

NATIVE PLANTS GARDEN GUIDE

A guide to the plants of the Bucknell University Center for
Sustainability and the Environment's Native Plant Gardens

3rd Edition



Edited July 2016
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Native plants are generally defined as plants indigenous to a given area or region. Due to current global climate change trends and recent changes in plant zone subdivision definitions, the BCSE native plant gardens chose to define native plants as ones found along the East Coast, not just in Pennsylvania.

Trees

ALLEGHENY SERVICEBERRY
BLACK CHERRY TREE
COMMON PERSIMMON
DOWNY SERVICEBERRY
EASTERN REDBUD
FLOWERING DOGWOOD
PIN OAK
PUSSY WILLOW
RED OAK
RIVER BIRCH
SWEET GUM
SWEETBAY MAGNOLIA
TULIP POPLAR

Shrubs

COMMON WINTERBERRY
DWARF FOTHERGILLA
FRANKLINIA
GRAY DOGWOOD
NEW JERSEY TEA
RED CHOKEBERRY
RED OSIER DOGWOOD
SILKY DOGWOOD
SWAMP ROSE MALLOW
SWEET PEPPER BUSH

Perennials

AMERICAN BLUE VERVAIN
BEARDTONGUE
BEEBALM
BLACK-EYED SUSAN
BLUE FLAG IRIS
BLUE STAR
BROADLEAF CATTAIL
BUTTERFLY WEED
CARDINAL FLOWER
CHRISTMAS FERN
COMMON MILKWEED
DWARF CRESTED IRIS
GRAY GOLDENROD
JOE PYE WEED
KOBOLD
LITTLE BLUESTEM GRASS
NEW ENGLAD ASTER
NORTHERN LADY FERN
NORTHERN MAIDEN HAIR FERN
OBEDIENT PLANT
PURPLE CONEFLOWER
SOLOMON'S SEAL
SWAMP MILKWEED
SWEET FLAG
VIRGINIA BLUEBELLS
WHITE BANEERRY
WILD COLUMBINE
WILD VIOLET
WOOD GERANIUM
WOODLAND PHLOX
YELLOW POND-LILY

Notes: When interesting Native American uses could not be found, folk uses were found instead, meaning how people in colonial times used the plant.

All information was taken from the United States Department of Agriculture (USDA) PLANTS Database with the exception of the mature spreads, Native American and folk uses, and notes. Mature spreads and notes were taken from the first edition completed by Ally Robertson in 2008. Native American and folk uses were added in the third edition completed by Leah Gilbert and Rosalie Goldberg in 2016. All other information was taken from the second edition completed by Melinda Thomas in 2011. A complete list of references can be found in the works cited. All of the map images were taken from the USDA PLANTS Database (<https://plants.usda.gov/>).

TREES

ALLEGHENY SERVICEBERRY (*Amelanchier laevis*)

Quantity: 3

Height at 20 years: 30 ft

Mature height: 35 ft

Mature spread: 10-20 ft

Shade tolerance: tolerant

Soil pH requirement: 4.8-7.0

Bloom period: early spring

Native American uses: Infused and taken by expectant mothers

Notes: Attracts bees, butterflies, and birds; bark is dull gray, stems are reddish brown; fruit is blueish-black



BLACK CHERRY TREE (*Prunus serotina*)

Quantity: 1

Height at 20 years: 40 ft

Mature height: 80 ft

Mature spread: 35-50 ft

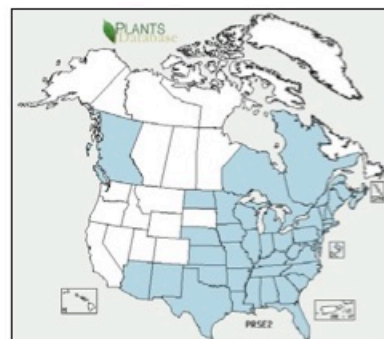
Shade tolerance: intolerant

Soil pH requirement: 4.0-7.5

Bloom period: late spring

Native American uses: Used as cough medicine, and "old coughs" (bronchitis) in people of all ages

Notes: Fruit attracts birds, squirrels and other mammals; fruit suited for human consumption



COMMON PERSIMMON (*Diospyros virginiana*)

Quantity: 2

Height at 20 years: 22 ft

Mature height: 55 ft

Mature spread: 20-35 ft

Shade tolerance: tolerant

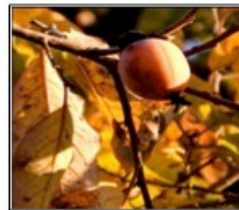
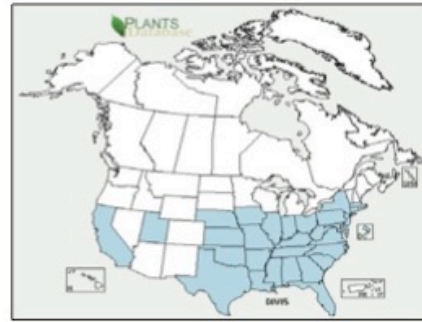
Soil pH requirement: 4.7-7.5

Bloom period: late spring

Native American uses: Fruit was eaten (not medicinal)

Folk uses: Seeds used as buttons during the Civil War. Wood used for golf clubs

Notes: White to whitish-green flowers shaped like those of blueberries; edible yellowish to pale-orange berries



DOWNY/Common SERVICEBERRY (*Amelanchier arborea*)

Quantity: 2

Height at 20 years: 15 ft

Mature height: 25 ft

Mature spread: 10-12 ft

Shade tolerance: tolerant

Soil pH requirement: 4.8-7.5

Bloom period: mid spring

Native American uses: Blood thinner and pain killer for women after giving birth

Notes: White flowers; multi-stemmed small tree with rounded crown



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G.A. Cooper @ USDA-NRCS PLANTS Database

EASTERN REDBUD (*Cercis canadensis*)

Quantity: 3

Height at 20 years: 25 ft

Mature height: 30 ft

Mature spread: 25-30 ft

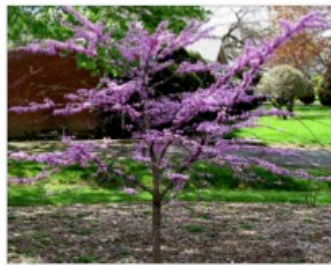
Shade tolerance: tolerant

Soil pH requirement: 5.0-7.9

Bloom period: spring

Native American uses: Bark used in tea to treat whooping cough; roots and inner bark used to treat fevers and congestion

Notes: Reddish-purple buds; small tree with branches close to ground



FLOWERING DOGWOOD (*Cornus florida*)

Quantity: 1

Height at 20 years: 20 ft

Mature height: 30 ft

Mature spread: 25 ft

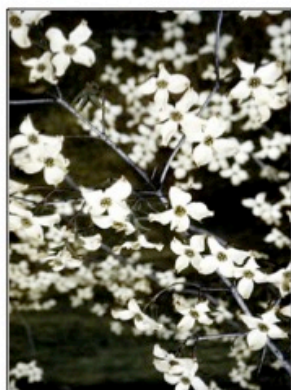
Shade tolerance: tolerant

Soil pH requirement: 4.8-7.7

Bloom period: early spring

Native American uses: Taken for the chills

Notes: Also classified as a shrub



PIN OAK (*Quercus palustris*)

Quantity: 1

Height at 20 years: 40 ft

Mature height: 100 ft

Mature spread: 25-40 ft

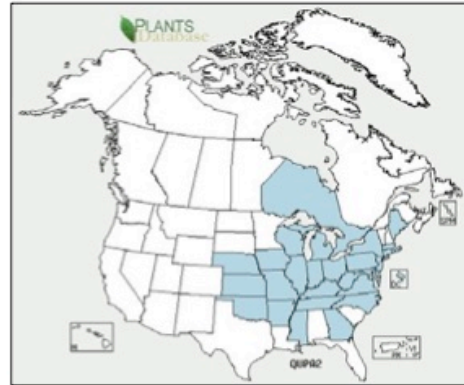
Shade tolerance: intolerant

Soil pH requirement: 4.5-6.5

Bloom period: spring

Native American uses: Insect repellent, anti-diarrheal.

Notes: Pyramidal habit



PUSSY WILLOW (*Salix discolor*)

Quantity: 3

Height at 20 years: 20 ft

Mature height: 40 ft

Mature spread: undetermined

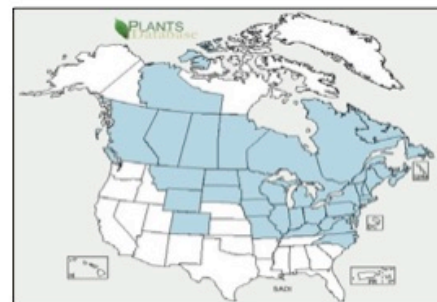
Shade tolerance: tolerant

Soil pH requirement: 4.0-7.0

Bloom period: winter

Native American uses: Pussy willows contain salicin, which was used by Native Americans as a painkiller.

Notes: Flowers are soft, silky catkins



RED OAK (*Quercus rubra*)

Quantity: 1

Height at 20 years: 36 ft

Mature height: 81 ft

Mature spread: 60-75 ft

Shade tolerance: intermediate

Soil pH requirement: 4.3-7.3

Bloom period: mid spring

Native American uses: For ruptured or not properly healed navels

Notes: Grows well in sandy, acidic loam



RIVER BIRCH (*Betula nigra*)

Quantity: 1

Height at 20 years: 35 ft

Mature height: 70 ft

Mature spread: 30-50 ft

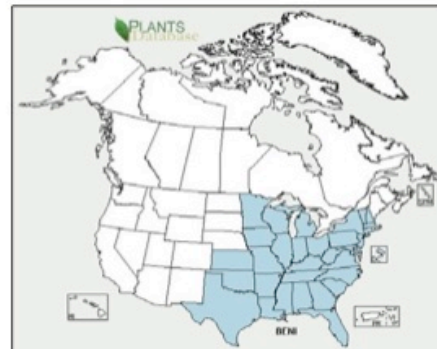
Shade tolerance: intolerant

Soil pH requirement: 3.0-6.5

Bloom period: mid spring

Native American uses: Used to treat dysentery, colds, stomach aid, and cure for difficulty urinating

Notes: Male flower; slender dark brown catkins.



SWEET GUM (*Liquidambar styraciflua*)

Other common names: redgum, starleaved gum, alligator wood, gumtree

Quantity: 1

Height at 20 years: 45 ft

Mature height: 100 ft

Mature spread: 40 ft

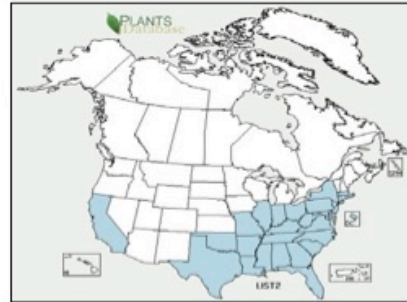
Shade tolerance: intolerant

Soil pH requirement: 4.5-7.0

Bloom period: mid spring

Native American uses: Resin and inner bark used as an aid for wounds, sore throats, coughs, and in treating infectious diseases

Notes: Found in swamps or near streams; star-shaped leaves; spiny fruit; pioneers used resin from bark as chewing gum



SWEETBAY MAGNOLIA (*Magnolia virginiana*)

Quantity: 1

Height at 20 years: 40 ft

Mature height: 60 ft

Mature spread: 10-20 ft

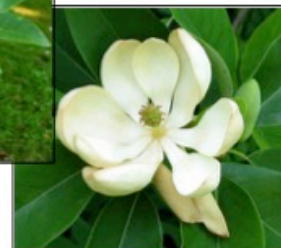
Shade tolerance: intermediate

Soil pH requirement: 5.0-6.9

Bloom period: summer

Native American uses: Used to treat rheumatism, fevers, coughs, and chest ailments

Notes: Successful in swampy areas, warm climates; creamy, white, lemon-scented flowers



TULIP POPLAR (*Liriodendron tulipifera*)

Quantity: 1

Height at 20 years: 50 ft

Mature height: 120 ft

Mature spread: 35-50 ft

Shade tolerance: intolerant

Soil pH requirement: 4.5-6.5

Bloom period: mid spring

Native American uses: Chewed as an aphrodisiac. Bark used as a poultice for inflammation and as a digestive aid

Notes: Successful in deep, moist, well-drained loam; root system is fleshy, but poorly branched; sensitive to drought and sunscald



SHRUBS

COMMON WINTERBERRY (*Ilex verticillata*)

Other common names: holly, black alder
winterberry, brook alder

Quantity: 6

Height at 20 years: 6 ft

Mature height: 10 ft

Mature spread: 6-10 ft

Shade tolerance: intermediate

Soil pH requirement: 4.5-7.5

Bloom period: late spring

Native American uses: Used as a physic,
emetic, or topically to heal cuts and bruises

Notes: Develops chlorosis in higher pH soils;
adapts to wet conditions; low tolerance to
drought



DWARF FOTHERGILLA (*Fothergilla gardenii*)

Other common names: dwarf witchalder

Quantity: 1

Height at 20 years: 4 ft

Mature height: 4 ft

Mature spread: >3 ft

Shade tolerance: intermediate

Soil pH requirement: 5.0-6.0

Bloom period: spring

Notes: White fragrant flowers bloom before
leaves grow; flowers last up to 14 days;
successful in well-drained soil



FRANKLINIA (*Franklinia alatamaha*)

Other common names: Franklin tree

Quantity: 1

Height at 20 years: 30 ft

Mature height: 30 ft

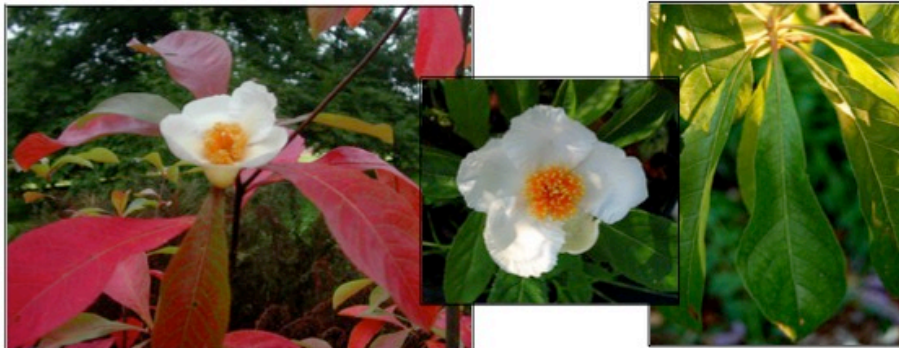
Mature spread: 10-15 ft

Shade tolerance: intermediate

Soil pH requirement: 5.5-7.0

Bloom period: late summer

Folk uses: Historically significant and rare.
Saved from extinction in colonial times. Named
in honor of Benjamin Franklin



GRAY DOGWOOD (*Cornus racemosa*)

Quantity: 5

Height at 20 years: 6 ft

Mature height: 10 ft

Mature spread: 12-14 ft

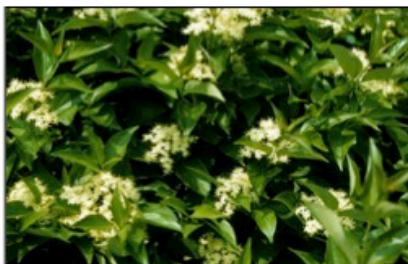
Shade tolerance: tolerant

Soil pH requirement: 4.8-7.4

Bloom period: late spring

Native American uses: Gray dogwood was used
for medicine for eyes, muscles aches, and fever.
The leaves were used for smoking and the bark
was used to make color dyes

Notes: Creamy white flowers; attracts birds;
slow growing; white berries



NEW JERSEY TEA (*Ceanothus americanus*)

Quantity: 3

Height at 20 years: 3 ft

Mature height: 3 ft

Mature spread: 3-5 ft

Shade tolerance: tolerant

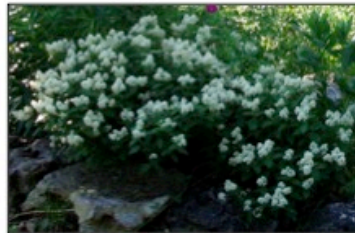
Soil pH requirement: 4.3-6.5

Bloom period: late spring

Native American uses: Dried leaves were used for tea and also as medicine to treat snake bites and gastrointestinal problems

Folk uses: Used as a tea substitute during the American Revolution (hence its common name)

Notes: Dark green leaves during summer, yellow to tan during autumn; tolerates dryness; well adapted to fire (top-kill plant)



RED CHOKEBERRY (*Aronia arbutifolia*)

Quantity: 5

Height at 20 years: 5 ft

Mature height: 5 ft

Mature spread: 4-6 ft

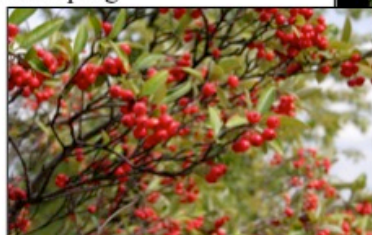
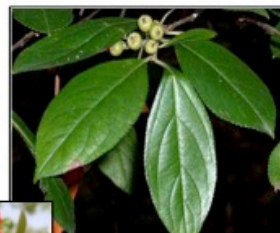
Shade tolerance: intolerant

Soil pH requirement: 5.5-7.5

Bloom period: mid spring

Native American uses: Used in pemmican (dried meat) because it has high concentrations of vitamin C, antioxidants, and other beneficial natural ingredients

Notes: White to pale pink fragrant flowers; attracts bees, butterflies, and birds; drought tolerant; suitable for xeriscaping



RED OSIER DOGWOOD (*Cornus sericea*)

Quantity: 3

Height at 20 years: 12 ft

Mature height: 12 ft

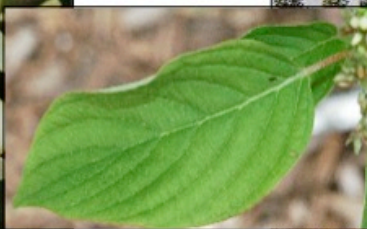
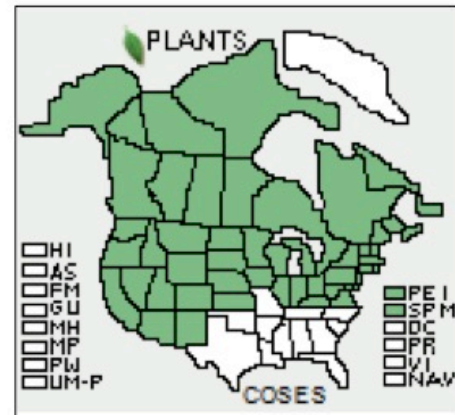
Mature spread: 3-20 ft

Shade tolerance: intermediate

Soil pH requirement: 4.8–7.5

Bloom period: late spring

Native American uses: Smoked in tobacco mixture for sacred pipe ceremonies and for health benefits. Also used for hemorrhages, pain, headaches, chest congestions, sore throats, coughs, fevers, and as a tooth whitener



SILKY DOGWOOD (*Cornus amomum*)

Quantity: 2

Height at 20 years: 7 ft

Mature height: 10 ft

Mature spread: 5-10 ft

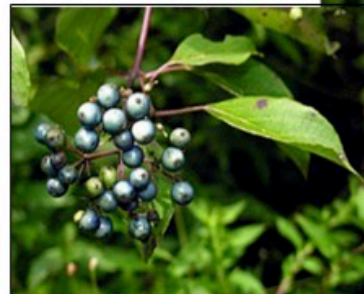
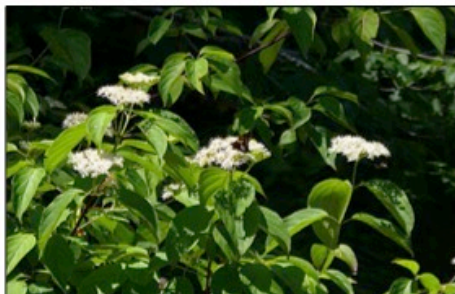
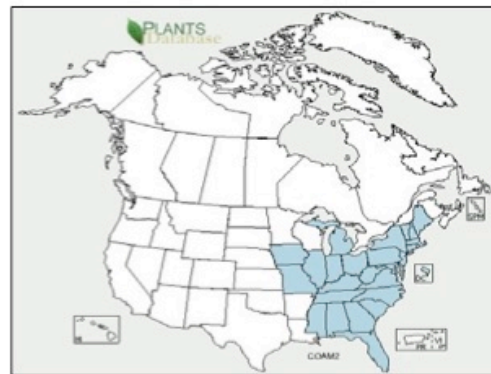
Shade tolerance: intermediate

Soil pH requirement: 5.0-7.0

Bloom period: early spring

Native American uses: Infusion of bark taken for dyspepsia

Notes: Bracts of white leaves surround the yellow flower clusters; bracts are often mistaken for petals; dark blue berries



SWAMP ROSE MALLOW (*Hibiscus moscheutos*)

Quantity: 4

Height at 20 years: 8 ft

Mature height: 8.2 ft

Mature spread: 3-4 ft

Shade tolerance: tolerant

Soil pH requirement: 4.0-7.0

Bloom period: spring

Native American uses: undetermined

Notes: Grows in swamps, marshes, and along streams



SWEET PEPPER BUSH (*Clethra alnifolia*)

Other common names: summer sweet, white alder

Quantity: 6

Height at 20 years: 16 ft

Mature height: 16 ft

Mature spread: 4-6 ft

Shade tolerance: intermediate

Soil pH requirement: 4.5-7.0

Bloom period: summer

Notes: Pest tolerant; attracts butterflies and bees; many small white flowers; grows naturally in wet places and in organic matter



Perennials

AMERICAN BLUE VERVAIN (*Verbena hastata*)

Common names: Swamp vervain, Blue verbena, Swamp verbena

Quantity: 50

Height at 20 years: 2-6 ft

Mature height: 2-6 ft

Mature spread: 3 ft

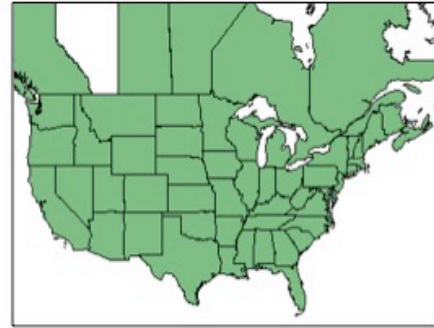
Shade tolerance: intolerant

Soil pH requirement: 5.6-7.5

Bloom period: mid summer – early fall

Native American uses: Edible, medicinal and folk uses. The roots were harvested year-round. The top parts were harvested when the plant was in bloom.

Notes: Genus name comes from a Latin name used for some plants in religious ceremonies and also in medicine. Specific epithet means spear-shaped.



BEARDTONGUE (*Penstemon digitalis*)

(Map note: The gray shading indicates that the species was introduced to that territory.)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 4 ft

Mature spread: undetermined

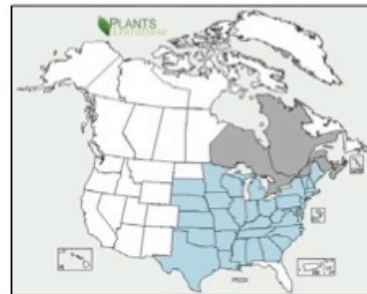
Shade tolerance: tolerant

Soil pH requirement: 5.5-7.0

Bloom period: late spring

Folk uses: Poultice used for swellings, gun and arrow wounds, eyewash. Tea used for constipation, stomach ache, internal injuries, bronchitis, kidney problems, and whooping cough.

Notes: Produces tubular flowers on slender purple stems



BEEBALM (*Monarda didyma*)

Other common names: Horsemint, Oswego tea, bergamot

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 4 ft

Mature spread: 1.5-2 ft

Shade tolerance: intermediate

Soil pH requirement: 5.0-6.8

Bloom period: late summer, early autumn

Native American uses: Used in singing ceremony called Little Water Medicine of Seneca tribe. Fever, headache, and constipation in children.

Notes: Attracts bees, butterflies, and birds (especially hummingbirds); slender leaves; spicy, fragrant oil from leaves with similar flavor to oregano; spreads quickly



BLACK-EYED SUSAN (*Rudbeckia fulgida*)

(Map note: The gray shading indicates that the species was introduced to that territory.)

Other common names: orange coneflower, eastern coneflower, brilliant coneflower

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 1-5 ft

Mature spread: 1.5-2 ft

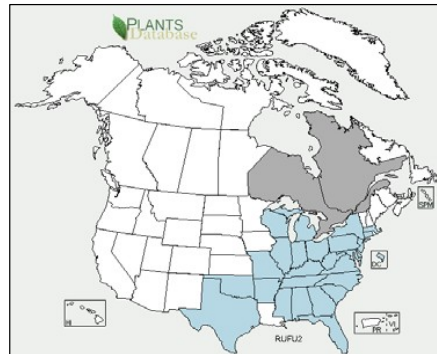
Shade tolerance: intolerant

Soil pH requirement: 5.6-7.8

Bloom period: mid summer, early autumn

Native American uses: For worms in children and snake bites

Notes: Bright yellow flowers; drought tolerant; attracts bees, butterflies, and birds



BLUE FLAG IRIS (*Iris virginica*)

Other common names: Virginia iris

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 3.3 ft

Mature spread: undetermined

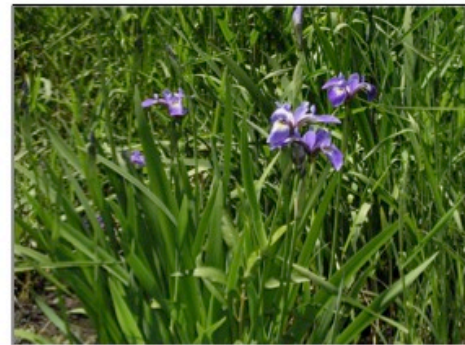
Shade tolerance: tolerant

Water pH requirement: 4.8-7.3

Bloom period: summer

Native American uses: To induce childbirth or paralysis.

Notes: Flower color varies from violet to pinkish-white; sepals have some yellow.



BLUE STAR (*Amsonia 'Blue Ice'*)

Quantity: 32

Height at 20 years: 1-1.5 ft

Mature height: 1-1.5 ft

Mature spread: 1.5-2 ft

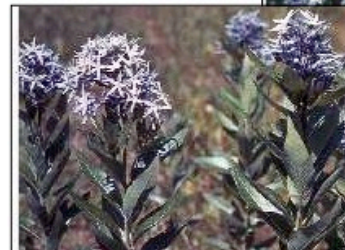
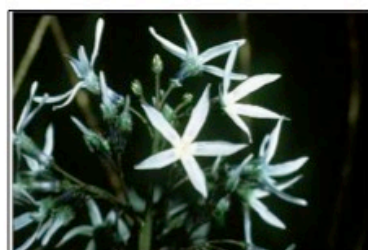
Shade tolerance: partial shade

Soil pH requirement: 7.0

Bloom period: spring

Native American uses: Undetermined

Notes: Genus name honors 18th-century Virginian physician Dr. Charles Amson. Botanist Robert Woodson recognized that this plant was a distinct species by using plant material provided by Leslie Hubricht.



BROADLEAF CATTAIL (*Typha latifolia*)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 5 ft

Mature spread: undetermined

Shade tolerance: intermediate

Water pH requirement: 5.5-8.7

Bloom period: late spring

Native American uses: Patient sleeps on mattress made of plant for cysts of breast or yellow fever. Infusion of roots used as a wash for men and horses with bleeding cuts.

Notes: none



BUTTERFLY WEED (*Asclepias tuberosa*)

Other common names: butterfly milkweed

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 2 ft

Mature spread: 2 ft

Shade tolerance: intolerant

Soil pH requirement: 4.8-6.8

Bloom period: mid summer

Native American uses: Used for ceremonial purposes and as a poultice. They also used the plant to make tea that induced vomiting.

Notes: Orange flowers



CARDINAL FLOWER (*Lobelia cardinalis*)

Quantity: 1

Height at 20 years: not applicable

Mature height: 5.9 ft

Mature spread: undetermined

Shade tolerance: tolerant

Water pH requirement: 5.8-7.8

Bloom period: summer

Native American uses: Roots used to attract the opposite sex. For trouble and pain caused by witchcraft.

Notes: Quick to establish; bright red stems attract wildlife; upper foliage changes to a deep olive tone and underside turns maroon



CHRISTMAS FERN (*Polystichum acrostichoides*)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 1-2 ft

Mature spread: 1-2 ft

Shade tolerance: tolerant

Soil pH requirement: 4.5-6.8

Bloom period: not applicable

Native American uses: Sore back in babies, child's spinal trouble. Fever and cramps in women and children.

Notes: Non-flowering plant; spores on underside of leaf; successful in moist, well-drained soil



COMMON MILKWEED (*Asclepias syriaca*)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 2-6 ft

Mature spread: 1.5-2 ft

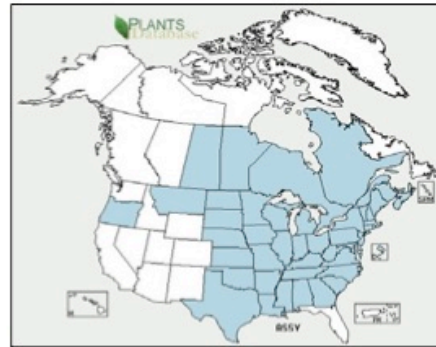
Shade tolerance: intolerant

Soil pH requirement: undetermined

Bloom period: summer

Native American uses: Latex in sap taken to produce milk in livestock. Used as a contraceptive.

Notes: Attracts bees, butterflies, and birds; requires constantly moist soil; strong stems filled with milky sap; broad leaves



DWARF CRESTED IRIS (*Iris cristata*)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 6-12 inches

Mature spread: 10-12 inches

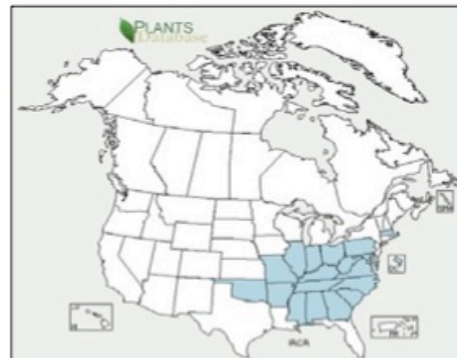
Shade tolerance: tolerant

Soil pH requirement: 5.0-6.9

Bloom period: spring

Native American uses: Salve used for ulcers, infusion taken for liver aid.

Notes: Endangered in Pennsylvania



GRAY GOLDENROD (*Solidago nemoralis*)

Other common names: oldfield goldenrod

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 2 ft **Mature spread:** 1-3 ft

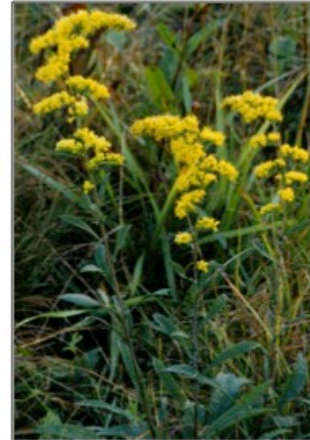
Shade tolerance: intolerant

Soil pH requirement: 6.5-7.5

Bloom period: summer

Native American uses: Native Americans made tea that was used to help intestinal disorders and kidney taken before meals. The flowers of the plant were used to make yellow dye.

Notes: Golden flowers; upland meadow; produce nectar for honey



JOE PYE WEED (*Eupatorium purpureum*)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 3-7 ft

Mature spread: 2-4 ft

Shade tolerance: intermediate

Soil pH requirement: 5.0-6.0

Bloom period: mid summer, early autumn

Native American uses: Joe Pye, the Native American for whom this plant is named, used it to cure typhus. The dried roots and flowers of the plant were used for diuretic tea used to treat kidney and urinary problems, fever, and rheumatism. Cure for loneliness. Heals soreness of womb and abdomen after childbirth.

Notes: Requires moist soil in full sun; attracts pollinators; source of honey; vanilla scented



KOBOLD (*Liatris spicata*)

Other common names: dense blazing star

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 4.5 ft

Mature spread: undetermined

Shade tolerance: intermediate

Soil pH requirement: 5.6-7.5

Bloom period: late summer

Native American uses: Used to relieve flatulence, induce sweating, and as a painkiller.

Notes: Grass-like leaves that bunch towards the base of the plant



LITTLE BLUESTEM GRASS (*Schizachyrium scoparium*)

(Map note: The gray shading indicates that the species was introduced to that territory.)

Quantity: 7

Height at 20 years: not applicable

Mature height: 3 ft

Mature spread: 1.5-2 ft

Shade tolerance: intolerant

Soil pH requirement: 5.0-8.4

Bloom period: summer

Native American uses: Stem ashes used for certain sores.

Notes: Coarse stems and basal leaves; bluish to green leaves that turn reddish to yellow in the fall



NEW ENGLAND ASTER (*Symphyotrichum novae-angliae*)

Other common names: Starwart, First Flower

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 3-6 ft

Mature spread: 1.5-2 ft

Shade tolerance: intolerant

Soil pH requirement: 5.1-7.8

Bloom period: late summer, early autumn

Native American uses: Used as a love medicine and to cure nearly all kinds of fevers.

Notes: Hairy stems and leaves



NORTHERN LADY FERN (*Athyrium filix-femina*)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 3 ft

Mature spread: 1-2 ft

Shade tolerance: tolerant

Soil pH requirement: 4.5-7.0

Bloom period: not applicable

Native American uses: Used for childbirth, inducing milk flow, and other female disorders. Fronds were used to decorate woven baskets.

Notes: Sori (spore casings) grow on underside of leaf; ferns sometimes grow in circular groups



NORTHERN MAIDEN HAIR FERN (*Adiantum pedatum*)

Common names: Maidenhair Fern

Quantity: 50

Height at 20 years: 1-2.5 ft

Mature height: 1-2.5 ft

Mature spread: 1-1.5 ft

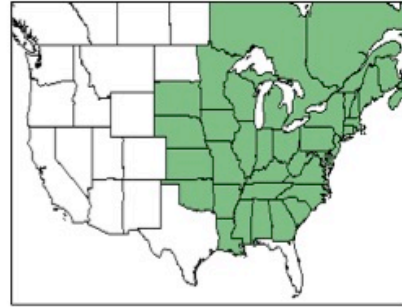
Shade tolerance: tolerant

Soil pH requirement: 6.8-7.2

Bloom period: Non-flowering

Native American uses: Indigenous peoples made a tea from the leaves to treat respiratory conditions such as coughing and consumption.

Notes: Genus name comes from the Greek word *adiantos* meaning unwetted in reference to the water-repellent foliage. Specific epithet means cut like a bird's foot in reference to the fronds. Provides shelter for toads and lizards.



OBEDIENT PLANT (*Physostegia virginiana*)

Other common names: crown of snow, pink bouquet, rosea

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 4 ft

Mature spread: 2-3 ft

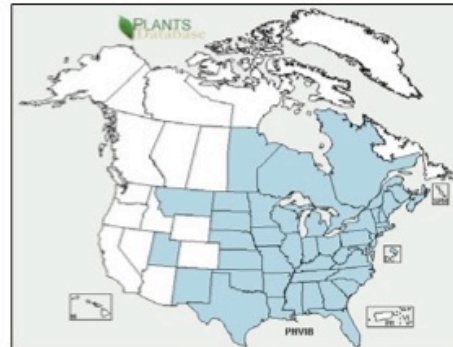
Shade tolerance: intermediate

Soil pH requirement: 5.5.-6.3

Bloom period: late summer, early autumn

Folk uses: Commonly called obedient plant because each individual flower will, upon being moved in any one direction, temporarily remain in the new position as if it were hinged.

Notes: Flowers may be light purple-pink or white; attracts hummingbirds



PURPLE CONEFLOWER (*Echinacea purpurea*)

(Map note: The gray shading indicates that the species was introduced to that territory.)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 1.2 ft

Mature spread: 2-4 ft

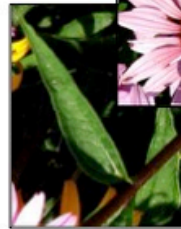
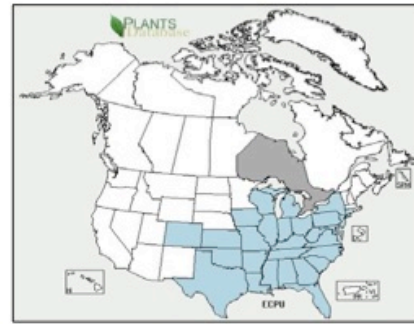
Shade tolerance: intolerant

Soil pH requirement: 6.5-7.2

Bloom period: early summer

Native American/Folk uses: Used more commonly by the Plains Native Americans. Aid for many sicknesses, even on cows and horses.

Notes: Attracts bees, butterflies, and birds; self-sows freely; resistant to deer; resistant to drought; spiny central disc; cone-shaped head



SOLOMON'S SEAL (*Polygonatum pubescens*)

Other common names: hairy Solomon's seal

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 1-3 ft

Mature spread: 2 ft

Shade tolerance: tolerant

Soil pH requirement: 4.5-7.0

Bloom period: late spring, early summer

Native American uses: Native Americans would smoke the plant to cure depression and use it as an aid in fishing.

Notes: More successful in moist soils; yellow flowers



SWAMP MILKWEED (*Asclepias incarnata*)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 4.9 ft

Mature spread: 1.5-2 ft

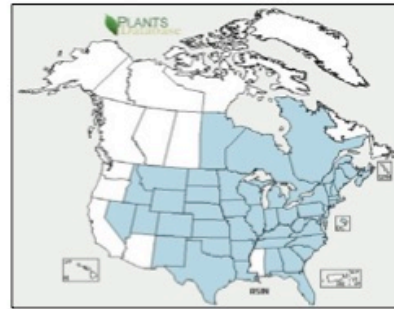
Shade tolerance: intolerant

Soil pH requirement: 5.0-8.0

Bloom period: summer

Native American uses: Native Americans used the plant for medicine to treat bowel and kidney disorders. Sap was also used on warts and inner bark was used to make rope. Often poisonous when taken internally without proper preparation.

Notes: Pink flowers and thinner leaves than common milkweed; also attracts bees, butterflies, and birds



SWEET FLAG (*Acorus americanus*)

Common names: Calamus, Flagroot, Myrtle Flag, Sweet Sedge, Sweet Calomel

Quantity: 50

Height at 20 years: 2-3.9 ft

Mature height: 2-3.9 ft

Mature spread: 2-3 ft

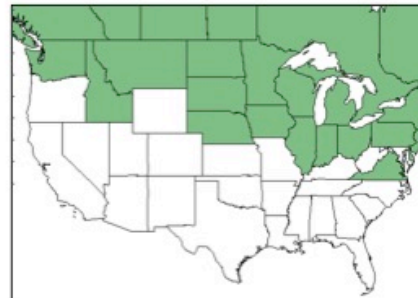
Shade tolerance: intolerant

Soil pH requirement: 5.6-7.2

Bloom period: summer

Native American uses: Known for its medicinal value. The rhizomes were used as a substitute for ginger, cinnamon, and nutmeg, and were sought after by perfumeries. Important both medicinally and spiritually. Several tribes used the root, leaves, and/or stalks for food or to make beverages.

Notes: Hard perennial swamp or bog plant with sweet, spicy-scented leaves. Spadix-like flowers appear in June and July, followed by dark berries. Found at water's edge from Nova Scotia to Virginia to Washington to Alaska. Great for stabilizing pond edges or filling a boggy area. Used for erosion control.



VIRGINIA BLUEBELLS (*Mertensia virginica*)

Quantity: 3

Height at 20 years: 2 ft

Mature height: 1.5-2 ft

Mature spread: 1-1.5 ft

Shade tolerance: partial to full shade

Water pH requirement: 4.5-8.0

Bloom period: mid spring, late spring

Native American uses: The Cherokee Tribe used this plant to treat whooping cough, tuberculosis, and other respiratory ailments.

Notes: In early summer as the plant goes dormant, each fertilized flower produces four seeds within what look like wrinkled nuts. Seeds can be collected in late May, early June or 3-4 weeks after blooming. For best results, seeds should be sown immediately after collection. They can be stored, once dried, in a sealed container in the refrigerator and planted six weeks prior to the last frost date. If stored over winter for spring planting, they must be cold-moist stratified for six weeks.



WHITE BANEBERRY (*Actea pachypoda* 'Misty Blue')

Common names: Dolls Eyes

Quantity: 50

Height at 20 years: 2-3 ft

Mature height: 2-3 ft

Mature spread: 2-3 ft

Shade tolerance: tolerant

Soil pH requirement: <6.8

Bloom period: April through June

Native American uses: Undetermined.

Notes: The species name of this plant *pachypoda* literally means "big foot" because the plant has such large rhizomes or roots. Since baneberry lives in wooded areas with little sun, it needs these large roots to store nutrients. Native birds love its fruit. All parts of this plant are extremely toxic.



WILD COLUMBINE (*Aquilegia canadensis*)

Other common names: Red Columbine

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 1.5-3 ft

Mature spread: 1 ft

Shade tolerance: tolerant

Soil pH requirement: 6.8-7.2

Bloom period: spring, early summer

Native American uses: Used to detect bewitchment and smoked as a love charm. Treated heart ailments, stomach and bowel problems, and to soothe poison ivy rash.

Notes: Red and yellow flowers



WILD VIOLET (*Viola sororia*)

Other common names: purple violet, common blue violet

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 0.3 ft

Mature spread: undetermined

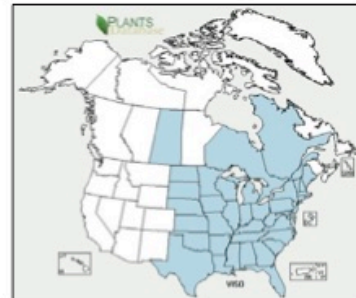
Shade tolerance: intermediate

Soil pH requirement: 6.0-7.8

Bloom period: mid spring

Native American uses: A spring tonic. Infused for varied medicinal purposes, including coughs.

Notes: Spreads quickly



WOOD GERANIUM (*Geranium maculatum*)

Other common names: wild geranium, spotted geranium

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 1-3 ft

Mature spread: 1.5-2 ft

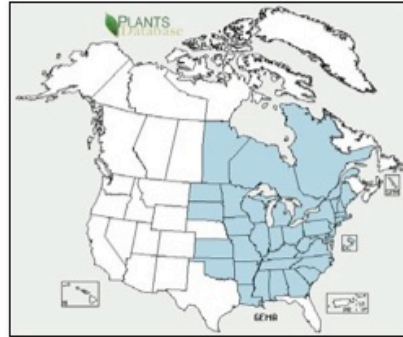
Shade tolerance: tolerant

Soil pH requirement: 5.6-7.0

Bloom period: late spring, early summer

Native American uses: Native Americans used wood geranium as an astringent for sores and to relieve swollen feet. Powdered rhizomes mixed with grape juice as a mouthwash for children with thrush.

Notes: Violet colored flowers



WOODLAND PHLOX (*Phlox divaricata*)

Quantity: undetermined

Height at 20 years: not applicable

Mature height: undetermined

Mature spread: 3.0 ft

Shade tolerance: intermediate

Soil pH requirement: 5.5-7.2

Bloom period: mid summer

Folk uses: Used for treating stomach and intestinal disorders, as a blood purifier and for treating boils and eczema.



YELLOW POND LILY (*Nuphar lutea*)

Other common names: yellow water lily

Quantity: undetermined

Height at 20 years: not applicable

Mature height: 0.5-2 ft

Mature spread: 3-6 ft

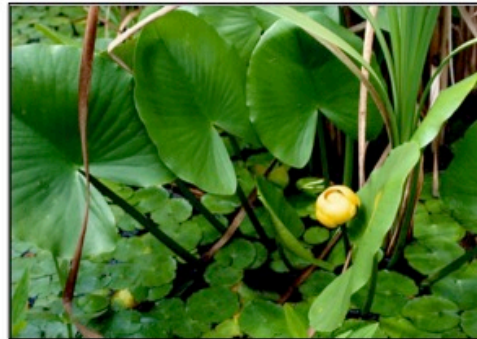
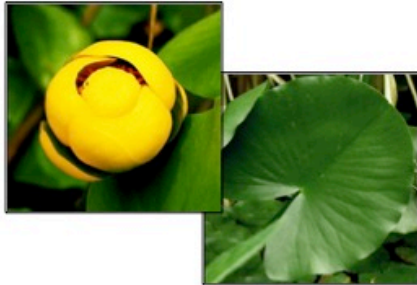
Shade tolerance: intermediate

Water pH requirement: 6.6-7.5

Bloom period: summer

Native American uses: Powdered and used as a poultice

Notes: Prominent, lobed stigma



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