



JOE PYE WEED

Eutrochium fistulosum

Alternative Common Names

Hollow Joe Pye weed, purple thoroughwort, queen of the meadow, trumpet weed

Bloom Time

July - September

Pollinators

More than 35+ species of moths and butterflies, such as the ailanthus webworm moth.

Fun Fact

Joe Pye weed is a favorite among pollinators for its abundant nectar, attracting many visitors including swallowtail butterflies and honey bees.

Growing Requirements:

Full sun to partial shade

Moist soil, drought tolerant after established

Collect seeds by cutting off the seed head or shaking seeds into a paper bag. Allow seeds to dry out before sowing.

Plant seeds in the fall, before the first frost.





BUTTERFLY MILKWEED

Asclepias tuberosa

Alternative Common Names

Butterfly weed, chiggerflower, pleurisy root

Bloom Time

May - September

Pollinators

Host for the monarch butterfly. As of September 2024, the monarch is proposed for listing under the Endangered Species Act.

Fun Fact

Milkweed is the sole food source for the monarch caterpillar, but its milky sap is toxic to most other animals!

Growing Requirements:

Full sun

Well-drained soil, drought tolerant after established

Collect seed pods once they have turned brown and split open, exposing white fibers.

Plant seeds in the fall, before the first frost.





LITTLE BLUESTEM

Schizachyrium scoparium

Alternative Common Name

Prairie Beardgrass

Bloom Time

June - December

Pollinators

9 skipper species including the common wood nymph, dusted skipper, and crossline skipper.

Fun Fact

Little bluestem is a common site for nesting; its clumping nature and deer resistance make it an ideal home for songbirds and small mammals.

Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established

Collect seed heads once tufts of white fluffy fibers become apparent.

Plant seeds in early spring to allow root establishment before winter.





MEXICAN HAT

Ratibida columnifera

Alternative Common Name

Long-headed coneflower, prairie coneflower

Bloom Time

May - October

Pollinators

Generalist bees, butterflies, and moths

Fun Fact

When brewed as a tea, the flower can be used to relieve headaches, and the steeped leaves and stems can be used as a wash for poison ivy.

Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established

Collect seed heads in the late summer once they appear brown and plump.

After the first intense frost, sow seeds directly onto the soil's surface, where light can still reach.





PURPLE CONEFLOWER

Echinacea purpurea

Alternative Common Name

Eastern purple coneflower, purple
rudbeckia

Bloom Time

April - September

Pollinators

Variety of moths and butterflies, including
the painted lady and silvery checkerspot

Fun Fact

Used as an herbal remedy for over 400
years, Echinacea tea can reduce
symptoms of the common cold and flu.

Growing Requirements:

Full sun

Well-drained soil, drought tolerant once
established

Collect seed heads once blooms have
faded and turned brown. Be careful, the
seed heads are prickly.

Sow seeds at least 6 weeks before the first
frost in the fall or after the last frost in the
spring.





SMOOTH ASTER

Symphotrichum laeve

Alternative Common Name

Smooth blue aster

Bloom Time

July - October

Pollinators

Variety of moths and butterflies, including the pearl crescent

Fun Fact

Smooth aster is an attractive species to both pollinators and wildlife. It is often visited by native bees, mice, and deer.

Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established

Collect seed heads once blooms have faded, turned brown and have fibrous tufts.

Plant seeds during the fall prior to the first frost to allow for cold stratification.





INDIAN BLANKET

Gaillardia pulchella

Alternative Common Names

Blanket flower, firewheel, annual gaillardia

Bloom Time

May - August

Pollinators

Variety of moths and butterflies, including the common buckeye and checkerspot

Fun Fact

Indian blanket root has multiple medicinal uses, such as reducing stomach and intestinal inflammation.

Growing Requirements:

Full sun to partial shade

Well-drained soil, drought tolerant once established

Collect seed heads once seeds are dry and separate easily.

Plant seeds anytime during the growing season. Planting well before extreme heat or frost will give better results.





SMOOTH BEARD- TONGUE

Penstemon laevigatus

Alternative Common Name

Eastern beardtongue

Bloom Time

May - July

Pollinators

Host for the common buckeye

Fun Fact

Smooth beardtongue got its name from its fifth stamen, which has a clump of hairs that makes it appear bearded, and "smooth" refers to the texture of the leaves.

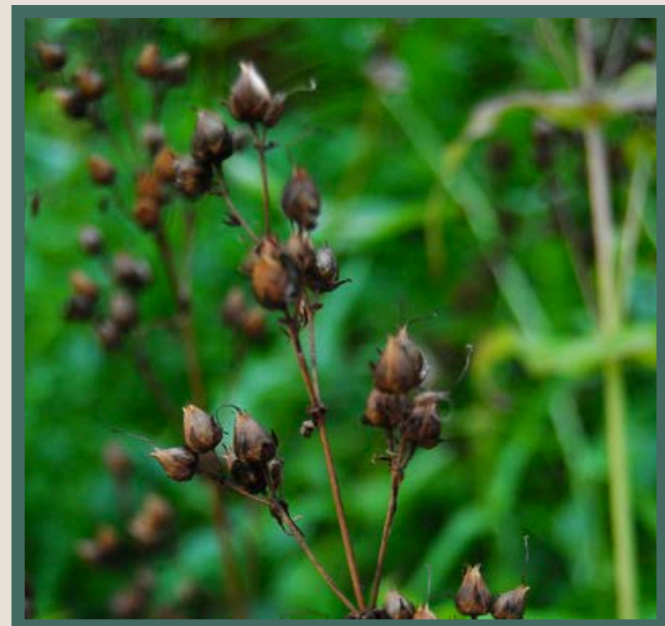
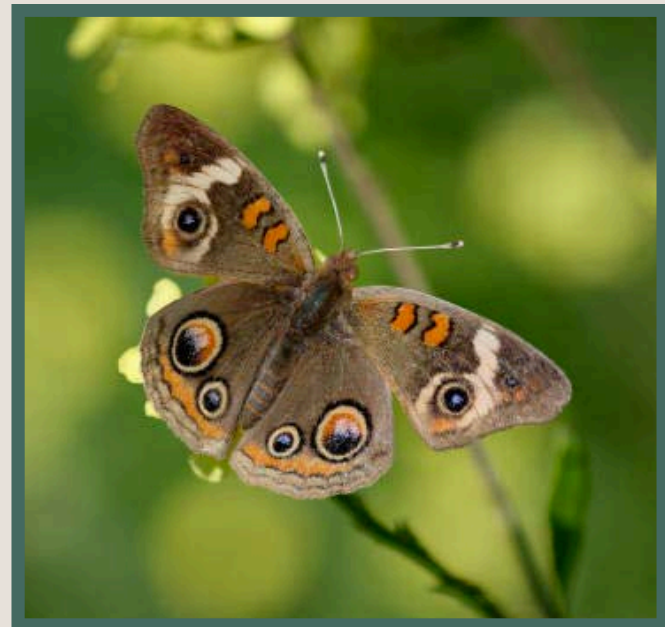
Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established

Collect seed heads once dark brown oval capsules have formed.

Sow seeds after the last frost in the spring. Scatter seeds on the surface so that seeds can receive sunlight.





COMMON MILKWEED

Asclepias syriaca

Alternative Common Names

Silkweed, silky swallow-wort

Bloom Time

June - August

Pollinators

Host for the monarch butterfly. As of September 2024, the monarch is proposed to be listed under the Endangered Species Act.



Fun Fact

Milkweed seed fibers were historically used to fill life preservers. Today, they can be used as hypoallergenic filling in blankets and pillows.

Growing Requirements:

Full sun

Well-drained soil, drought tolerant after established

Collect seed pods once they have turned brown and split open, exposing white fibers.



Plant seeds in the fall, before the first frost.



BLAZING STAR

Liatris spicata

Alternative Common Names

Gayfeather, snakeroot, dense blazing star

Bloom Time

June - August

Pollinators

Variety of moths and butterflies, such as the three-lined flower moth

Fun Fact

Blazing star has long roots that can extend 10 to 15 feet below the surface, which helps it survive in hot, dry environments.

Growing Requirements:

Full sun

Well-drained soil

Collect seed heads in the fall once blooms become fluffy and tan.

Sow seeds in the late fall or early winter to allow for cold stratification.





BLACK-EYED SUSAN

Rudbeckia fulgida

Alternative Common Name

orange coneflower

Bloom Time

July - September

Pollinators

Variety of moths and butterflies, including the wavy-lined emerald moth

Fun Fact

Black-eyed susan is a pioneer species. It is one of the first plants to grow in disturbed areas.

Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established

Collect seed heads once blooms have dried and petals have fallen off.

Sprinkle seeds onto the soil 6 - 8 weeks before the first frost.





LANCELEAF COREOPSIS

Coreopsis lanceolata

Alternative Common Names

Tickseed, longstock coreopsis

Bloom Time

April - July

Pollinators

Variety of moths and butterflies, including the wavy-lined emerald moth

Fun Fact

Some bees, such as the long-horned bee, have adapted long tongues to collect nectar from coreopsis plants.

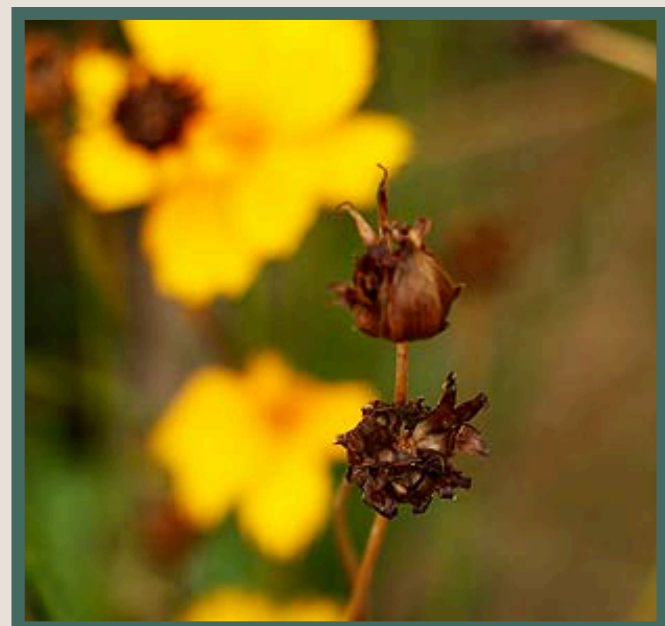
Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established but not tolerant of excessive water

Seed heads and blooms occur at the same time. Remove dry heads as they appear.

Sow seeds before the first killing frost, in the late fall or early winter.





GOLDEN ALEXANDER

Zizia aurea

Alternative Common Names

Meadow parsnip, wild parsley

Bloom Time

April - July

Pollinators

Primary host for the black swallowtail

Fun Fact

The root of this plant was historically used by Native Americans to reduce fever. But be careful; in large quantities this plant can cause vomiting.

Growing Requirements:

Full sun to partial shade

Well-drained soil, drought tolerant once established

Collect seed heads once blooms have dried and petals have fallen off.

Sow seeds after the last frost in the spring. Place seeds on the surface of the soil so that seeds can receive sunlight.





SHRUBBY ST. JOHN'S WORT

Hypericum prolificum

Alternative Common Names

John's wort, klamath weed, goat weed, enola weed

Bloom Time

June - September

Pollinators

Variety of moths and butterflies, including the gray hairstreak butterfly and the wavy-lined emerald moth

Fun Fact

In medieval times, this plant was burned to ward off evil spirits.

Growing Requirements:

Full sun to partial shade

Well-drained soil, drought tolerant once established

Collect seeds once capsule has fully dried and turned brown.

Sow seeds after the last frost in the spring. Place seeds on surface level so that seeds can receive sunlight.





YARROW

Achillea millefolium

Alternative Common Names

Devil's nettle, dog daisy, dog fennel, soldier's woundwort

Bloom Time

April - September

Pollinators

Variety of moths and butterflies, including the painted lady

Fun Fact

Yarrow's flowers, leaves and stems are toxic to dogs, cats, and horses!

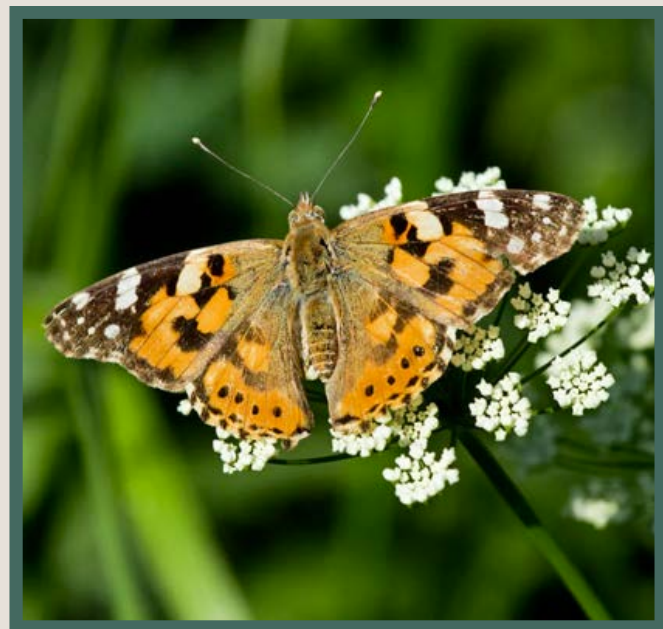
Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established

Collect seed heads in the late summer once seed heads have dried.

Sow seeds after the last frost in the spring. Place seeds on surface level so that seeds can receive sunlight.





BLUE VERVAIN

Verbena hastata

Alternative Common Names

Blue verbena, swamp vervain, simpler's joy

Bloom Time

July - September

Pollinators

Host for the common buckeye

Fun Fact

Songbirds, such as the cardinal and field sparrow, love to eat the seeds.

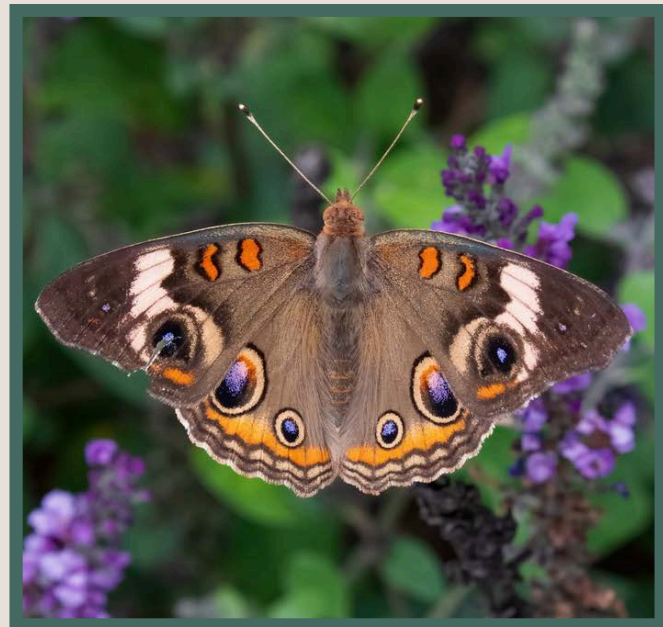
Growing Requirements:

Full sun to partial shade

Moist to wet soil conditions

Collect seed heads in the late summer or early fall, once blooms have dried.

Sow seeds in the late fall or after the last frost in the spring. Place seeds on surface level so that seeds can receive sunlight.





PINK MUHLY GRASS

Muhlenbergia capillaris

Alternative Common Names

Mule grass, hairgrass, gulf muhly

Bloom Time

July- October

Pollinators

Host for the orange skipperling

Fun Fact

In the winter, birds can often be seen collecting the dried grass to build their nests.

Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established

Collect seeds in the late fall once pink fades to light brown.

Sow seeds after the last frost in the spring. Place seeds on surface level so that seeds can receive sunlight.





FOXGLOVE BEARD- TONGUE

Penstemon digitalis

Alternative Common Names

white beardtongue, tall white beardtongue

Bloom Time

May - July

Pollinators

Common buckeye and various checkerspots

Fun Fact

Beardtongue comes from the hairs that grow on one of the flower's stamens, making it look like a bearded tongue!

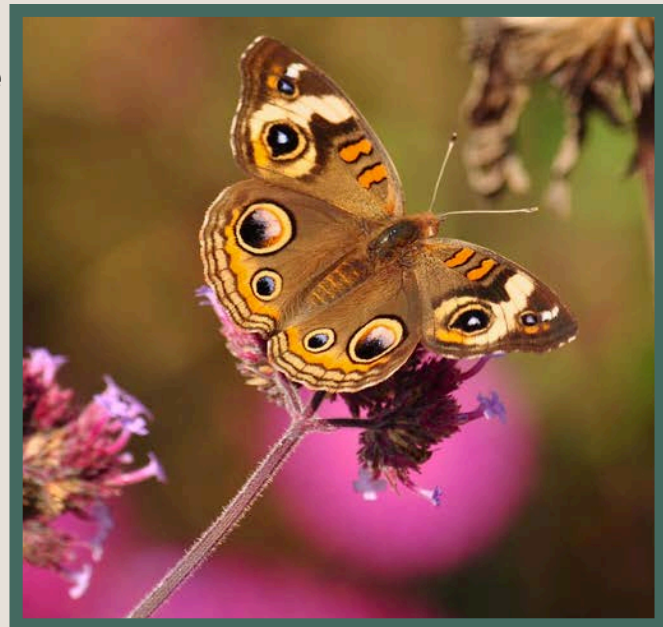
Growing Requirements:

Full sun to partial shade

Well-drained soil, drought tolerant once established

Collect seed heads once seed pods have dried and begun to split.

Sow seeds in late November once temperatures are consistently cool. Place seeds on surface level so that seeds can receive sunlight.





COMPASS PLANT

Silphium laciniatum

Alternative Common Names

Pilot weed, gumweed, turpentine plant

Bloom Time

June - August

Pollinators

Variety of butterflies and moths, including the rosin weed moth

Fun Fact

Compass plant's large basal leaves often point north to south to avoid direct midday sun rays.

Growing Requirements:

Full sun

Well-drained soil, drought tolerant once established

Collect seed heads in late August or September once stem becomes dry and brown.

Sow seeds in the late fall or early winter.





PURPLE PASSION FLOWER

Passiflora incarnata

Alternative Common Names

Passion vine, maypop, apricot vine

Bloom Time

May - August

Pollinators

Host for the gulf fritillary

Fun Fact

Purple passionflower has multiple medicinal properties, such as reducing anxiety and insomnia.

Growing Requirements:

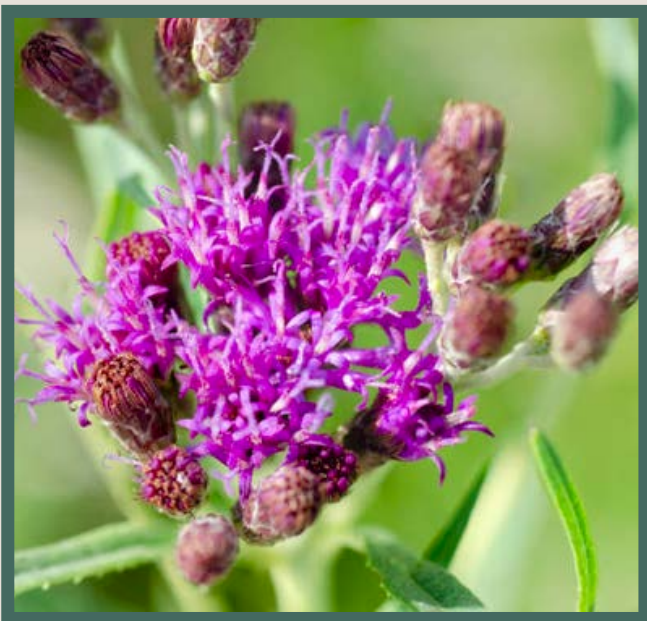
Full sun to partial shade

Well-drained, moist soil

Collect seeds in the fall once fruit shrivels and the seeds turn brown.

Plant seeds in the late winter or early spring, once temperatures are consistently above 55 °F.





CURLYTOP IRONWEED

Vernonia arkansana

Alternative Common Names

Arkansas ironweed, great ironweed

Bloom Time

July - October

Pollinators

Painted lady butterfly and other generalist butterfly species

Fun Fact

Ironweed was once used to relieve pain associated with childbirth.

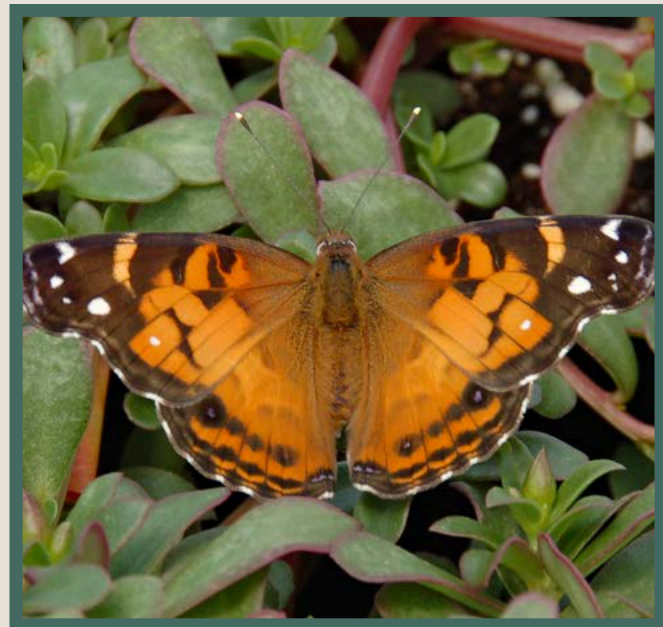
Growing Requirements:

Full sun to partial shade

Well-drained soil, drought tolerant once established

Collect once seed heads expand, exposing a fibrous material.

Plant seeds in the fall, before the first frost.





SHORT TOOTHED MOUNTAIN MINT

Pycnanthemum muticum

Alternative Common Name

Blunt mountain mint

Bloom Time

May - August

Pollinators

Variety of moths and butterflies, including the black swallowtail

Fun Fact

This plant emits a pleasant minty fragrance and its dried leaves can be used in cooking or in tea!

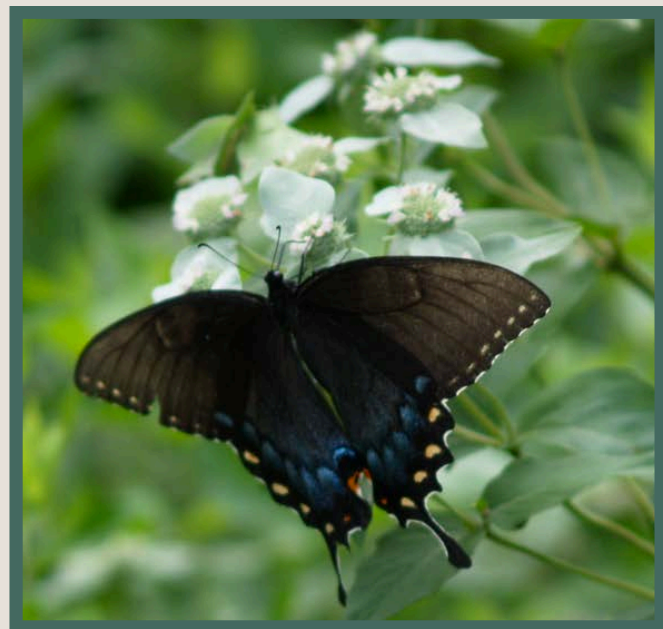
Growing Requirements:

Full sun to partial shade

Well-drained soil, drought tolerant once established

Collect seed heads once blooms have dried and petals have fallen off.

Sow seeds after the last frost in the spring. Place seeds on surface level so that seeds can receive sunlight.





ASHY SUNFLOWER

Helianthus mollis

Alternative Common Names

Hairy sunflower, downy sunflower

Bloom Time

June - September

Pollinators

A variety of species utilize this plant, including the silvery checkerspot and the threatened gorgone checkerspot.

Fun Fact

The ashy sunflower gets its name from the dense hairs on its stems and leaves, making it appear white or gray.

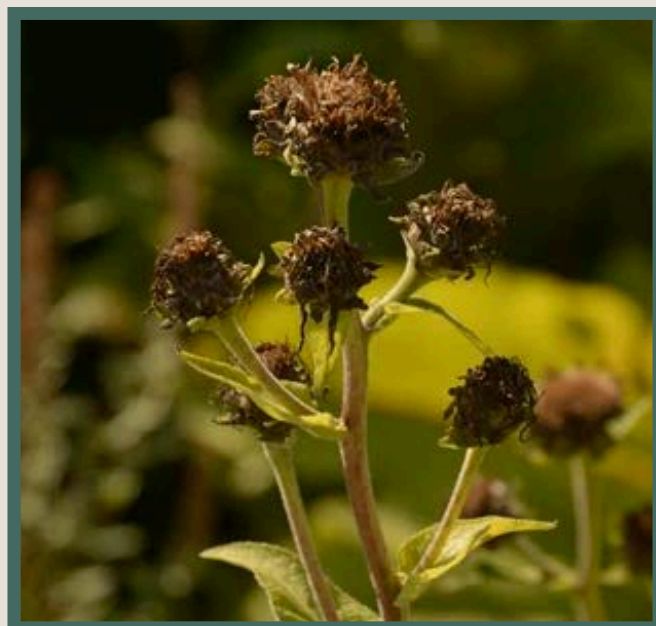
Growing Requirements:

Full sun

Well-drained soil or dry soil

Collect seed heads once blooms have dried and petals have fallen off.

Sow seeds between December and February or in the early spring.





OBEDIENT PLANT

Physostegia virginiana

Alternative Common Names

False dragon head, Virginia lions-heart

Bloom Time

August - October

Pollinators

A variety of species utilize this plant, including Henry's Elfin butterfly

Fun Fact

Obedient plant earned its name because its flower stem can be twisted and will not return to its original shape.

Growing Requirements:

Full sun to partial shade

Well-drained soil, drought tolerant once established

Collect when flower stalks are dry and brown. Shaking the stalks should release seeds.

Sow seeds shallowly in the late fall, once temperatures are consistently below 50 °F.





SAWTOOTH SUNFLOWER

Helianthus grosseserratus

Alternative Common Name

Thick-tooth sunflower

Bloom Time

August - November

Pollinators

A variety of species use this plant, including the silvery checkerspot and the threatened gorgone checkerspot

Fun Fact

Sawtooth sunflowers can grow up to 8 feet tall!

Growing Requirements:

Full sun

Moist soil, drought tolerant once established

Collect seed heads once blooms have dried and petals have fallen off.

Sow seeds in the late fall. The seeds require at least one month of cold, moist conditions to sprout.

