

Native Plants to Grow in Your Yard

Peggy Howell, Master Gardener September 21, 2016

Blue false indigo

- Baptisia australis
- May blooming
- Shrub like – trim after bloom if leggy
- Pods form-useful in arrangements as are flowers
- Full sun/part shade
- 3-4' H & W
- Tap root makes moving hard but plant very drought tolerant

False sunflower

- Heliopsis helanthisoides
- 3-5' tall stiff branched
- Looks like true sunflower-same genus
- Tolerates dry, clay sun
- Long summer bloom
- Great for butterflies
- Good cut flowers

Mountain Mint

- Pycnanthemum muticum
- Attracts all kinds of pollinators
- Nice late summer bloom that looks good most of winter
- In mint family so can spread but not as invasive as other mints – root prune in spring to keep in place
- Silvery effect in mass

Virginia Sweetspire

- Full sun/part
- White showy flowers-spring and red fall color
- Spreads by suckering
- Attracts birds, nectar insects

False Solomons Seal

- Maianthemum racemosum
- Beautiful shade loving plant that will colonize when happy in its spot.
- 2-3' high
- White fragrant feathery flowers in spring followed by berries
- Birds/small mammals like berries
- Best effect when massed in groups
- Slowly spreads by rhizomes

Spiderwort

- *Tradescantia virginiana*
- Large but dainty perennial
- Daylily like blooms in succession on stem. Long blooming
- Part shade best. Medium moisture.
- Self-seeds in ideal conditions.
- Attracts bees

Blue-eyed grass

- *Sisyrinchium angustifolium*
- In iris family. Has grass-like leaves but flowers have features of iris family.
- Sun to light shade, medium moisture – keep moist after flowering to avoid decline.
- Tolerates (and maybe prefers) less rich soil. Avoid too much mulch which can encourage rot.
- Great for naturalizing. Self-seeds easily.
- Divide every couple of years to keep robust.
- Nectar source for pollinator, songbirds eat seeds

Spotted or Wild Geranium

- *Geranium maculatum*
- Showy 5 petaled spring flower – April/May
- Part shade best
- Fades in summer unless kept moist.
- Naturalizes when happy
- Great nectar source for many kinds of bees

Cardinal flower

- *Lobelia cardinalis*
- Very showy perennial – 1-6' tall
- Attracts birds, butterflies and hummingbirds (but not cardinals)
- Depends on hummingbirds for pollination because of long tubular flowers
- Summer bloom
- Sun to part shade
- Moist to wet soil (found near river banks in wild)

Tall bellflower

- *Campanula americana*
- Annual/biennial depending upon when seeds planted.
- Will self-seed
- 3-4' tall
- Summer bloom on upper part of plant stem
- Although in bellflower family, flowers actually flat.
- Medium moisture, part shade (Zone 7 is bottom of its native zone)

Foamflower

- *Tiarella cordifolia*
- Great for moist shade
- Spreads from underground rhizomes
- Great ground cover for shady sites
- White or pink feathery flowers bloom in spring-long lasting
- Good early spring nectar source

White turtlehead

- *Chelone glabra*
- Late summer bloom – pinkish white
- 2-3' tall, medium to wet moisture, part shade
- Can pinch back if in shade to maintain erectness. Not necessary in good ideal conditions.
- Name comes from flower heads looking like the open mouth of a turtle
- Good water garden/pond flower-likes moist soil
- Interesting cut flower
- Hummingbirds, bees

Pink turtlehead 'hot lips'

- *Chelone lyonii*
- Tolerates more shade than white turtlehead.
- Medium to wet moisture.
- 2-4' tall
- Spreads slowly by rhizomes (as does white turtlehead)
- Will self-seed in moist conditions

Green and Gold

- *Chrysogonum virginianum* L.
- Low growing perennial that spreads by rhizomes
- Blooms in spring and sporadically after
- Good ground cover if planted thickly but can use division every few years.
- Nice front of bed color. Part shade.

Woodland Stonecrop

- *Sedum ternatum*
- Full sun/part shade
- 1/4 to 1/2 ' high
- Spring bloom
- Spreads by creeping stem that root
- Once established needs very little maintenance
- Great ground cover

Christmas fern

- *Polystichum acrostichoides*
- Evergreen (common name because it lasts through Christmas)
- Good groundcover in well drained shade

Royal fern

- *Osmunda regalis*
- Native to most of eastern U.S.
- Part to full shade
- Medium to wet soil
- Great for wet and woodland areas

Cinnamon fern

- *Osmunda cinnamomea*
- Fertile fronds start out fuzzy & turn cinnamon brown with surrounding green fronds
- Very striking in landscape
- Shade to part sun preferred - Full Sun if it stays wet
- Birds use fronds for nesting

Crossvine

- *Begonia capreolata*
- Flowering vine – up to 50’
- Climbs by tendrils without support, slow growing at first.
- Spring blooming fragrant flowers can be brick/yellow or yellow/brick or other similar combinations
- Flowers on old wood - trim after flowering to encourage next year’s blooms
- Early nectar source for hummingbirds and butterflies
- Semi-evergreen – leaves turn reddish-purple in fall so good fall/winter interest.

Dutchman’s Pipe Vine

- *Aristolochia macrophylla*
- Great full sun vine with huge leaves and interesting flowers shaped like pipes
- 15-30’, Full sun to part shade
- Spring/early summer bloom
- Cut back in late winter to control growth
- Can use to create shade
- Butterfly attractor

American Beautyberry

- *Callicarpa americana*
- Great summer understory shrub with electric purple berries in fall.
- Deciduous, 3-5’, yellow-green foliage
- Valuable wildlife food plant – birds love berries
- Sites say not deer resistant but mine is not heavily browsed (and have heavy deer population)
- Part sun best – keep moist to avoid defoliation
- Growth rate fast
- Fall berries beautiful and great food source for birds and animals, especially late in winter when other food sources are depleted

Carolina allspice

- Calycanthus floridus
- Full sun/part shade, Medium moisture
- 6-10' tall
- Showy, fragrant flowers (strawberry like) and leaves
- Fragrance attracts insects that attract birds
- Try to purchase in bloom as fragrance varies widely
- Plant where fragrance can be enjoyed
- Deer, clay tolerant
- Suckering habit – pull if don't want naturalized

Sweet pepperbush

- Clethra alnifolia
- 2015 VNPS plant of year
- Sweet-fragrant flowers mid to late summer – white or pink
- Spreads by rhizomes
- Likes moist soils – good for near ponds
- Full sun-part shade
- Attracts bees, butterflies, hummingbirds
- Deer tolerant
- 6-10'
- Nice shape

Mapleleaf viburnum

- Viburnum acerifolium
- 4-6' shrub with maple shaped leaves
- Small white flowers – blooms late spring/early summer – then red to blue-black berries
- Great fall color
- Can sucker to form colonies
- Tolerates shade better than other viburnums
- Attracts butterflies, birds

Wild Hydrangea

- Hydrangea arborescens
- Species has smaller flowers and a more natural habit.
- Blooms on new wood so treat like perennial and cut back to ground in winter or early spring to avoid flopping stems.
- Tolerates different soils including alkaline so can go up against concrete.
- Prefers part sun
- 3-5' in size
- Good cut or dried flower like other hydrangeas
- Pollinated by many native bees and beetles

Hydrangea arborescens 'Annabelle'

- Most popular cultivar.
- Larger flowers – may benefit from support

Winter King Hawthorne

- Crataegus phaenopyrum
- Four season tree!
- Spring white flowers
- Pretty fall color
- Berries persist into winter
- Berries are great winter food source for a number of song birds

Possumhaw holly

- Ilex decidua
- Dark green through summer
- Red berries on female trees persist - great winter interest
- Good understory, accent tree
- 7-15', Full to part sun
- Tolerates wet conditions
- Berries food of birds, small mammals

Sweetbay magnolia

- Magnolia virginiana
- Multi-stemmed smaller magnolia.
- Tolerates wet soil/clay soil.
- Fragrant bloom (next picture)
- Nice small specimen tree.
- Semi-evergreen
- Birds eat seeds, use tree for nesting material

Late summer garden with White Snakeroot and other plants

- Ageratina altissima 'Chocolate'
- Sept/Oct showy white blooms
- Full/part sun
- Deer tolerant
- Butterfly attractor

Muhly grass

- Muhlenbergia capillaris
- Full/part sun
- Clumping growth habit
- 2-3' tall and wide
- Showy fall bloom-pink to pinkish-red
- Self-seeds
- Very low maintenance once established-tolerates poor soils
- Highly deer resistant
- Great winter interest