

Recommended Native Plants



Virginia Mountain Mint

Pycnanthemum virginianum

Soil Moisture: moist to wet

Sun: full sun to part shade

Bloom time: July - September

This plant is one of the best for attracting several species of pollinators due to its seemingly endless supply of nectar. Mountain mint grows in clumps and can get up to three feet tall, making a great addition to large gardens looking to be more productive. Not only is mountain mint gorgeous and deer resistant, but it also has a delightful minty aroma.



Sneezeweed

Helenium autumnale

Soil Moisture: medium to wet

Sun: full sun

Bloom time: August - October

Sneezeweed is excellent for pollinators (such as butterflies) in the fall that need to refuel before migrating. Don't let the name fool you. This plant will not make you sneeze any more than other flowers. Not only is this a showy and fantastic plant for pollinators, but it is also deer resistant and can be adaptable to many soil conditions if it doesn't get too dry.



New Jersey Tea

Ceanothus americanus

Soil Moisture: dry to medium

Sun: full sun to part shade

Bloom time: May - June

This deciduous shrub will attract butterflies, pollinators, hummingbirds, and is a host plant for spring azure, summer azure, and mottled duskywing. If you decide to plant this shrub, make sure to plant it early spring but after frost is no longer a threat.

Why Should We All Plant Natives?

When choosing species for your garden, native plants are essential. Native plants allow our local wildlife to thrive, whereas invasive plants do not always provide the best resources. Invasive plants are ones that do not originate from an area and spread uncontrollably. They are able to do so because their natural predators are not present, allowing them to displace native species such as the ones on this card. Loss of native habitat can be detrimental to many species such as monarchs, which depend on milkweeds to survive. Without them, monarchs would disappear, and other pollinators would suffer. This is only one example of the indispensable relationships our local wildlife have with native plants. Other insects, small mammals, and birds can also suffer from lack of native plants. Species such as mountain mint attract a surplus of insects, providing an excellent food source for insectivorous birds and the necessary demand for raising young.

By making sure our yards are nutrient packed with native plants, we are increasing connectivity with our beloved parks. This helps provide greater access to resources for wildlife to flourish. It is up to us to promote healthy wildlife populations, and planting native species around our homes is a wonderful way to do this.



Monarch pollinating swamp milkweed



Hover fly near wild bergamot

Contact us to learn more about native plants at (440)974-5717 or visit mentornature.com