grow taller after they have flowered. Ants disperse seeds (see Bloodroot above). Note: deer like to browse the bellworts.

**Shadbush**, *Amelanchier* spp. Also called **Serviceberry**. There are many species of Shad from small trees, *A. arborea* (15-25' high, 12-20' wide), to multi-stemmed, small shrubs, *A. spicata* (4-6' high, 4-10' wide). All shads have abundant, white flowers that bloom before the leaves open. Place where the plant has good air circulation and good drainage to avoid leaf diseases. Deer/rabbit resistant. Larval host plant.

**EARLY SPRING (last half of April), continued**

**Sharp-lobed hepatica**, *Anemone acutiloba* (3-6" tall, 6-8" wide). Plant in part shade to shade in wet to average soil covered with leaf litter. Flower color varies from pale blue to pink to white. Flowers do not have nectar, but do have pollen. Small sweat bees collect pollen and are considered "the most effective pollinators." (Holm, p. 141). Deer/rabbit resistant.

**Spicebush**, *Lindera benzoin*, (6-12' tall and wide). Sometimes called wild forsythia because of the early, yellow flowers. Often found growing in light shade at the edge of wetlands. Species include both shrubs and trees. Try to have at least one female Spicebush in with the male plants. Deer/rabbit resistant. Larval host plant.

**Spring beauty**, *Claytonia caroliniana* and *C. virginiana*, (both 2-5" high, 4-6" wide). Small, inconspicuous flowers, white with pink stripes, are one of the 1st signs of spring. *C. virginiana* is important for native bees. Deer/rabbit resistant. Plant in part sun to part shade, prefers rich, well-drained soil. Like many spring ephemerals, it dies back when the weather gets hot, but re-appears the following spring. *C. carolina* is native to New England; *C. virginia* is native to most of New England (not NH or ME.)

**Trout lily**, *Erythronium americanum*, (2-5" high, 4-10" wide), also known as **Dog-tooth violet**. Leaves mottled like scales of a trout or, perhaps, named because it flowers when the trout swim upstream to breed. The flowers are yellow and look like miniature lillies. Prefers gardens that mimic dry meadows or open fields, full to part sun. May not flower for a few years after replanting, so select a place where the plants won't have to be moved. Deer/rabbit resistant. Ants disperse Trout lily seeds (see Bloodroot above).

**Violets**, *Viola spp.* There are 25 species of violets in New England. Violets are larval hosts for 31 species of butterflies and moths including the Spangled Fritillary, and Giant Leopard Moth. Ants disperse violet seeds (see Bloodroot above).

**Common blue violet** (*Viola soraria*) may not be native – violet genetics is challenging (violets are interfertile, which means they can breed with other

## EARLY SPRING (last half of April), *continued*

closely-related species). It is not surprising that the many violet-colored violets vary in height and breadth (and genetic background).

One violet that is easy to tell apart from the others, even when not in bloom is **Bird's foot violet**, *V. pedata* (3-5" H, 4-6" W) - the leaves look like a bird's foot. When in flower the blossoms are 1/3 as large as plant. It is a host plant for Fritillary butterfly larvae. It does best in full sun to part sun in sandy, rocky, well-drained soil. Deer/rabbit resistant. Not native to Vermont, but is native to rest of New England.

And then there are **Confederate violets**, a natural hybrid of two native violets, that provides a ground cover in some Lathrop gardens. And **Yellow forest violet**, *Viola pubescens* (*inf. From Native Plant Trust, Go Botany*) that is probably the plant growing in some North Campus shady lawns.

**Virginia bluebells**, *Mertensia virginica*, (12-18" high, 10-14" wide) plant in average soil, part shade to shade, and enjoy the blue to pink flowers. Deer/rabbit resistant. Not native to New England, but is native to New York state.

**Wood poppy (was Celandine poppy)**, *Stylophorum diphyllum*. As cheerful as this plant is, there is always the worry about the invasive, non-native version: (Greater celandine, *Chelidonium majus*). See this excellent website for more information: <https://bplant.org/compare/586-8527>

And there is another invasive: Lesser celandine, (*Ficaria verna*) that can be confused with Marsh marigold (see Early Spring Native Plants above) and see <https://www.lhprism.org/blog/invasive-lesser-celandine-vs-native-marsh-marigold>.

Celandine can be a confusing name! That is why "celandine poppy" is now referred to as "Wood poppy"

This species is not native to New England (or as the Native Plant Trust *Plant Finder* says, "not ecotypic"). "Occurs in nature from western Pennsylvania

### **EARLY SPRING (last half of April), *continued***

north to Wisconsin and Michigan, south to Arkansas, Tennessee, and southwestern Virginia, with isolated populations in northern Alabama and southern Ontario.” (Lady Bird Johnson Wildflower Center website)  
Deer/rabbit resistant. Ants disperse seeds (See Bloodroot, above.)

**Wood sorrel**, *Oxalis montana* (6” high), native groundcover found in Hemlock or Pine woodland edges. Plant in cool, moist acidic, shade, Flowers are similar to Spring beauty – white with pink stripes. “Oxalis plant care in gardens isn't too demanding, but may include winter protection in cooler climates. Provide enough water to keep the soil evenly moist. Beware of overwatering, however, as the bulbs will rot in soggy, waterlogged soil.” (google). While some sources mention the lovely sour flavor, all agree that oxalis can be poisonous (no reported fatalities) if eaten in large quantities. (Do not graze on it.)

### **MID-SPRING (first half of May)**

**Appalachian barren-strawberry**, *Geum fragarioides* (3-6” high, 8-12” wide) This hardy plant is drought tolerant, can be planted in shade or sun, and has yellow flowers in early May. Deer/rabbit resistant. It is a larval host plant.

**Moss phlox**, *Phlox subulata*. There are many phlox, none of them native to New England, but some native to adjacent areas in New York, the Midwest, north and south. There is **Creeping phlox**, *Phlox stolonifera*; and at least seven others. For more information, see the *Go Botany* section on the Native Plant Trust website. Phlox is a host plant for butterfly larvae.

**Rue anemone**, *Thalictrum thalictroides*, (4-9” high, 6-8” wide) Lovely spreading plant, white flowers held above green mat of leaves. Plant in well-drained soil, part sun to part shade. Deer/rabbit resistant.



### LATE SPRING (last half of May)

**Blue star**, *Amsonia tabernaemontana*, (2-3' high and wide), pale blue flowers, thin leaves make it look like a shrub. There are 2 blue stars (*Amsonia tabernaemontana* and *A. hubrichtii*). Neither is native to New England (native farther south.) Easy to grow in sun in well-drained, moist, loamy soil. If planted in the shade, Amsonias may flop over, or need staking. (Missouri Botanical Garden website).

**Bluet**, *Houstonia caerulea* (1-3" high and wide), also called **Quaker ladies**, small white or pale blue flowers cover the plant that can grow in compacted, disturbed soil or in average, dry, or wet soil in sun to part shade. Deer/rabbit resistant. Do not cover these small plants with leaves or any smothering mulch.

**Bowmans root**, *Gillenia trifoliata* (2-3' high and wide), plant in average to humusy, moist soil in sun to part shade. It has narrow, interesting white flower petals. Not native to New England, but is native in NY and areas to the north, west, and south.

**Bunchberry**, *Chamaepericlymenum canadense* (used to be *Cornus canadensis*) Single 4-petaled 1" white flower on top of a green dogwood-looking whorl of 6 leaves (2-5" high, 8-16" wide). Prefers shade, moist, organically rich acidic soils.

**Canada mayflower**, *Maianthemum canadense*. White stalks of small flowers rise above pairs of shiny green leaves. (2-4" high, 10-14" wide), Plant in part sun to part shade in average soil; look for red fruits in the fall. Deer/rabbit resistant.

**Common golden alexander**, *Zizia aurea*, (12-24" high, 10-14" wide) prefers an average to wet site, in sun to part shade. The yellow flowers are important for early pollinators both as a source of nectar and pollen for insects just emerging from pupation. It is also a larval host plant for Swallowtail butterfly larvae. Will re-bloom throughout the summer. Native to New England. There is also a **Heart leaf golden Alexander**, *Z. aptera*, (12-18" high, 8-12" wide). It is only native to Connecticut and Rhode Island and places west, south and north

**Dwarf iris**, *Iris cristata* (4-8" high, 10-12" wide), needs dry, unmulched roots – remove leaves. Pale blue/purple flowers and short stiff leaves offer a nice

### **LATE SPRING (last half of May), *continued***

contrast to the less architectural shape of most spring native plants. Native to New York, but not New England. There is also the taller, later blooming (June), **Blue flag iris**, *Iris versicolor*, (12-24" tall, 24-26" wide) that prefers moist soil and is native to New England. (See June-flowering plants below.) Both iris prefer sun to part sun. Be sure to clear leaves from all iris to avoid iris borer caterpillars. Deer/rabbit resistant.

**Field (or Prairie) pussytoes**, *Antennaria neglecta* (1-3" high, 6-12" wide). Plant stays low as it spreads. Prefers sun, average to dry soil. Whitish flowers that really do look like little cat's feet. Deer/rabbit resistant and a larval host plant.

**Foam flower**, *Tiarella cordifolia* var. *cordifolia*, (Tiny clusters of white flowers along a 3-12" high stem, plants can be 12"-24" wide). Evergreen leaves often have interesting, varied patterns. Light and soil preferences: adaptable. Will spread but will not smother other plants. Deer/rabbit resistant. And a larval host plant. Native to most of New England – not RI to Cape Cod. (See *Go Botany*) For new information about the different species that make up *Tiarella* (runners vs no runners; presence or absence of flowering stalk; shape of basal leaves), see: "New Species of Foam Flower", by Guy L. Nesom, posted on February 3, 2022, North Carolina Botanical Garden. (Click on "Publications," Scroll down to "Posters and other Media.")

**Maple-leaved viburnum**, *Viburnum acerifolium*, (3-6' high, 3-5' wide) From the spring-flowering creamy-white disks to the pale-red fall foliage and conspicuous berries, this is one of the many attractive viburnums native to our area. It can even survive dry shade and is deer/rabbit resistant and a larval host plant.

**Running groundsel**, *Packera obovata*, (3-6" high, 12-24" wide) is an excellent groundcover. Deer/rabbit resistant and a larval host plant. **Golden groundsel**, *P. aurea* (8-16" h, 3-10" wide) is too robust to be a groundcover. Do not plant with delicate perennials, but you can plant with taller Solomon's seal and clump-forming ferns. Sun to part shade. Yellow daisy-like flowers. Prefers moist soil.

## LATE SPRING (last half of May), *continued*

**Solomon's seal**, *Polygonatum biflorum*, green arching leaves (12-42" high, 16-24" wide) with whitish flowers hanging (partially hidden) on the underside of the leaves. Prefers deep leaf cover, part sun to part shade, in rich organic soil. Deer/rabbit resistant and a larval host plant. Watch for blue fruit in late summer and listen for the buzzing sound of some species of bees shaking each flower so that some pollen will fall on the bee. Shaking is done as the upside-down bee vibrates its stomach muscles (flight muscles). Another name for buzz pollination is "sonication." (Holm, p. 163)

There is also **False Solomon's seal**, *Maianthemum racemosum* (1-3.5' high, 1.5-2' wide.) It is called "false" because the two species are difficult to tell apart until they flower: Solomon seal's white flowers hang down; False Solomon's seal's white flowers grow exuberantly from the tip of the plant. Both attract pollinators. Plant in average soil in shade to part shade. Deer/rabbit resistant.

**Sundial lupine**, *Lupinus perennis* (12-24" high, 8-12" wide). Probably the best-known plant and the best-known shade of blue. Good for wildlife (host plant for butterfly eggs (larval host plant), pollinator plant for native bees, (no nectar) and good for photographers trying to capture the dew drops held by the leaves. Mason bees are strong enough to pry open flowers. Plant in sun to part shade in dry to average, sandy soil. Deer/rabbit resistant. Mow in the fall to score the seed coats and promote generation.

**Wild columbine**, *Aquilegia canadensis* (8-24" high, 8-12" wide), important nectar sources for spring insects and just-arrived hummingbirds, plant in sun to part sun, in average to dry, well-drained to gravelly soil. Deer/rabbit resistant and a larval host plant.

**Wild geranium**, *Geranium maculatum*. (12-18" high, 8-12" wide) Also called **Spotted crane's bill** because of the long, pointed seed pods that resemble a bird's bill. The flowers are important spring food for mining, cuckoo, mason, sweat, bumble, and small carpenter bees. Wild geranium are larval hosts for 27 species of moths and butterflies. Soil: adaptable, Light: partial sun, soft pink to lavender

## **LATE SPRING (last half of May), *continued***

flowers. Open mound of leaves add interest to the garden even when the plant is not flowering. Deer/rabbit resistant.

## **EARLY SUMMER (June)**

**Blue flag iris**, *Iris versicolor* (12-36" high, 24-36" wide) plant in wet to average soil, in sun to part shade, Deer/Rabbit resistant, larval host plant. Provides vertical structure to the garden. Beardless iris flowers, blue or white. As with all iris, clear away dead leaves to avoid iris borer caterpillars.

**Eastern purple coneflower**, *Echinacea purpurea*, (2-3' high, 1-2' wide). Plant in the sun in dry soil. Not native to New England (native to the Midwest). Flower color and size varies with the cultivar.

**Elderberry**, *Sambucus nigra*. (5-8' high, 3-8' wide) Also called **Black Elderberry**.. Plant this shrub in part shade in wet soil, it will produce dark berries in the summer. The berries are edible, but cook or ferment before eating.

**Evening primrose**, *Oenothera fruticosa*, also called **Sundrops**. (12-24" high, 24-30" wide). Plant in sun to part shade, in average to dry soil. Yellow flowers are prolific and long lasting, The plant will grow "in a variety of challenging conditions." (*Plant Finder*, Native Plant Trust website). Larval host plant, Deer/Rabbit resistant. Native to most of New England (not Vermont.)

## **Indigo**

**False indigo, or Blue false indigo**, *Baptisia australis* (3-4' high and wide) has lovely blue flowers in summer and black seed pods in winter. This drought-loving plant wants to be planted in the sun in dry to average soil. It is not native to New England - "not ecotypic in New England" (*Plant Finder*, Native Plant Trust website). It is native to the mid-Atlantic states.

There is an indigo that is native to New England: **Yellow wild indigo**, *Baptisia tinctoria* (3' high), a long-lived perennial, that forms a mound of

**EARLY SUMMER (June), *continued***

bright yellow flowers. Plant in full to part sun in well-drained soils (Lorimer, p. 133). Drought tolerant. A larval host plant and deer/rabbit resistant.

**Penstemon**, *Penstemon digitalis*, also called **Foxglove beardtongue** (12-36" high, 14-18" wide) Plant anywhere. "Well known for a tough-as-nails, grow anywhere attitude." (*Plant Finder*) Plant in sun to part shade, in average to dry soil. White tubular flowers.

**Pink tickseed**, *Coreopsis rosea* (1-2' high, 2-3' wide) Plant in sun, in average to wet soil. Forms rounded cushion of long-lasting pink flowers. Deer/rabbit resistant. Native to Massachusetts and Rhode Island, but not the rest of New England. The more common, yellow coreopsis, does not appear to be native to New England.

**Swamp milkweed**, *Asclepias incarnata*, also called **Rose milkweed** (24-42" high, 12-24" wide). Plant in sun to part shade, average to wet. Do not be fooled by the name – it doesn't need a swamp, although it does need water for a few years before it becomes drought-tolerant. Blooms are a cluster of rose-colored (sometimes white) flowers. Like all milkweed (see butterfly milkweed below), it is a host plant for Monarch Butterfly larvae.

**Tall meadow rue**, *Thalictrum pubescens*, also called **King of the meadow** (18-60" high, 18-36" wide) Plant in sun to part shade in average to wet soil. A larval host plant, the white flowers are an important source of pollen and nectar source for a variety of insects. (*Garden Plant Finder* [www.nativeplanttrust.org](http://www.nativeplanttrust.org)) Deer/rabbit resistant.

**Woodland sunflower**, *Helianthus divaricatus* (2-4' high, 1-3' wide) Plant in sun to part shade, average to dry soil. Larval host plant. Gorgeous yellow sunflower attracts pollinators - and people.

## MID-LATE SUMMER (July-August)

**Aster**, so many species – and so many scientific names. All are native to New England. All listed here are larval host plants.

**Schreber's (or Shreber's) wood-aster**, *Eurybia schreberi* (12-24" high, 12-18" wide) white, multi-petaled, it is a species, not a cultivar. It is very similar to Heart-leaf aster – both have low leaves that keep soil shaded. Tends to be early flowering.

**Stiff aster (or Bristly aster)**, *Ionactis linariifolia* (12-18" high, 6-18" wide) prefers sun and dry sandy areas. White-pale blue

**White wood aster**, *Eurybia divaricata* (12-24" high, 12-18" wide). Thrives in dry acidic shade.

**Bee balm**, *Monarda didyma*, (2-4' high, 2-3' wide). Plant in sun to part shade in average to dry soil. Red flowers attract hummingbirds and pollinators. Deer/rabbit resistant and a larval host plant. It is not native to New England, but is native to New York and areas north, west, and south.

**Bergamot**, *Monarda fistulosa* (24-42" high, 12-18" wide). Plant in sun to part shade, in average, well-drained soil. Pale lavender to pale pink flowers attract pollinators. Deer/Rabbit resistant, and a larval host plant.

**Black-eyed Susan, or Black-eyed coneflower**, *Rudbeckia hirta* (12-24" high, 12-18" wide). Plant in sun to part shade, in average to dry soil. It is Rabbit/Deer resistant and a larval host plant. Not native to all of New England, but it is native to Massachusetts and Vermont.

**Blue lobelia, or Great blue lobelia**, *Lobelia siphilitica* (24-36" high, 12-16" wide). Plant in sun to part shade (but it will survive shade) in average to wet soil (but is drought tolerant). Larval host plant. Deer/rabbit resistant. Long-blooming.

**Butterfly milkweed**, *Asclepias tuberosa* (12-30" high, 12-24" wide), Plant in sun, in average to dry moisture. Serves as host plant for Monarch Butterfly larvae. Deer/Rabbit Resistant. Plant has a tap root – transplant only when very small. The

### MID-LATE SUMMER (July-August)

orange flowers are stunning, especially if some color-coordinated Monarch Butterflies are hanging around. Can grow in part shade but it will flower later. "This plant will not tolerate overwatering and the roots detest being disturbed, so be sure to plant it in full sun or part sun and where it can grow forever." (Lorimer, p.133) May begin flowering in late June.

**Cardinal flower**, *Lobelia cardinalis*, (24-36 high, 12-24" wide). Plant in sun to part shade, wet soil. Grows in gravel banks by rivers, expects to be disturbed. Does not thrive in rich soil. Brush root area to encourage seeds to germinate. You may also have hummingbirds, drawn in by the brilliant red flowers. Deer/Rabbit resistant. It is a larval host plant.

**Culver's root**, *Veronicastrum virginicum*, (3-5' high, 1-3' wide). Plant in sun to part shade in average to wet soil. Host plant for the Buckeye Butterfly. Native to MA, VT, CT, but not the rest of New England. Spikes of elegant white flowers.

**Cutleaf coneflower**, *Rudbeckia laciniata*, (36-48" high, 24-42" wide). Yellow flowers with petals that droop down. Plant in sun to part shade, wet to average, organically rich soil. Plant is tall and rangy, can spread aggressively (suckering), will need to be monitored/divided. Host plant and Deer/rabbit resistant. (May not flower until early September)

**Giant hyssop**, *Agastache foeniculum*. Also known as **Anise hyssop**. (24-48" high, 12-24" wide). Not native to New England ("not ecotypic"). Is native to the upper midwest. "Great for pollinators. Is both deer and drought resistant." (Native Plant Trust website, *Plant Finder*) Larval host plant has spikes of long-lasting lavender flowers.

**Joe Pye weed**, *Eutrochium spp.* All species have clusters of rose-colored flowers that attract pollinators. There are at least 4 species of Joe Pye weed, some are native to all New England states, but at least one species is not native to Maine, and another not native to Vermont. Go to the Native Plant Trust website, [nativeplanttrust.org](http://nativeplanttrust.org), click on *FOR YOUR GARDEN*, then click on *Garden Plant Finder* for more information.

### **MID-LATE SUMMER (July-August), *continued***

**New England blazing star**, *Liatris scariosa* (12-42" high, 10-14" wide). Plant in sun to part sun, average to dry soil. Striking purple button-like flowers alternating along the tall stem. Larval host plant. Not native to Vermont, but is native to the rest of New England. (No other *Liatris* seems to be native to New England.)

**New York ironweed**, *Veronia noveboracensis* (4-7' high, 3-4' wide). Plant in sun to part shade, in wet to average soil. Larval host plant. Deer/rabbit resistant. Native to New England, but not Maine and Vermont.

**Oxeye**, *Heliopsis helianthoides*, or **Sunflower everlasting** (3-6' high, 2-4' wide). Plant in sun to part shade in dry to average soil. Not native to New England, but is native to New York, throughout the Midwest and south. It blooms from July to September or later and is a long-lasting cut flower. Larval host plant. Attracts pollinators, birds, wildlife, and bees. Deer/rabbit resistant

**Turtlehead**, *Clelone glabra*, (18-30" high, 12-24" wide). Plant in sun to part shade in wet soil. (Does not thrive in drought.) If you are lucky, you can watch a Bumble Bee visiting the many pale pink/white flowers (getting nectar and transferring pollen). It is a head-first-in, turn around, then head-first-out operation.

### **AUTUMN (September-November)**

**American witch hazel**, *Hamamelis virginiana* (6-15' high and wide) This shrub forms a vase-like structure and tolerates both drought and flood. Plant in sun to part shade to shade, in wet to average soil. Deer/Rabbit resistant. Traditionally the last flowers of the year. It is host plant to 68 species of butterfly and moth larvae.

**Blue wood aster**, *Symphyotrichum cordifolium*, (12-36" high, 18-24" wide) is shade tolerant and late blooming.

**Bottle gentian**, *Gentiana clausa*, (10-18" high, 12-24" wide) The "bottle" flowers never open, but do attract bees and butterflies. You can watch bumblebees pry open the petals to collect pollen and feed on nectar (Holm, p.202). This gentian



**AUTUMN (September-November), *continued***

prefers part shade and wet soil. Not surprisingly, the always-closed flowers are a breath-taking gentian blue.

**Goldenrod** – again so many species. All are important to pollinators (butterflies, moths and bees)

**Flat-top goldenrod**, *Euthamia graminifolia* (3-4' high. 2-6' wide). Plant in the sun in dry to moist soil. Will form a colony – good for erosion control (but a hazard in a small garden.)

**Wreath goldenrod (or Blue-stemmed goldenrod)**, *Solidago caesia* (18-38" high, 12-24" wide), Plant in sun to part shade in average to dry soils (but can grow in less well-draining soils.)

**Zigzag goldenrod**, *Solidago flexicaulis* (1-3' high and wide), Tolerant of shade and clay soils.

Questions? Suggestions? Comments? Email: [landsteering@gmail.com](mailto:landsteering@gmail.com)