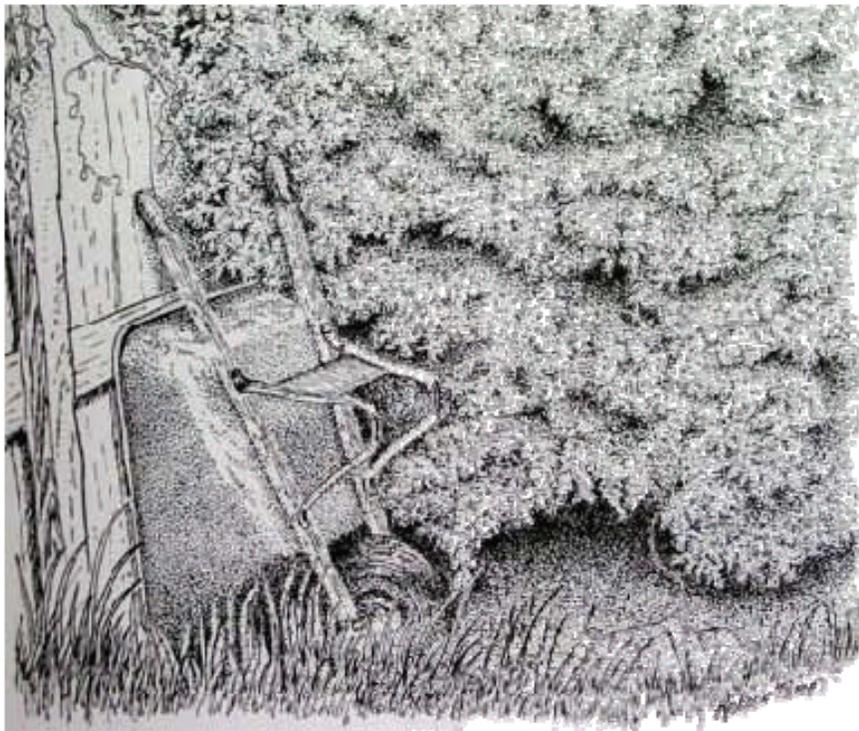


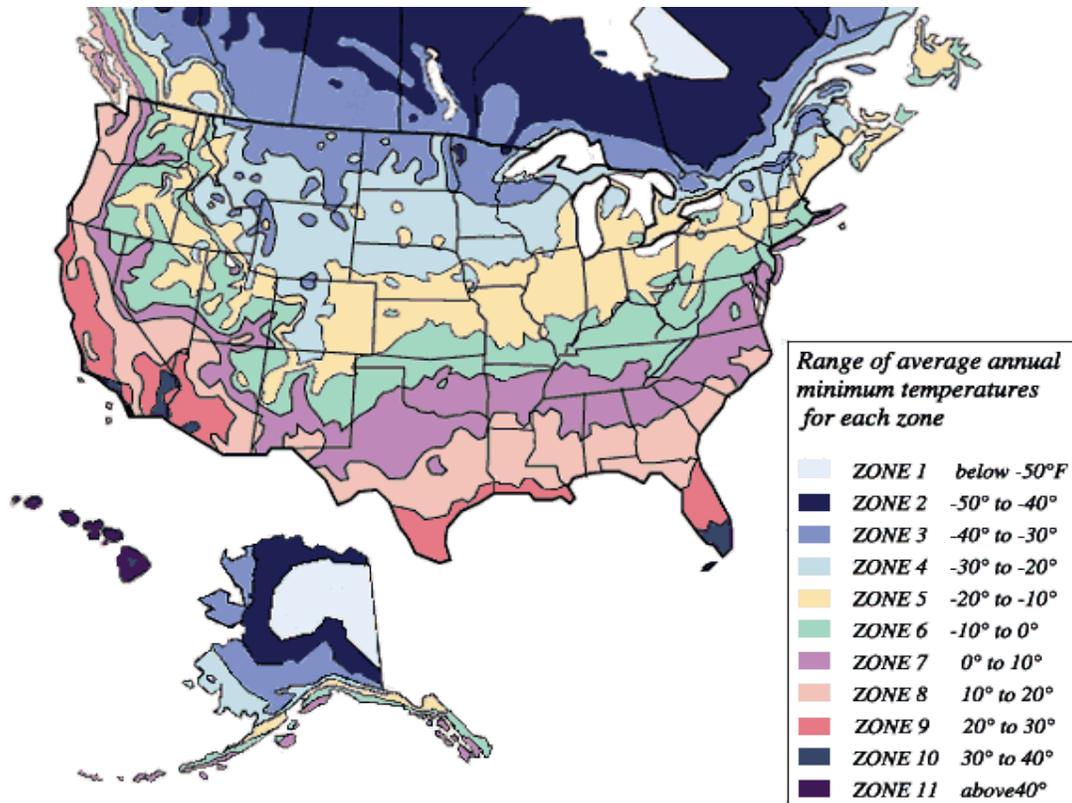
*City of Norwalk  
Conservation Commission*

# GUIDE TO NATIVE



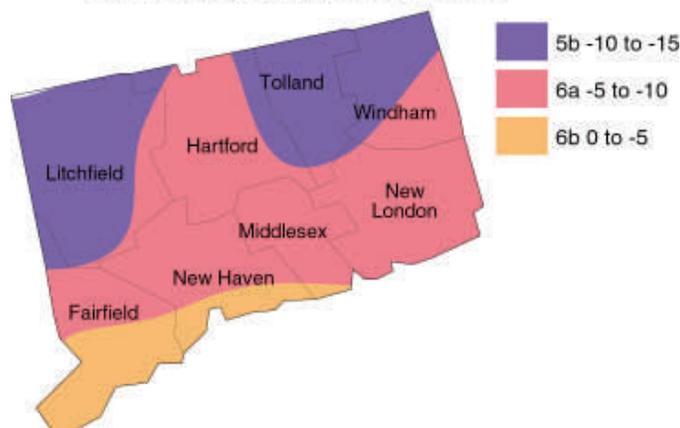
# WETLAND PLANTING

# USDA Plant Hardiness Zone Map



There are many characters to consider when selecting a landscape plant, but cold hardiness is a primary consideration. Hardiness refers to the ability of a plant to survive winters in a particular area. Great genetic variation exists among species in this regard, thus plants are generally classified according to the lowest temperature they can withstand without being damaged. Similarly, geographic regions are classified according to the average minimum temperature experienced by that area. The USDA has separated the United States into 11 distinct zones ("USDA Hardiness Zones"), and the New England states contain regions in zones 3 to 7. Always select plants rated hardy for your zone. Because cold tolerance is so important, it is better to select plants that will be more cold-tolerant rather than less.

## Connecticut Hardiness Zones



# Why Plant Native for Wetlands?

Plants with in the region they evolved are more likely to thrive under the local conditions and less likely to invade new habitats. Native plants are well adapted to local environmental conditions, maintain or improve soil fertility, reduce erosion, and often require less fertilizer and pesticides than many invasive plants. These characteristics save time and money and reduce the amount of harmful runoff threatening the aquatic resources of our streams, rivers, and estuaries. In addition, functionally healthy and established natural communities are better able to resist invasive over growth. With the large variety of grasses, ferns, wildflowers, shrubs and trees from which to choose, native plants can fulfill any landscaping need.

Native wetland and riparian plant species are essential to healthy ecosystems. Each species provides specific functions beneficial to the system and to man, and wetland and riparian areas should be designed and managed to incorporate all of these functions.

By absorbing the force of strong winds, fluctuating water levels, abating flood peaks, and preventing shoreline erosion, wetlands and the plants growing in them, protect terrestrial areas from storm and flood damage. Once established, wetland plants help filter chemical and particulate pollutants, and trap sediment in the water column and do not require watering, fertilizers, or pesticides. The trapped sediment gradually develops into mud flats, sand bars, or gradually fill in creating habitat and food web support for a wide range of organisms. All of these functions add to the stability and health of the wetland and provide useful benefits to the flora and fauna of the wetland and surrounding ecosystems.

Planting native species contributes to the overall health of natural communities. Disturbances in healthy ecosystems, such as land clearing activities, increase the potential for invasives. Native plants provide important alternatives to nonnative species for conservation and restoration projects in these disturbed areas. They can fill many land management needs currently occupied by nonnative species, and often with lower costs and maintenance requirements. .

In addition to ecological and land management benefits, the native flora of Connecticut offers a surprising variety of color, form, and texture. Planting natives allows the creation of distinctive natural landscapes including woodlands, meadows, and wetlands with unique regional character.

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# Shrubs



## **Red chokecherry** *Aronia arbutifolia*

This deciduous shrub is native throughout most of the eastern United States and into parts of southern Canada (zone 4). Found in various conditions from dry hillsides to wet, almost swampy areas. Commonly grows 6' to 10' tall and 3' to 5' wide. Full sun is needed for strong flowering, fruiting and intense red foliage color (good fall foliage in shade, but not as red). Red Chokecherry is tolerant of partial shade and it's soil is adaptable; tolerates both dry and wet sites and is easily transplanted and established.

## **Downy Serviceberry** *Amelanchier arborea*

Native to northeastern United States down through Florida and across to Iowa (zone 4). It is a deciduous small tree or large shrub that can grow 15' to 25' tall. When transplanted from a container, Downy Serviceberry prefers moist, well-drained, acidic soil. Needs full sun to partial shade and is pollutant tolerant. It thrives in wet sites.



## **Shadblow Serviceberry** *Amelanchier canadensis*

Native to Maine and down through the Carolinas (zone 3). Naturally occurs in wet sites, bogs, and swamps. It is a deciduous large shrub or small tree usually pruned up like tree to view the bark. Known to grow 6' to 20' tall. This shrub requires full sun and prefers wet sites. It is also very easily transplanted.

# Shrubs



## **Buttonbush** *Cephalanthus occidentalis*

A deciduous shrub that thrives in part shade or even full sun if given adequate moisture. Grows great in wet, shaded, or sunny locations. It will tolerate flooding and some salt. Its height varies from 3-10 ft. The flowering season is from July to September and flowers have a spicy scent that attracts both butterflies and bees.

## **Sweet Pepperbush** *Clethra alnifolia*

A native along the entire eastern United States. Most commonly founded in moist woodlands, especially near water (zone 4). It is an upright deciduous shrub growing 5' to 8' tall and 4' to 6' wide. Does best in full sun to partial shade. It is used in landscaping for its later summer fragrant flowers and because its use creates naturalistic landscapes. Sweet pepperbush is also tolerant as an ocean-side planting.



## **Silky Dogwood** *Cornus amomum*

A deciduous shrub found in the eastern United States (zone 4). Silky Dogwood thrives in full sun to partial sun, preferring moist, fertile soil. Commonly grows 6' to 10' tall. Its creamy, white flowers occur in late May and early June. It is mainly used in landscaping for its ability to grow in wet sites and naturalized areas.

# Shrubs

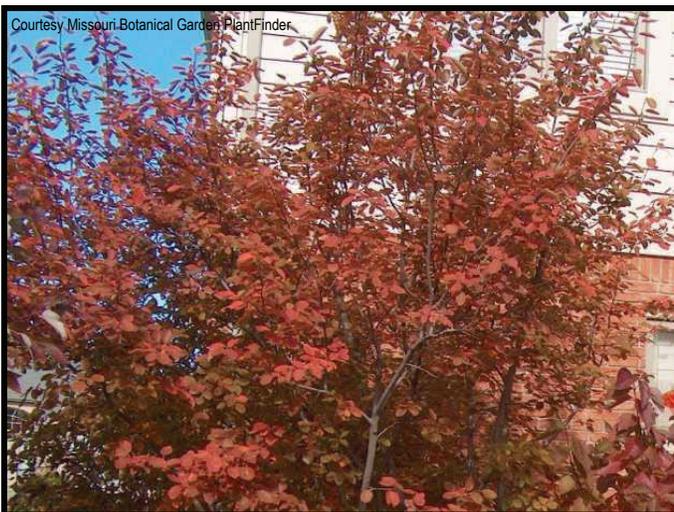


## **Witch Hazel** *Hamamelis virginiana*

A native to eastern and central United States (zone 4,3) witch hazel is an understory small tree or shrub of deciduous forests. It can grow 10' to 15' tall and is able to reach 30' tall becoming nearly as wide as is it is tall. It requires full sun to partial shade for successful growth. It is somewhat pollution tolerant and prefers moist, cool, acidic soil. It is seen in landscaped naturalistic areas for its late fall bloom effect and fragrance, as well as for shady areas.

## **Inkberry** *Ilex glabra*

This evergreen native to eastern and south central United States (zone 5), is typically found in large suckering colonies in swamps and wet areas. Inkberry prefers full to partial sun and adequate soil moisture. It is frequently used in landscaping to be planted for borders, around foundations, and for mass plantings. It also used in wet locations and possibly in coastal areas because of its salt tolerant abilities.

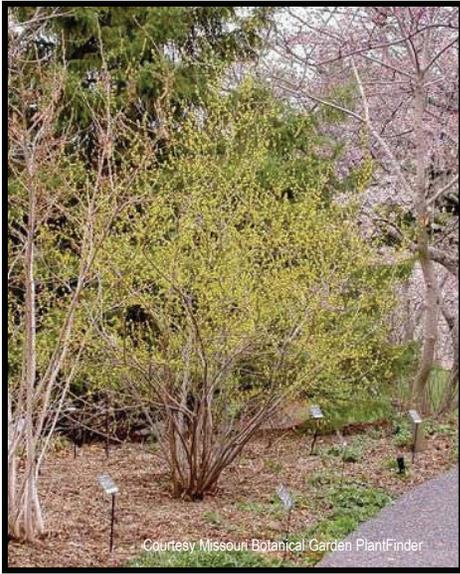


## **Allegheny Serviceberry**

*Amelanchier laevis*

A native to Canada down through Georgia and across to Kansas (zone 4). This deciduous shrub reaches heights of 15' to 25' tall. Prefers full sun and wet sites. When landscaped is it generally pruned up to form a small tree. It's showy white flowers bloom in late April but are short-lived. Fall foliage of yellow-orange to red colors come early and leaves fall early. It's fruit attracts birds and other animals, making it an ideal addition to a wildlife habitat.

# Shrubs



## **Spicebush** *Lindera benzoin*

A deciduous shrub native from Maine down through Florida (zone 4). It has a loose, open form that grows 8' to 12' tall. It's small, yellow flowers bloom in early spring. Spicebush requires full sun to partial shade and prefers moist, well-drained soil. It is used for border landscape and naturalizing of areas. It's flower effect and fall coloring also adds to its appeal.

## **Winterberry** *Ilex verticillata*

A native deciduous to the eastern and central United States and parts of Canada (zone 3,4). It is often found at the edge of the woods or in swamps. Generally reaches 6' to 10' tall, but can get larger. Requires full sun to partial shade; more sun produces more fruit (in females). Tolerant of poorly-drained soils, winterberry prefers moist, acidic soils. It's vibrant fruit display in fall and winter, usefulness in wet soils, and mass planting ability make it a good choice in landscaping.



## **Mountain Laurel** *Kalmia polifolia*

A deciduous shrub found in eastern North America (zone 5, 4). Typically it is found at the woods edge, edge of water or where light filters through the forest canopy. At maturity it reaches a typical size of 5 to 12' tall. It blooms in late May and mostly in early June showing a normal color of pink that fades to nearly white. It's color in flowering is one main reason for using in landscaping. Partial shade to full sun is adequate and requires a cool, moist, acidic, organic soil for best performance. Its recommended to avoid windswept sites when planting.

# Shrubs



## Pinxterbloom

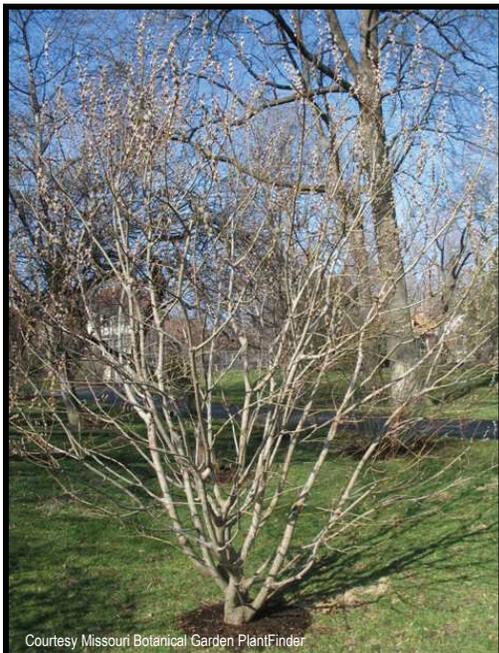
*Rhododendron nudiflorum*

A multi-stemmed, deciduous shrub found in the eastern United States (zone 4). Typically 4' to 6' tall, but can be taller. Its pale pink flowers bloom in late May. Pinxterbloom prefers full sun to part shade and a woody, organic, acidic soil that is moist. It also has a tolerance of dry, thin rocky soils. Used in landscaping for shrub borders, naturalistic areas and in groupings.

## Swamp Azalea

*Rhododendron viscosum*

A native to the eastern United States. Swamp azalea grows 6.5 to 10' tall. Pink and white flowers bloom in from May to August. Good growing conditions include full to partial sun and moist soil. It is commonly found in low wet floodplain woods and depressions, sluggish stream banks, swamp borders, hillside bogs, ditch banks, and clearings.



## Pussy Willow *Salix discolor*

A native to North American (zone 4-8). This low maintenance shrub grows 6 to 15' tall and spreads up to 12'. It thrives in moist soils and requires full to partial sun exposure. Known for its silk like catkins, the pussy willow blooms from March to April. It is used in landscaping for its ability to grow in moist soils along streams, ponds, or in low spots where other shrubs and small trees may not survive.

# Shrubs

## Red-osier Dogwood

*Cornus sericea / stolonifera*



Native from Newfoundland to Manitoba, south to the central United States. It is even found on the west coast of the United States and down into the mountains of Arizona and New Mexico (zone 3,2). A deciduous shrub growing 6' to 10' tall with an equal or greater spread. Dull white flowers bloom in late May to early June. It is an easily grown shrub that likes full sun to light shade and prefers moist soils. It is often found along streams; forming thickets and in understory of forests. In landscaping it is used for its vibrant red stem color for winter months. It is also useful for soil stabilization and erosion control on stream banks due to its stoloniferous habit.

## Highbush Blueberry

*Vaccinium corymbosum*

A deciduous, twiggly shrub that is native to the eastern United States (zone 3) often growing in or near swampy areas. It is a dense plant that can grow 6' to 12' tall with an equal width. It's ideal soil is moist, high in organic matter and well-drained. It thrives on full sun to partial shade; the more sun translates into more into more blooms, more fruit and enhanced fall foliage color. In landscaping it is used for its excellent fall coloring, edible fruit, wildlife attraction, it's usefulness in a shrub border, and along the edges of ponds and waterways.

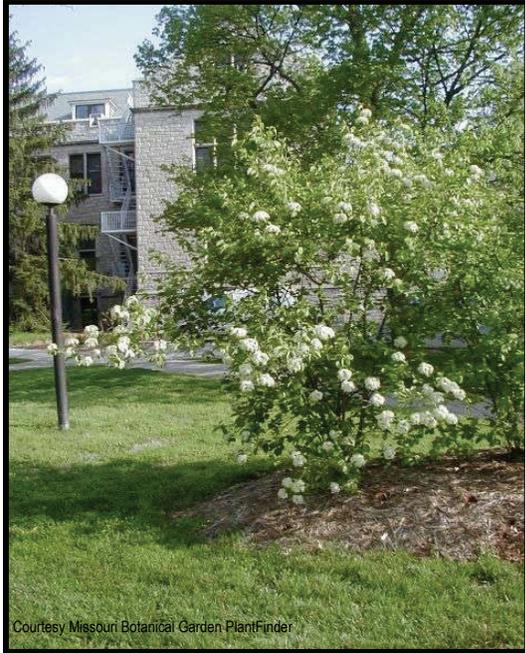


## Arrowwood *Viburnum dentatum*

A deciduous shrub native to eastern North America (cold hardy to zone 2). Typically 5' to 9' tall and wide but natives can grow upwards to 15' tall. It's small creamy white flowers bloom in late May to early June. Arrowwood grows in full sun to partial shade and is soil adaptable from dry to fairly wet. It is used often in landscaping because of its extreme durability. Planted for bordering, screening, naturalizing, in parking lots areas, for mass plantings and groupings, to attract birds, and it provides a nice neutral effect in the landscape often being used in difficult sites.



# Shrubs



## **Nannyberry** *Viburnum lentago*

A native deciduous to eastern North America (zone 2). It reaches 12' to 15' tall or larger and prefers both sun or shade. Nannyberry is very adaptable to many sites due to its tolerance of both moist and dry soils, thus making it a great choice in landscaping in difficult sites. Its small creamy white flowers bloom mid to late May. Its size offers a border, barrier, and hedge effect to areas, while fruit and flowers attract birds and wildlife making it ideal for backyard habitats.

## **American Cranberry**

*Viburnum trilobum*

Native to northeastern and northwestern United States, the American cranberry is a dense deciduous shrub (zone 2). 8' to 12' tall equal spread. White flowers bloom in early June and its edible fruit matures in September. This easily transplanted shrub, prefers well-drained, moist soils and sun to partial shade. Like other Viburnums, its flowers and fruit attract birds and wildlife making it ideal for naturalizing areas. It is also used in landscaping for shrub borders, hedges, and barriers.



## **American Elder**

*Sambucus canadensis*

A deciduous native to eastern United States (zone 3,4). Commonly grows 5' to 12' tall and prefers moist soil. Its white flowers bloom in July and its edible fruit matures in September. In landscaping it is used for naturalizing effect. Its fruit attracts birds and wildlife. Because of its ability to survive in moist soils, it is planted in bog areas.



# TREES



## **Red Maple** *Acer rubrum*

This deciduous tree is found in the eastern United States and adjacent Canada (Zone 3). It is a medium to large tree growing 40' to 70' tall, but can be over 100' tall. The Red Maple grows relatively fast and does best in full sun, but can tolerate partial shade. It is tolerant of many conditions and adaptable, preferring moist, acidic soils. Occasional flooding is also a tolerable condition. It is mainly used as a shade tree as seen in lawns, parks, and many campuses.

## **Black Ash** *Fraxinus nigra*

Black Ash is native to North America and is very cold hardy (Zone 2). It commonly grows 30 to 50' and requires full sun exposure. It prefers ample soil moisture and will tolerate periodic flooding. It is a benefit to landscaping because it is able to grow in poorly drained sites and often does grow in damp, boggy sites in the wild.

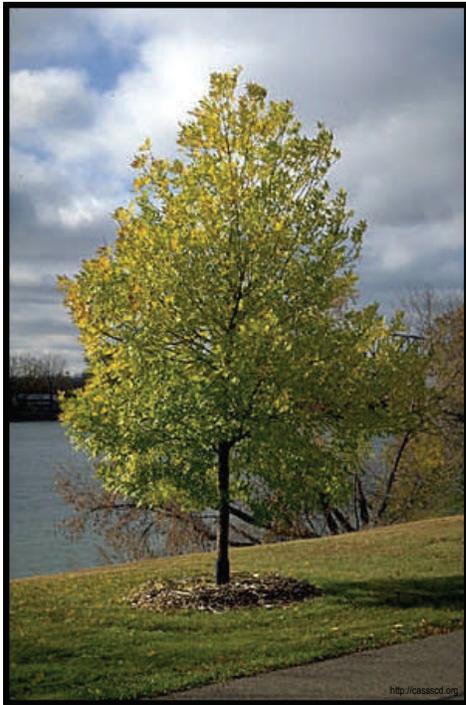


## **Yellow Birch** *Betula lutea*

This deciduous native is found commonly in cool regions; often on north facing slopes of northeastern North America (Zone 3). It can grow 60' to 75' tall; and reach 100' in the wild, blooming in mid to late April. Yellow Birch prefers cooler environments and wet moist soils. It does best in full sun. It is commonly seen as a lawn tree and its shade being light. Yellow birch naturalizes areas such as at the edge of woods.

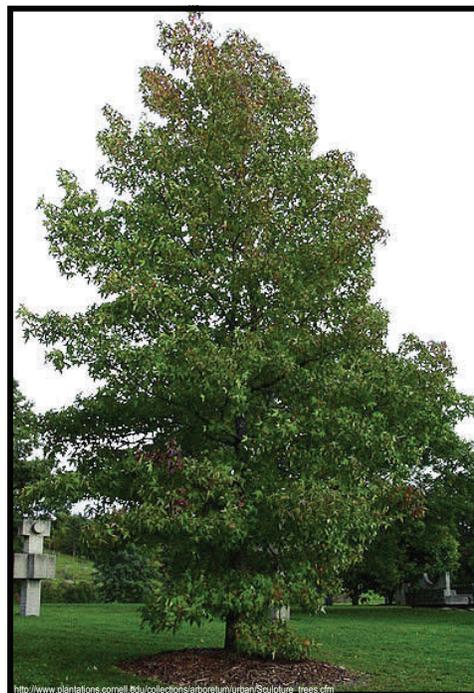


# TREES



## **Green Ash** *Fraxinus pennsylvanica*

Green Ash, also referred to as Swamp Ash, is a deciduous native to eastern North America (zone 2). It has a fast growth rate, standing 60' to 70' tall. It prefers full sun and moist, deep, fertile soils for best growth (quite soil adaptable). Its easily transplanted and established and tolerant of poorly-drained soils. Its landscaping uses include planting as a lawn tree, shade tree, or street tree, most frequently used for its ability to adapt to difficult growing sites.



## **Sweetgum** *Liquidambar styraciflua*

A native deciduous tree of the Eastern United States, from Southwestern Connecticut to Florida; also found in Mountains of Mexico and Guatemala. Typically grows 60 to 80' tall and 40 to 60' wide, but can easily exceed 100' tall. It prefers deep, moist, bottomland soils and does best in full sun (does okay in partial shade as well). Sweetgum is often used in landscaping as a lawn tree or shade tree for larger residences due to its vibrant fall coloring.



## **Tulip Tree** *Liriodendron tulipifera*

The Tulip Tree, named so for its tulip-shaped flowers, is native to the eastern United States (zone 5). It is a large, deciduous tree easily reaching 70' to 90' tall. Larger trees up to 150' or more are also common. It prefers deep, moist, fertile soil; slightly acidic soil is best, but not required. Full sun is optimal but also avoiding very dry, hot sites benefits its growth. Its used as both a lawn tree and shade tree in landscaping but requires ample space due to very large size.

# TREES



[http://www.forestry.state.ar.us/community/fall\\_trees.html](http://www.forestry.state.ar.us/community/fall_trees.html)

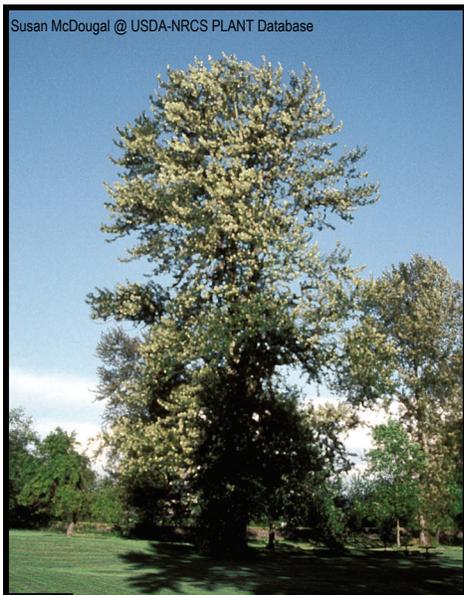
## **Black Tupelo** *Nyssa sylvatica*

This large deciduous tree, also referred to as a Black Gum tree, is native to the northeastern United States down through Texas (zone 4). Commonly grows 30' to 50' tall. It prefers moist, well-drained, acidic deep soils and full sunlight. Used in landscaping for its very vibrant fall foliage (as seen in photo). It can be used as a street tree or lawn tree and fall pruning is recommended.

## **Eastern Cottonwood** *Populus deltoides*

The Eastern Cottonwood is a native species to the northeastern United States (zone 2). It is a deciduous tree that grows 80' to 100' tall at a fast rate. It needs full sun to thrive; preferring wet soils. It is also salt and drought tolerant. Although this cottonwood can be used in landscaping as a shade and lawn tree. It is recommended that it not be planted near sewers, septic tanks, drains or sidewalks (applies to swamp cottonwood as well).

Susan McDougal @ USDA-NRCS PLANT Database



<http://www.hort.uconn.edu>

## **Swamp Cottonwood** *Populus heterophylla*

The Swamp Cottonwood is a deciduous native species to the eastern United States, inhabiting the wet bottom lands and sloughs of Coastal Plains. It is currently listed as endangered in Connecticut by the USDA Natural Resources Conservation Service. It can reach heights over 80' tall. Optimum growth requires full sun and deep, moist soils of shallow swamps and low-lying areas near tidewater. Commonly sites that are too wet for eastern cottonwood will support swamp cottonwood.

# TREES



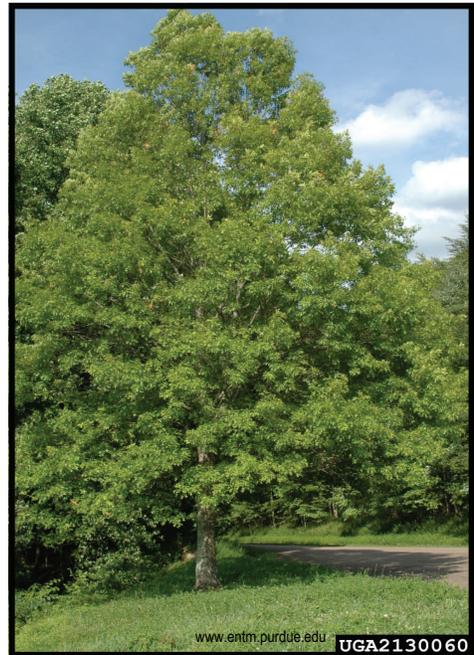
## Sycamore Planetree

*Platanus occidentalis*

A large, deciduous tree that is native to the eastern half of United States (zone 4). This rapid growing tree reaches heights of 75' to 90' tall. It prefers full sun and moist, deep, rich well-drained soils. It is moderately salt and drought tolerant. It is used in landscaping as a lawn tree, street tree (when large spaces are available) and shade tree. It is considered a good urban tree and offers decoration from its very showy bark.

## Pin Oak *Quercus palustris*

Native to northeastern and north-central U. S. (zone 4), this large deciduous, grows 75' tall and 40' wide at its maximum. It is a dense and twiggy tree that requires full sun with adequate room to develop. Thrives in moist, fertile, acidic, well-drained soils. It is used in landscaping as a shade and lawn tree in many campuses and industrial parks because of its large size.

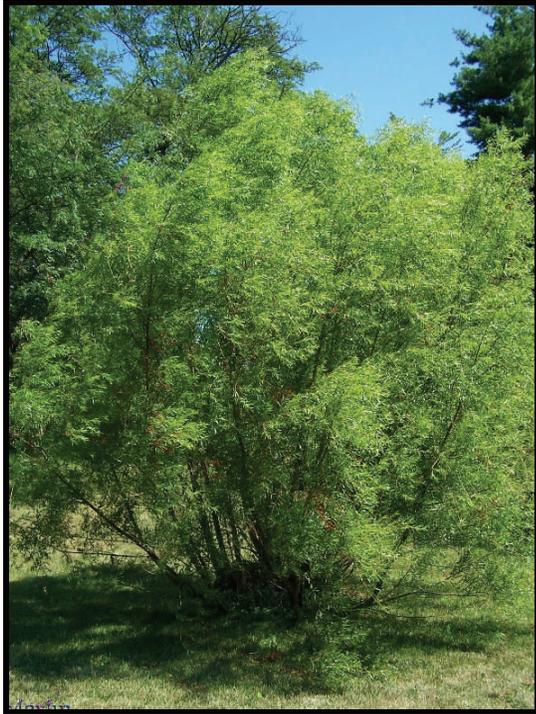


## Swamp White Maple

*Quercus bicolor*

This medium sized, deciduous tree is native to the eastern United States (zone 4). Prefers shade to full sun and grows heights of 50 to 60' tall and comparable widths. Swamp white oak is drought tolerant but thrives in swampy conditions, preferring acidic soils. In landscaping it is used as a shade, park, and lawn tree, mainly used for large open areas.

# TREES



## **Black Willow**

*Salix nigra*

This deciduous tree (aka swamp willow) is native to the eastern United States. It can reach heights of 10' to 60' tall. It is found in wet soil along streams and at the margins of ponds and lakes. This tree thrive in full sun to shade. Larger trees are valuable in binding soil banks, thus preventing soil erosion and flood damage. Very commonly used in landscaping for its ability to plant in wet, moist sites. Its bark, twigs, and buds provide food for wildlife. The black willow is the native alternative to the weeping willow.

## **Dark American Arborvitae**

*Thuja occidentalis*

A native evergreen to northeastern North America (zone 3). Grows 30' to 50' tall and 10' to 15' wide but quite often seen in the 20' to 30' size range as landscape plants. Prefers full sun; partial shade is tolerated but plants become thin, open and much less appealing. It thrives on moist, deep, loamy soil and is tolerant of acidic and alkaline soils and of somewhat wet soils. It is generally quite adaptable and tolerant once established. Its ability to be sheared makes it an asset to landscaping. It is used for hedges and screens. It is also frequently used for windbreaking and its ability to adapt well to cold climates.



# Emergents



## **Blue Flag Iris**

*Iris versicolor*

Native to the eastern U.S. (zone 3 to 9). Grows in medium to wet soils and approximately 2' to 2.5' tall. It can be grown in shallow standing water up to 2-4" deep. It blooms a violet blue color May through June and survives in full sun to part shade. Blue flag iris does best when grouped in sunny areas in pond or water gardens. It can also be grown in moist border areas.

## **Arrow Arum**

*Peltandra virginica*

Native to eastern United States this emergent is found through out wet habitats. It grows 1' to 2' and its green flowers bloom from May to July. It is often planted in marshes, in shallow water or in mud along pond shores and slow-moving streams.



## **Pickerel Weed**

*Pontederia cordata*

Native to the eastern U.S. (zone 3 to 9). Grows in medium to wet soils and approximately 2' to 2.5' tall. It can be grown in shallow standing water up to 2-4" deep. It blooms a violet blue color May through June and survives in full sun to part shade. Blue flag iris does best when grouped in sunny areas in pond or water gardens. It can also be grown in moist border areas.

# Emergents



## **Duck Potato** *Agittaria latifolia*

Native to eastern and central North America (zone 5-10) this emergent grows heights of 1' to 4' tall. It grows submerged in shallow water or out of water on wet muddy banks. Its white flowers bloom July through September and require full sun for best flowering. Duck potato is often used in pond restorations because it is an important food source for waterfowl. It often grows in sloughs, swamps, ponds, marshes and stream margins.

## **Wool Grass** *Scirpus cyperinus*

Native throughout the U.S. and into Canada wool grass can grow 3-5' tall in full or partial sun. It prefers wet to moist conditions, and soil that is muddy, sandy, or gravelly. It is also tolerant of shallow water. It is often found and planted in both sandy and non-sandy wetlands, including marshes, swamps, sloughs, sedge meadows, gravelly seeps, and borders of ponds. Wool Grass and other bulrushes often form dense colonies of plants that provide good nesting habitat for various species of wetland birds.



## **Giant Burr Reed** *Sparganium eurycarpum*

Native through out the U.S and Canada. This reed grows up to 5' tall. Its flowering occurs from July till October. Often growing in swamps and in shallow standing water. It is an excellent addition to a habitat because it provides food and cover for waterfowl, muskrat, and deer.

# Emergents



## **Narrow Leaved Cattail** *Typha angustifolia*

A freshwater aquatic species found natively in the northeast. It is located in wetlands, lakeshores, river backwaters, road sides, ditches, disturbed wet areas, bogs, fresh or brackish marshes, lakes, and ponds. It can thrive in nutrient rich or slightly saline soils and is generally not shade tolerant. The tiny flowers in the cylindrical head bloom in the months of May to July. Narrow leaved cattails grow from 3 to 6 feet tall and bring a naturalistic look to wetland areas. Its seeds can remain viable in the seed-bank for up to 100 years.

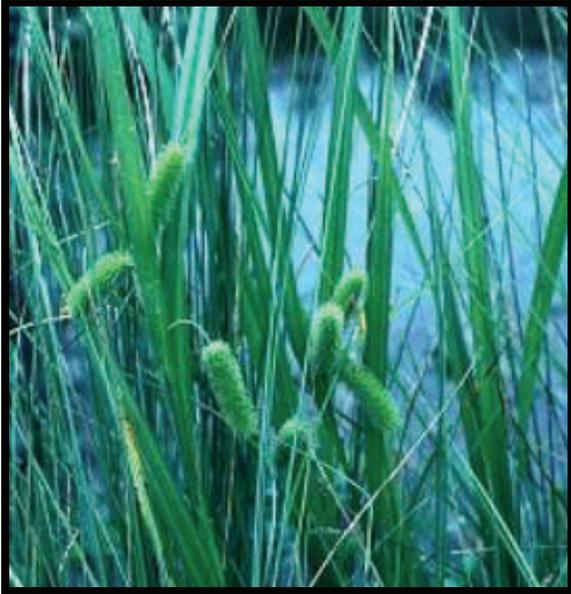


## **Broad Leaved Cattail** *Typha Latifolia*

Broadleaf cattail is an aquatic or semiaquatic emergent perennial. It is most common in freshwater to slightly brackish marshes, ponds, lakes, ditches, swales, and slow-moving river sites. It averages a height of 3-9' tall and prefers full sun for optimal growth. Its brown cone shaped flowers bloom from May to June. Broadleaf cattail habitats are extensively used by waterfowl and other marsh birds as habitat.

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# Sedges and Rushes



## **Bearded Sedge** *Carex comosa*

Native sedge to North America which is commonly found in swamps and around lakes. When erect it can reach a height of 5' tall. Bearded sedge has a flowering period between July through August. The seeds dispersed from this species offers a source of food for many species of waterfowl.

## **Bladder Sedge** *Carex intumescens*

Native throughout the Northeast. It is commonly found forest openings, thickets, wet meadows, riparian flood plains, and wet to seasonally wet woodlands. It can grow up to 3' tall and blooms April through July. Its fruit is eaten by various wildlife.



## **Fringed Sedge** *Carex crinita*

Native to North America. This sedge is found in Wet meadows, sloughs, swamps and stream edges. Its height can reach up to 4' tall and tends to grow in dense clumps. Fringed sedge does well in sun to partial shade on moist to wet soils. From May to June flowers show and the seeds that are dispersed feed may species, including various waterfowl.

# Sedges and Rushes



**Tussock Sedge** *Carex stricta*

Native to Northeastern United States. Tussock sedge is found in bogs, wet meadows, floodplains, swales, marshes, and wet woodlands. It is found in areas where the soil is at or just above the water level. Depending on each site, tussock sedge flowers from late May to mid-June.

**Soft Rush** *Juncus effesus*

This native to North America is tolerant of diverse site conditions, but thrives in direct sun. It inhabits fresh to brackish marshes, swamps, ditches, and moist seasonal wetlands and meadows. It is a useful plant for landscaping because it provides very good shoreline protection, filter suspended solids, up-take nutrients, and its ability to survive polluted conditions. The seed and vegetative parts of soft rush are utilized by waterfowl, muskrats, and other mammals for food or cover.

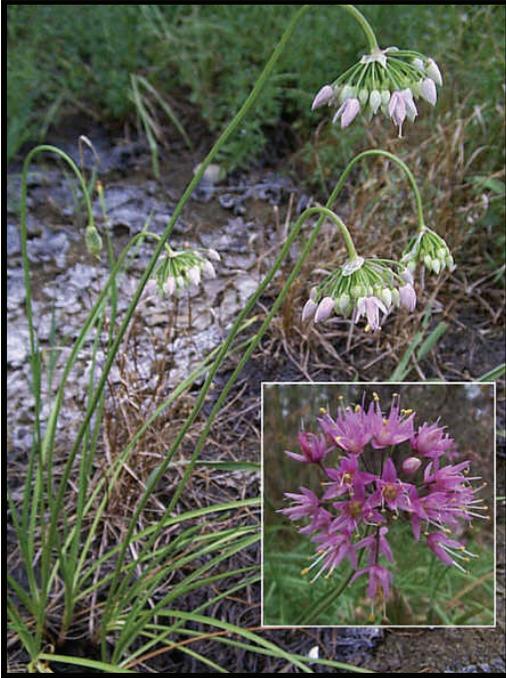


**Canada Rush** *Juncus canadensis*

This obligate species is native through out North America. It is commonly found in shallow marshes, inland fresh meadows, lakeshores and a variety of sandy, wet soils. It prefers part shade and requires clay, loamy, sandy soil. Its bloom period is in July.

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# Herbaceous Perennials



## **Nodding Wild Onion** *Allium cernuum*

Found natively through out the Northeast (zones 4-8). They are easily grown in average, dry to medium, well-drained soil in full sun to light shade. It grows heights of 1' to 1.5' tall with its fragrant pink flowers blooming from June to August. Often used in landscaping for rock gardens, border fronts, cottage gardens or naturalized areas. Nodding wild onion is a low maintenance plant perennial that offers showy flowers and also attracts butterflies.



## **Jack-in-the-pulpit** *Arisaema triphyllum*

This spring wildflower is found in wetland areas through out U.S. (zone 4-9). It usually grows 1- 2' tall and does best in part shade to full shade. It does well in fertile, medium to wet soil with constantly moist soil rich in organic matter. It does poorly in heavy clay soils. Its green and purple bloom occurs from April to May. It is used in areas to be left undisturbed in a shady woodland garden, wild garden or native plant garden.



## **Swamp Milkweed** *Asclepias incarnata*

Native to the Northeastern and southwestern United States (zone 3-6), this perennial is easily grown in medium to wet soils in full sun. It is surprisingly tolerant of average well-drained soils in cultivation even though the species is native to swamps and wet meadows. It grows heights of 4 to 5' tall and blooms white, pink, or mauve flowers from June to August. Its flowers are very attractive to butterflies as a nectar source and are an important food source for the larval stage of Monarch butterflies. In landscaping swamp milkweed is used for sunny borders, stream/pond banks, and butterfly gardens. It is a good plant for planting in low spots or other moist areas.

# Herbaceous Perennials



**Marsh Marigold** *Caltha palustris*

Marsh marigold is a perennial native to northern temperate regions (zone 3-7). It grows heights of 1 to 1.5' tall. It grows in full sun to part shade in shallow water at the borders of a pond or water garden or in wet, boggy soils. Its yellow flowers bloom from April to June. It is utilized in landscaping for water or bog gardens, as well as for pond edges.

**Joe pye weed** *Eupatorium maculatum*

A perennial that is native to the eastern U.S. (zone 4-9). This plant grows 4-7' tall and prefers moist, fertile, humusy soils, which do not dry out. It thrives in full to partial sun and blooms light to deep purple from July to September. It is often used in landscaping for bordering, cottage gardens, meadows, native plant gardens, wild/naturalized areas or water edges.



**Great Blue Lobelia** *Lobelia siphilitica*

Native to the Eastern United States (zone 4-8). It is easily grown in rich, humusy, medium to wet soils in full sun to part shade; needing constant moisture. Commonly grows heights of 2 –3' tall. Its radiant blue flowers bloom from July to September. It is commonly used along streams and pond edges because of its ability to adapt to wet soils and naturalizing effect.

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## **Closed Gentian** *Gentiana andrewsii*

Closed gentian is a native to Eastern North America (zone 3-7). It prefers moist, rich, cool, humusy, acidic, well-drained soils. This perennial grows 1-2' tall and does best in sun to partial shade. In October it blooms dark blue flowers and are a great addition to native areas. It is often used for planting in woodland or shade areas, native plant gardens or along streams or ponds. Also it may be grown in shady areas of borders.

## **Cardinal Flower** *Lobelia cardinalis*

This perennial is native through out North America (zone 3-9). It can grow a height of 2 to 4' tall and prefers full sun to part shade. It grows in moist locations along streams, sloughs, springs, swamps, and in low wooded areas. Scarlet red flowers bloom from July to September and are very attractive to butterflies and hummingbirds. Used often in landscaping because of its late bloom and showy flowering.



## **Bluets** *Houstonia caerulea*

Bluets occur throughout the eastern United States (zone 3-7) in deciduous woods, old fields, and roadsides. They thrive in moist acidic soils and grow especially well among grasses. They mature to a very short height of 2-8" tall and shay areas. Pale blue to white flowers bloom from April to June.

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## Yellow Loosestrife

*Lysimachia terrestris*

Yellow loosestrife, also known as swamp candles, is native to North America (zone 3-8). This perennial is often found in marshes, moist thickets, bogs, and grassy shores. It can reach 1-3' tall and prefers full sun to partial shade. Its showy yellow flowers bloom from June to September. Since this species occurs almost always in wetlands under natural conditions, it is a great landscaping addition to any wetland area.



## Fringed Loosestrife *Lysimachia ciliata*

Native to North America (zone 3-9). Commonly found in moist low woodlands, wet prairies, swamps, stream banks, pond margins, and floodplains, preferring soil that is moist. Can grow up to 3' tall and its yellow flowers bloom from May to July.

## Monkey-flower *Mimulus ringens*

Monkey-flower is native perennial to North America (zone 3-8). It is commonly found in swamp areas, along pond/stream banks, wet meadows, and low woods. It grows in moist to wet soils in full sun to part shade. Its height ranges from 1-3' tall and it blooms blue/purple flowers from June to September. It is best planted for naturalizing areas in moist to wet soils such as in water gardens, bog gardens, wet meadows, water margins or low spots.



# Herbaceous Perennials



## Virginia Bluebells *Mertensia virginica*

This perennial is native to the North America (zone 3-8). Virginia bluebell grows 1-2' tall and thrives in part shade to full shade. It is commonly found in areas of moist, rich woods and river floodplains because of its preference of moist, rich soils. Its pink flower buds turn into to blue flowers when the Virginia bluebells bloom during March through April. When used in landscaping it is best massed and left undisturbed in moist, shady woodland, wildflower or native plant gardens.

## Solomon's Seal *Polygonatum biflorum*

Solomon's seal is a woodland native to the Eastern United States and South-central Canada (zone 3-8). It is commonly found in dry to moist wooded areas where the soil is rich. It prefers moist, humusy soils and shade to full shade for best growth. It ranges in height from 1 to 6' tall and blooms greenish-white from May to June. When used for landscaping its best to use in woodland areas, wild gardens, partially shaded borders, naturalized areas or for native plant gardens. It does very well along side fern and astilbes.



## Mad-Dog Skullcap *Scutellaria lateriflora*

This is a perennial that is native to North America (zone 3-7). It prefers moist sandy, loamy, and clay soils. Commonly it is found in habitats that include moist sedge meadows, openings in floodplain woodlands, soggy thickets, swamps, bogs, seeps and springs, edges of vernal pools and ponds, and shaded areas of cliffs. It can grow from 1-3' tall and prefers light shade to full sun. Its blue flowers bloom June to September. When used in landscaping, mad-dog skullcap, is a good option for where wet to moist conditions are present and the soil contains abundant organic matter.

# Herbaceous Perennials



**Cup Plant** *Silphium perfoliatum*

A native to central-eastern Canada to southeastern United States (zone 3-9). It is typically found in habitats such as moist meadows near rivers, low-lying woodland edges and thickets, fens and seeps, lake borders, fence rows, and along ditches near railroads. It prefers full or partial sun, and moist loamy soil. Commonly grows 4 to 8' tall and blooms yellow flowers July through September. The cup plant is a taller species that needs ample space to grow. It will be more effective for wildflower/native plant gardens, naturalized areas or moist, open woodland areas including stream/pond edges.

**Blue Vervain** *Verbena hastata*

The blue vervain is native to Eastern North America (zone 3-8). It is commonly found in wet meadows, wet river bottomlands, stream banks, slough peripheries, fields and waste areas. It can grow 2-6' tall and prefers full sun. From July to September its purple-blue flowers bloom. It can be used for landscaping purposes such as borders, meadows, native plant gardens or informal/naturalized areas.



**Foam Flower** *Tiarella cordifolia*

A native to the cool rich forest floors of the Northeast and adaptable to a wide range of conditions (zone 4-9). It prefers humusy, organically rich, moisture-retentive soils and part shade to full sun. The foamflower ranges from 6-12" tall and produces white flowers that bloom April to June. It can be utilized in landscaping for shaded areas of gardens, border fronts, naturalized plantings or moist areas along streams or ponds. Remember that soil should not be allowed to dry out to maximize survival rate.

# Herbaceous Perennials



## **New York Ironweed** *Vernonia noveboracensis*

A native species to the Eastern and Southeastern United States (zone 5-9). In the wild it is found in moist thickets, freshwater marshes, wet fields, low areas and along stream banks. Although it can tolerate a wide range of soil types, it thrives in rich, moist, slightly acidic soils with full sunlight. In height it ranges from 3-7' tall and blooms purple flowers from August to October. It is commonly used in landscaping for borders, wet areas, meadows or naturalized areas.

## **Culver's-root** *Veronicastrum virginicum*

Culver's root is native perennial to Northeastern North America (zone 3-8). It is found in open woods and edge of woodland, thickets and moist meadows along rivers and ditches. It does best with full sun to partial shade and in rich loamy soil, although some sand or clay can be tolerated. It can reach a height of 3-6' tall and produce white flowers that bloom June to September. It is often looked to in landscaping for water edge planting and naturalizing an area.

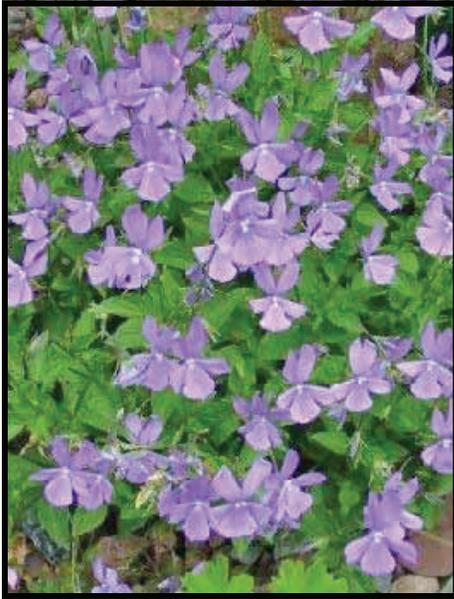


## **Sweet White Violet** *Viola pallens*

This low/ground covering perennial is native to eastern North America (zone 2-7). Found in dry to very moist woods, thickets, clearings. This violet grows a mere 3-5" tall needing moisture retentive soils. It thrives in partial shade to full shade and bloom white flowers from April to May. It does best when left to spread undisturbed and will naturalize areas.

*Slichter 2004*

# Herbaceous Perennials



## **Common Blue Violet** *Viola papilionacea*

A native species to Eastern North America (zone 3-9). Commonly found growing in yards, low woods, meadows, waste areas, and along road-sides. Blue violet can grow 3-8" tall and prefers part shade to full shade. During the bloom period of April to June it produces blue-purple flowers and occasionally white or bicolor. It can be planted in low wood areas and is one of the first species to bloom in early spring.

## **Fringed Loosestrife** *Lysimachia ciliata*

Native to the U.S. (zone 3-8), turtlehead prefers part shade. It typically grows 2-3' tall and occurs in moist woods, swampy areas and along streams. Its white flowers bloom from August to October. It is regularly planted in landscaping for shade or woodland gardens, bog gardens, and pond or water garden borders. It can also be a great border plant for wetland areas.



Photo by Steve Baskauf, University of Tennessee Herbarium



R.A. Howard @USDA-NRCS PLANTS Database

## **Bunchberry** *Cornus canadensis*

Bunchberry is native to the Northeastern region (zone 3) and is found in cool woods and mountain slopes. It grows a minimal height of 3-8 inches and does best in partial to full shade. Its clusters of tiny, yellow-green flowers bloom from May to July. It is often used for landscaping in moist and well-drained sites and the berries that are produced offer a food source for various wild-

# Ferns



## **Cinnamon Fern** *Osmunda cinnamomea*

This is Connecticut's largest fern. Its fiddleheads are food for ruffed grouse, and hummingbirds sometimes use the fuzz on young fronds to line their nests. It can be found in swamps, along stream banks and shores. It commonly reach heights of 2-5' tall and grow best in constantly damp, acid soil. It prefers partial shade.

## **Ostrich Fern** *Matteuccia struthiopteris*

This fern is commonly found through out the Northeast. It is found in the flood plain of rivers and commonly found in moist thickets, especially along streams and rivers. It can reach heights of 3-5' tall and prefer humusy, moist soil in part to full shade.



## **Sensitive Fern** *Onoclea sensibilis*

A native to North America ,this fern is found naturally in wet meadows and woods, swamps, and stream banks. It grows to a height of 18 to 24" tall and prefers slightly acidic soil. It does best in full sun to partial shade.

# Ferns



## **Interrupted Fern** *Osmunda claytoniana*

This native is found in rich, mesic woods, open woods and shaded roadsides. It grows 2-4' tall and prefers partial shade.

## **Bracken Fern** *Pteridium aquilinum*

This native is found in areas with infertile soil with sun or partial shade. Bracken fern grows on a variety of soils with the exception of heavily waterlogged soils. It can grow 3-5' tall.

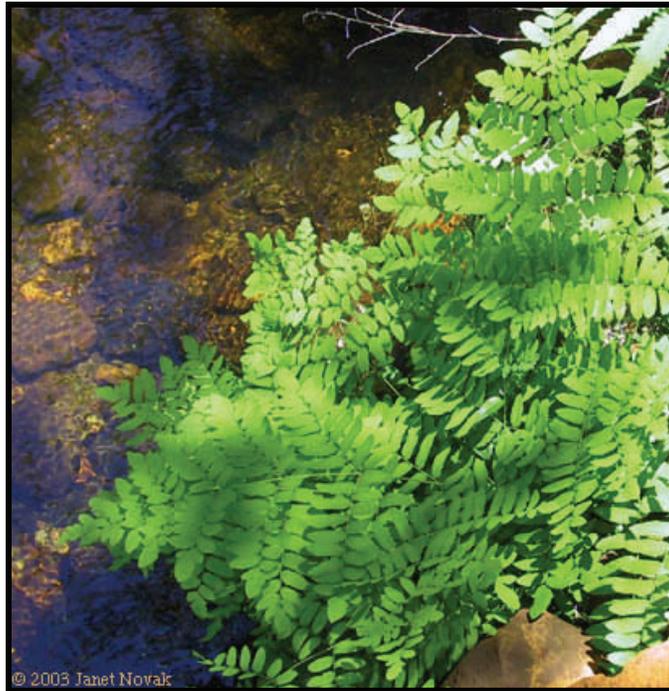


## **Marsh Fern**

*Thelypteris palustris* or *Dryopteris thelypteris*

Found natively through North America along edges of marshes and wet meadows, ditches, or woods; usually in rich, wet soil but not in standing water. More commonly is found in sunny wetland areas. Can grow 18-24" tall and prefers full sun to partial shade.

# Ferns



## **Royal Fern** *Osmunda regalis*

This native is found in wet soil, along streams and lake-shores, in bogs, and in wet meadows. It typically grows 2-5' tall and prefers partial shade.

## RESOURCES

### PLANTS Database:

USDA, NRCS. 2008. The PLANTS Database (<http://plants.usda.gov>, 18 September 2008). National Plant Data Center, Baton Rouge, LA 70874-4490 USA