

## Native Perennials



**Appalachian Barren Strawberry** (*Waldsteinia fragarioides*) Grows from 3 to 8 inches high with a 1/2 to 1 foot spread. A low, mat-forming, strawberry-like plant with evergreen, basal leaves and several yellow flowers on a leafless stalk. Fruit is not fleshy or edible. Partial to full sun. Prefers medium wet, well-drained, humusy, slightly acidic soil, but tolerates a wide range. Flowers from April to June. Zones 3-9



**Bee Balm** (*Monarda didyma*) Grows from 2 to 3 feet high with a 1 to 2 foot spread. Spreads easily. Leaves are toothed and have a minty fragrance. Blooms can be purple, red, or pink. Full sun to partial shade. Prefers medium wet to wet, moisture retentive, humusy soil. Attractive to hummingbirds, butterflies, and bees. Zones 4-9.



**Black-eyed Susan** (*Rudbeckia hirta*) Grows from 2 to 3 feet high with a spread of 1 to 2 feet. Leaves are rough, hairy, and lance shaped. Flowers are yellow to orange-yellow with a dark brown center. Full sun. Prefers dry to medium wet, well-drained soil but is tolerant of heat, drought and a wide range of soils. Low maintenance. Zones 3-10.



**Bloodroot** (*Sanguinaria canadensis*) Grows from 6 to 12 inches high and is usually found in colonies. Leaves and root contain an orange/red juice that is poisonous. Flowers in early spring. Grows best in full sun and leaf litter.



**Blue Cohosh** (*Caulophyllum thalictroides*) Grows 1 to 2 feet high with a spread of 1/2 to 1 foot. Foliage is blue-green. Flowers are small and brownish-green to yellowish-green. Clusters of attractive (but poisonous) blue berry-like seeds appear in the summer. Partial to full shade. Needs moist, neutral to slightly acidic soils and is best grown in shady woodland areas. Zones 3-8.



**Blue Flag** (*Iris versicolor*) Grows from 1 to 3 feet with a spread of 6 to 12 feet. Leaves are sword shaped and can be up to 3 feet long. Flowers are typically blue-violet but can be white, lavender, or red-violet. Full sun to partial shade. Prefers moist to wet, humusy, slightly acidic soils. Can tolerate growing in up to 6 inches of standing water. Grows well near bogs and ponds. Zones 3-8.





**Blue-bead Lily** (*Clintonia borealis*) Grows from 6 to 16 inches. Found in forested areas. Prefers moist, acidic soils. Leaves are basal and shiny with parallel veins. Berries are blue and poisonous. Pale yellow flowers last from May to July.



**Boneset** (*Eupatorium perfoliatum*) Grows 4 to 6 feet high with a spread of 3 to 4 feet. Clusters of small, white flowers bloom in late summer. Leaves are lance shaped and have hairy stems. Full sun to part shade. Prefers medium wet to wet soil and will tolerate sand and clay soils with adequate moisture. Found in swamps and on streambanks. Traditional folk remedy for colds and flu. Zones 4-8.



**Cardinal Flower** (*Lobelia cardinalis*) Grows from 2 to 4 feet high with a spread of 1 to 2 feet. Bright red flowers are tubular and bloom in late summer. Lance-shaped leaves are finely toothed and approximately 4 inches long. Full sun to partial shade. Prefers medium wet to wet, rich, humusy soil. Found near streams and swamps and in low wooded areas. Attractive to hummingbirds. Zones 3-9.



**Columbine** (*Aquilegia canadensis*) Grows from 2 to 3 feet high with a spread of 1 to 1.5 feet. Flowers are light pink with yellow to blood red with yellow and bell shaped. Full sun to part shade. Prefers medium wet, well-drained soil but will tolerate a while range as long as drainage is adequate. Flowers are attractive to hummingbirds. Zones 3-8.



**Downy Yellow Violet** (*Viola pubescens*) Grows from 0.5 to 1 foot high with a spread of 0.5 to 1 foot. Leaves are heart-shaped and pubescent. Yellow flowers have purple veins on the lower petals and flower in early spring. Part shade. Prefers medium to wet, well-drained soil. Low maintenance. Zones 3-7.



**Echinacea** (*Echinacea purpurea*) Grows from 1 to 3 feet high with a spread of 1 to 2 feet depending on variety. Large, daisy-like flowers can be red, white or light purple. Tends to form clumps. Full sun. Prefers moist, well-drained, neutral to slightly alkaline soil. Heat and drought tolerant. Attracts birds and butterflies. Zones 3-10.





**Goats beard** (*Aruncus dioicus*) Grows from 4 to 6 feet high with a spread of 2 to 4 feet. Typically bushy and tends to form clumps. Small white flowers are clustered in plumes which extend above the foliage. Blooms occur in early to mid summer. Full sun to part shade. Prefers, medium wet to wet, well-drained soil. Zones 5-8.



**Harebell** (*Campanula rotundifolia*) Grows from 1 to 2 feet high with a spread of 6 inches. Flowers are deep blue and bell shaped. Blooms from June to September often until the first hard frost. Full to partial sun. Prefers dry to medium sand or gravel soils. Zone 3.



**Indian Cucumber Root** (*Medeola virginica*) Grows from 1 to 2 feet high. Blooms from May to June with yellow green flowers that are sometimes described as spider-like. The root is edible and reportedly tastes like cucumber. It is a woodland species and does best in light shade. Prefers slightly acid, rich, sandy soil. Zone 3.



**Jack-in-the-Pulpit** (*Arisaema triphyllum*) Grows from 1 to 2 feet high with a spread of 1 to 1.5 feet. Typically grows in wet woodland areas and may take 5 years to flower if grown from seed. Roots are poisonous. Prefers medium to wet rich organic soils and partial to full shade. Zone 4 to 9.



**Joe-Pye Weed** (*Eupatorium maculatum*) Grows from 4 to 5 feet high with a spread of 1.5 to 2 feet. Found naturally growing in damp meadows. Light pink flowers bloom from mid summer to early fall and are attractive to butterflies. Prefers average to wet soil with full sun. Zone 4-8.



**Labrador Violet** (*Viola labradorica*) Grows from 0.25 to 0.5 feet high with a spread of up to 0.5 feet. It is low growing and spreads easily. Light purple flowers bloom in late spring to early summer. Grows best in average to medium wet, well-drained soil in partial to full sun. Zone 3 to 8.





**Lily of the Valley** (*Convallaria majalis*) Grows from 0.5 to 1 foot high with a spread of up to 1 foot. Not the best choice for perennial beds but good for ground cover as it spreads easily and may need thinning. Small, white, bell-shaped flowers bloom in early spring and are fragrant. Prefers rich soil with medium moisture and partial to full shade.



**Wild Lupine** (*Lupinus perennis*) Grows from 2 to 3 feet high and spreads easily. Lavender flowers bloom in late spring and early summer. Can be easily confused with the non-native *Lupinus polyphyllus*. Popular with butterflies and is the only caterpillar food for the endangered Karner Blue Butterfly. Will grow in average to dry, sandy, acidic, well-drained soils with partial to full sun. Overall a very adaptable species. Zone 4-7.



**Marsh Blue Violet** (*Viola cucullata*) Grows from 5 to 10 inches high with a spread of less than 1 foot. Typically found in wet meadows and bogs. Foliage spreads to provide a good groundcover and attracts butterfly larvae. Blue violet flowers bloom from late spring to mid summer. Prefers moist soils and is shade tolerant. Zone 2-8.



**Marsh Marigold** (*Caltha palustris*) Grows from 8 inches to 2 feet high with a spread of approximately 1 foot. Typically found in swamps and marshes and is recommended for planting along stream banks, in bog gardens and near ponds. Bright yellow flowers bloom in late spring to early summer. Prefers wet humusy soils and partial to full sun. Hardy to Zone 3.



**Tall Meadow Rue** (*Thalictrum polygamum*) Grows from 3 to 8 feet high. Typically found in swampy areas and near water bodies. Small white inflorescences bloom in mid summer. Often recommended for the back border of gardens due to its large size. Prefers average to moist soil with light shade to full sun. Zone 3-8.



**Milkweed** (*Asclepias syriaca*) Grows from 2 to 3 feet high with a spread of approximately 1 foot. Clusters of pink flowers bloom in the late spring in to the summer and are attractive to butterflies, particularly Monarch larvae. Very adaptable. Can grow in average, dry to medium wet soils that are well drained. Prefers full sun. Zone 3-9.





**Moss Phlox** (*Phlox subulata*) Grows to about 6 inches high and spreads to form an attractive groundcover. Often grown on rock walls. Flowers are typically varying shades of pink but different varieties can be found in purple and white. Easily grown in full sun in almost any type of well-drained soil. Zone 3-8.



**New England Aster** (*Aster novae-angliae*) Grows from 1.5 to 2 feet high with a spread of 2 to 3 feet. It grows best in average to wet, well-drained soil with full sun. Blooms in late summer to early fall with dark purple flowers that are attractive to butterflies. Zone 5-8.



**New York Aster** (*Aster novi-belgii*) Grows to a height of 1 to 3 feet. Can be found in meadows, along stream banks and in thickets. Flowers are found from August to October. Optimal growth is encouraged by average to moist soil and full sun. Zone 4 to 8.



**Obedient Plant** (*Physostegia virginiana*) Grows to a height of 3 to 4 feet with a spread of 2 to 3 feet. Pink or white flowers bloom late in the season. Should be divided every 2-3 years to prevent aggressive spreading. Prefers average to wet, well-drained soil with full sun. Zone 3 to 9.



**Pearly Everlasting** (*Anaphalis margaritaceae*) Grows to a height of 1.5 to 3 feet with a spread of 1.5 to 3 feet. Grows best in full sun to part shade and is drought tolerant. Small white flowers are attractive to butterflies. Zone 4-10.



**Round-leaved Violet** (*Viola rotundifolia*) Grows from 2 to 5 inches high. Yellow flowers bloom in late spring. Distinctive leaves are large and glossy. Typically found in wooded areas. Prefers partial shade with moist soil but will tolerate seasonal dryness. Zone 3-9.





**Silvery Cinquefoil** (*Potentilla anserina*) Grows up to 6 inches high and spreads easily. The leaves are covered with soft downy white hairs thus giving it a “silvery” appearance. Yellow flowers bloom in mid to late summer. Prefers moist soils but is relatively adaptable. Grows best with full sun. Hardy to Zone 2.



**Soloman's Seal** (*Polygonatum pubescens*) Grows from 1 to 3 feet high. Typically found in wooded areas. Leaves are slightly hairy underneath and flowers are a greenish white in color and flower in late spring to early summer. Deep blue berries in the fall. Grows best in full to partial shade with rich moist soil. Zone 3-9.



**Spikenard** (*Aralia racemosa*) Grows from 3 to 5 feet high with a spread of 3 to 5 feet. Small white flowers bloom in early summer and are followed by dark purple berries in the fall. Prefers a rich, acidic, moist, well-drained soil in full sun to partial shade. Zone 3 to 8.



**Sweet White Violet** (*Viola blanda*) Grows to a height of 3 to 5 inches with a spread of up to 1 foot. Good ground cover as it spreads easily to form large mats of foliage. While flowers bloom in early spring. Grows best in medium wet to wet, well-drained, humusy soils with partial shade. Zone 2 to 7.



**Thin-leaved Sunflower** (*Helianthus decapetalus*) Grows from 3 to 5 feet high. Yellow flowers bloom in late summer. Grows best in moist soil with full sun to partial shade. Typically found in open wooded areas. Zones 2 to 8.



**Trout lily** (*Erythronium americanum*) Grows to a height of 7 inches to 1 foot. Yellow flowers bloom in early spring. Leaves are spotted with brown giving it the name “trout” lily. Prefers rich, moist, well-drained soil but tolerates seasonal dryness. Grows best in partial to full shade. Zone 3 to 8.





**Turtlehead** (*Chelone glabra*) Grows to a height of 2 to 3 feet with a spread of 1.5 to 2.5 feet. Flowers are white with a pinkish tinge and are similar to snapdragons. Prefers a rich, moist to wet, humusy soil with partial shade. Zone 3 to 8.



**Wild Oats** (*Uvularia sessilifolia*) Grows from 6 to 13 inches high. Typically found in woods and thickets. Pale yellow flowers bloom in late spring to early summer. Grows best in moist soil with partial to full shade. Zone 4 to 9.

