

Native Perennials and Shrubs for Vermont Gardens

Common Name	Scientific Name	Flower	Habitat Notes	Biodiversity Notes (LF – larval food for moths and butterflies)
New England Aster	<i>Aster novae-angliae</i>	Violet, rose; fall	Moist meadows, open woodlands, full- partial sun	Bees, butterflies, moths LF: Northern Flower Moth, Pearl Crescent
New York Aster	<i>Aster novae-belgii</i>	Violet, rose; fall	Moist meadows and thickets, full – partial sun	Bees, butterflies, moths LF: Pearl Crescent
Flat-topped Aster	<i>Aster umbellatus</i>	White; fall	Moist thickets and meadows, full – partial sun	Bees, butterflies, moths LF: Harris Checkerspot, Brown-hooded Owlet Moth
Cardinal flower	<i>Lobelia cardinalis</i>	Crimson; late summer	Wet meadows, stream banks, full – filtered sun	Hummingbirds, butterflies
Great Blue Lobelia	<i>Lobelia siphilitica</i>	Blue; late summer - fall	Wet meadows, moist thickets, limy soils	LF: Dark-spotted Palthis moth
Swamp Milkweed	<i>Asclepias incarnata</i>	White and Pink; summer	Damp – wet soils along forest wetland edges, shores	Bees, butterflies, moths, flies LF: Monarch butterfly
Joe-Pye Weed	<i>Eupatorium maculatum</i>	Reddish-purple; late summer	Damp meadows, forest edges and wetland edges, usually full sun	Bees, butterflies, moths LF: Great Tiger Moth
White Boneset	<i>Eupatorium perfoliatum</i>	White; late summer	Variety of open habitats with moist – wet soils and full sun	Bees, butterflies LF: Wavy-lined Emerald Moth, Curve-lined Angle Moth
Wild Bergamot, Bee-balm	<i>Monarda fistulosa</i>	Lilac; summer	Woodland edges, thickets, dry forest openings	Hummingbirds, bees, butterflies LF: Hermit Sphinx
Woodland Sunflower	<i>Helianthu divaricatus</i>	Yellow, 2-4” wide; late summer	Dry forest openings and edges.	Bees LF: Sunflower Borer Moth
Obedient Plant	<i>Physostegia virginiana</i>	Pink, white; late summer	Somewhat dry – wet open meadows, forest edges	Butterflies
White Beardtongue	<i>Penstemon digitalis</i>	White; late spring	Moist forest openings and similar sites with partial shade	Hummingbirds, bees, butterflies, LF: Baltimore Checkerspot, Confused Haploa moth
Wild Columbine	<i>Aquilegia canadensis</i>	Red and yellow; late spring	Well-drained, neutral soils in open woodlands, ledges	Hummingbirds, bees LF: Columbine Dusky Wing
Blue Vervain	<i>Verbena hastata</i>	Dark blue; late summer	Moist – wet meadows, edges	Bees, butterflies
Monkey Flower	<i>Mimulus ringens</i>	Violet; summer	Open wet meadows, wetland edges	Butterflies, moths LF: Baltimore Checkerspot
Golden Alexanders	<i>Zizia aurea</i>	Yellow; late spring	Moist meadows, open woodlands	Bees, flies LF: Black Swallowtail
Turtlehead	<i>Chelone glabra</i>	White; late summer	Moist to wet edges of swamps, banks, pond shores in partial – full sun	Bees LF: Baltimore Checkerspot
Water Avens	<i>Geum rivale</i>	Purplish-red; late spring	Moist – wet meadows, swamp edges	Bees, flies, beetles
Coneflower*	<i>Echinacea purpurea</i>	Dark rose; summer	Moist meadows, prairies, woodland openings	Bees, butterflies
Butterflyweed*	<i>Asclepias tuberosa</i>	Orange; summer	Well-drained, sandy soils of woodland edges, fields	Bees, butterflies, moths LF: Monarch butterfly
Black-eyed Susan*	<i>Rudbeckia hirta</i>	Gold and brown; summer	Wide variety of open habitats	Bees, butterflies, beetles
Blazing Star*	<i>Liatris spicata</i>	Pink-purple; summer	Moist soils in wet meadows, wetland edges	Butterflies, moths
Jack-in-the-Pulpit	<i>Arisaema triphyllum</i>	Green and brown; spring	Moist, rich woodlands	LF: Pink-legged Tiger Moth

Wild Ginger	<i>Asarum canadense</i>	Yellow-brown; spring	Rich woodlands,	Beetles
Bunchberry	<i>Cornus canadensis</i>	White; late spring - summer	Partial sun – shade; moist forests, stream banks	Bees, flies
Twinflower	<i>Linnaea borealis</i>	Pinkish-white; spring	Moist – dry, cool woodlands	Bees
Wild Sarsaparilla	<i>Aralia nudicaulis</i>	Greenish-white in umbels	Moist to dry, mostly deciduous woodlands	LF: Spring Azure butterfly
Foamflower	<i>Tiarella cordifolia</i>	White; spring	Rich woodlands	Bees, bee flies
Woodland Phlox	<i>Phlox divaricata</i>	Violet	Rich woodlands, partial sun - shade	Butterflies, moths
Bloodroot	<i>Sanguinaria canadensis</i>	White; 1- ½” wide	Often the first flower to appear. Leaves up to 10” across.	Bees Seeds ant-dispersed.
Purple Trillium; Wake-robin	<i>Trillium erectum</i>	Maroon, petals ½-1½” long	From seed requires 3-7 years for flowering plant	Bees, beetles, flies Seeds ant-dispersed.
White Trillium	<i>Trillium grandiflorum</i>	White, showy, petals up to 2 ½”	Bare-root plants for sale are wild-collected.	Bees, beetles, flies Seeds ant-dispersed.
Hepatica	<i>Hepatica americana</i>	Blue, pink or white, ½-1” wide	May flower before snow melt.	Bees
Blue Cohosh	<i>Caulophyllum thalictroides</i>	Yellow-green, ½” wide in terminal cluster.	Does best on limey soils; produces blackish-blue fruits. Difficult from seed and uncommon in trade.	Moths
Violet	<i>Viola canadensis; papilionacea, labridorica, and others</i>	White, blue, purple depending on species.	Depends on species	Bumble bees
Shrubs				
Sweet-fern	<i>Comptonia peregrina</i>	Inconspicuous	Open sandy sites, mildly acidic soils	LF: Sweetfern Underwing, Red-fringed Emerald, & many other moths.
American black elderberry	<i>Sambucus canadensis</i>	Clusters of white flowers, late summer purple black berries	Sun to partial sun	Birds favor fruits
Serviceberry	<i>Amelanchier Canadensis</i>	White blooms in early spring; red edible fruits in June	Partial sun to sun	Birds favor fruits
Highbush blueberry	<i>Vaccinium corymbosum</i>	white flowers tinged with pink flowers in spring, edible fruits late summer, red foliage in the fall	Sun to partial shade	One of most copious nectar producers. LF: Spring azure, Hummingbird clearwing, Brown elfin and Striped Hairstreak.
Black chokeberry	<i>Aronia melanocarpa</i>	White flowers, clusters of purplish black fruit; striking red/orange fall foliage	Sun to partial sun	Beetles, flies. LF: Coral hairstreak and Striped hairstreak.
Winterberry	<i>Ilex verticillata</i>	White flat flowers May - June; Maroon fall foliage and bright red persistent berries	Sun to shade	Birds eat small brown capsule seeds. LF: Unicorn caterpillar.

*Native to Northeast, but not Vermont. This list was developed in collaboration with botanist Bob Popp, Vermont Fish & Wildlife and Richard Enser, Consulting Conservation Biologist. For more information on gardening with natives check out www.beplantwise.org and www.newfs.org. The following books and websites are also excellent resources. *Trees, Shrubs and Vines for Attracting Birds* by Richard DeGraaf; *Bringing Nature Home* by Douglas Tallamy www.bringingnaturehome.net; *Native Plants of the Northeast*, Donald Leopold; *Designing Gardens with Flora of the American East*, Carolyn Summers; *the Pollinator Partnership* <http://www.pollinator.org/>; *Butterflies and Moths of North America* <http://www.butterfliesandmoths.org/>. Go to <http://www.birds.cornell.edu/> for more on gardening for birds.

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For more information, go to www.vtinvasives.org.