



Going Native

Creating Healthier Gardens
with Native Pollinator Plantings
in Zone VI of
The Garden Club of America

Going Native

has been produced and underwritten by:

Georgetown Garden Club, Zone VI

Perennial Garden Club, Zone VI

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Foreword

By Douglas W. Tallamy, Ph.D.

For years now, I have been talking about a grassroots approach to conservation that, if successful, will convert millions of acres of lawn into landscapes that enhance rather than degrade local ecosystems. The idea is for each homeowner to think beyond their garden to their greater landscape. How well does your land accomplish the four things we all need most these days? How well does it harness energy from the sun and pass it on to other living things? That is, how well does your land support

local food webs? Without diverse communities of native plants and the animals that depend on them, our ecosystems produce fewer of the vital services that keep humans alive. How well does your land protect your watershed? Acres of lawn with few plants that are regularly mowed, sprayed, and fertilized destroy watersheds, leading to water pollution, soil erosion, scoured and lifeless streams, floods, and ocean dead zones. How well does your property provide food and nesting sites all season long for a diverse community of pollinators? We all need healthy pollinator communities everywhere, not just for agriculture and not just in preserves, but because these animals pollinate 80% of all plants and 90% of all flowering plants. Finally, how well does your land capture carbon from the air and store it in the soil where it won't wreak havoc with our climate?

These are tough questions and if we answer them honestly, each one of us, including me, will have to admit that we can do better. We can all improve the ecological integrity of our landscapes and we can do it without violating the cultural norms for aesthetics. All we need to do is increase the percentage of native plants on our properties. The judicious use of native plants can sequester carbon and manage watersheds far better than sparse plantings of small Asian ornamentals, and only native plants can support the food webs and pollinators necessary to sustain vibrant ecosystems. This approach to conservation empowers each one of us; a single individual can become an important force in local conservation by improving the ecological integrity of her property. The need is urgent and the rewards are many, and now, thanks to GCA's Zone VI "Going Native," the path forward is clear. So let's get busy!

Doug Tallamy is familiar to many in the GCA community: he is a 2013 recipient of the GCA's Margaret Douglas Medal, he is a 2011 winner of Zone V's Conservation Commendation, and a GCA Honorary Member from Zone VI. He has authored several books including *Bringing Nature Home: How You Can Sustain Wildlife with Native Plants* and *Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard*.

Introduction

In our gardening region from Northern Virginia to Northern Maryland and across the Chesapeake Bay to the Eastern Shore (USDA Plant Hardiness Zone 7), there has been a noticeable and precipitous decline in the number and species of birds and insects. From backyards to farm fields, where, we wonder, are the flocks of orange-breasted robins, the flash of golden finches, the brilliance of the Northern cardinal? Where are the butterflies, the tiger swallowtails and majestic monarchs, and the bees so essential to pollination?

Sadly, the answer is the birds and insects are disappearing at an alarming rate, starved by an abundance of non-native plants that cannot nourish them, and poisoned by the overuse of pesticides and excessive fertilization. Years of devotion to the perfectly manicured garden have lead to the demise of the nurturers that feed it. We have to begin to recognize that in addition to pleasing our senses, our gardens are places that support wildlife, vital habitats that sustain our glorious birds and busy bees. Indeed, our gardens are our gift to all who walk among them, but so too, they are our gift back to the natural world that depends on them.

The Garden Club of America in partnership with the National Audubon Society, is encouraging gardeners across the nation to introduce more native plantings into their gardens while curtailing the excessive use of chemicals. The consistency of change is a given in every season in every garden, offering the opportunity for us to revisit our approach to gardening, introducing natives, slowly at first, experimenting from one season to the next. With each small step we begin to broaden the view of our role as a gardener, giving back to the natural world as we take much pleasure in it.

As members of Zone VI of the Garden Club of America we hope this booklet will encourage you to introduce natives into your gardens. We have listed only those native plantings that are viable and available in our Zone, along with resources that might be helpful to you as your begin your native journey. This is a challenge for us all to garden as if life depends on it, because, in fact, it does!

While there are many reliable resources that list popular natives for Zone VI, we have assembled a tried and true list of natives that are not only available but have proven to be garden-worthy by experienced gardeners and professionals in the area. Some plants are not listed because they can become aggressive in the garden. Others may not be readily available. Care has been taken to research each plant to determine that it is fully hardy in, and native to our growing area.

As the rhythm of our climate changes, plants from nearby regions will make their way onto this list. For now, we hope the plants listed will provide variety for your garden while supporting the birds and butterflies and pollinators that sustain our ecosystems and give us life.



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The Native Plant Committee wishes to acknowledge the following individuals:

Georgia Nassikas for contributing her lovely watercolor illustrations to grace the pages of our publication. Georgia is a professional artist and a member of Perennial Garden Club.

Beth Dowdle and the Conservation Committee of the Garden Club of Palm Beach who produced the original *Going Native* pamphlet in 2018 which lists Florida's pollinating natives for Zone VIII.

The Committee hopes to inspire other clubs in The Garden Club of America to create similar publications to promote planting native pollinators and encourage healthy gardening in their respective zones.



Trillium erectum - Red trillium
by Melissa Clark



Lobelia cardinalis - Cardinal flower
by Ellie Denker



Tiarella cordifolia - Foamflower by Liz Shriver

Shade Perennials

- Actaea racemosa* – Black cohosh
- Adiantum pedatum* – Maidenhair fern
- Aruncus dioicus* – Goatsbeard
- Athyrium filix-femina* – Lady fern
- Asarum canadense* – Wild ginger
- Cimicifuga racemosa* – Black cohosh
- Dicentra cucullaria* – Dutchman's breeches
- Dodecatheon meadia* – Shooting star
- Gaultheria procumbens* – Wintergreen
- Iris cristata* – Crested iris
- Lobelia cardinalis* – Cardinal flower
- Mertensia virginica* – Virginia bluebells
- Mitchella repens* – Partridgeberry
- Podophyllum peltatum* – Mayapple
- Polygonatum biflorum* – Solomon's seal
- Sanguinaria canadensis* – Bloodroot
- Stylophorum diphyllum* – Celandine poppy
- Tiarella cordifolia* – Foamflower
- Tradescantia virginiana* – Spiderwort
- Trillium erectum* – Red trillium
- Trillium grandiflorum* – Wake robin, wood lily
- Veronicastrum virginicum* – Culver's root

Shade Perennials



Iris cristata - Crested iris
by Penny Morrill

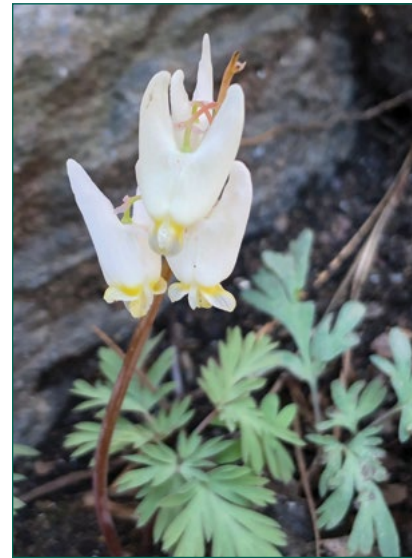


Actaea racemosa - Black cohosh
courtesy of Mt. Cuba Center



Veronicastrum virginicum - Culver's root courtesy of Mt. Cuba Center

Shade Perennials



Dicentra cucullaria - Dutchman's breeches
by Melissa Anderson



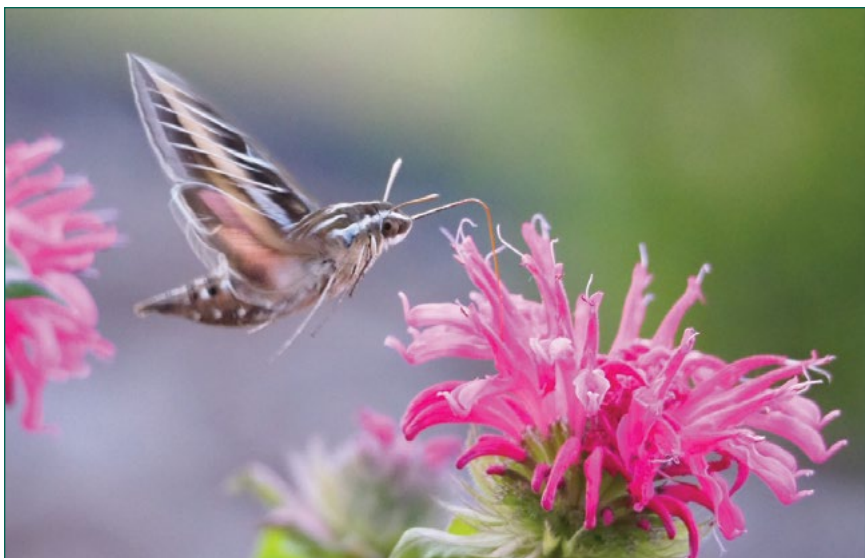
Mertensia virginica - Virginia bluebells
by Liz Evans



Podophyllum peltatum - Mayapple
by Penny Morrill



Sanguinaria canadensis - Bloodroot
by Melissa Anderson



Monarda didyma - Scarlet bee balm by Suzie Bissell



Geranium maculatum - Wild geranium
by Melissa Clark



Baptisia australis - Blue false indigo
by Liz Evans

Sun Perennials

Antennaria plantaginifolia – Pussytoes

Aquilegia canadensis – Columbine

Asclepias tuberosa – Butterfly weed

Baptisia australis – Blue false indigo

Echinacea purpurea – Purple coneflower

Coreopsis verticillata – Threadleaf tickseed

Eutrochium purpureum – Joe Pye weed

Geranium maculatum – Wild geranium

Monarda didyma – Scarlet bee balm

Monarda fistulosa – Bergamot or Bee balm

Penstemon digitalis – Beardtongue

Phlox paniculata – Perennial phlox, fall phlox

Pycnanthemum muticum – Mountain mint

Rudbeckia hirta – Black-eyed Susan

Spigelia marilandica – Indian pinks

Veronia noveboracensis – Ironweed



Echinacea purpurea - Purple coneflower by Peggy Rhoades

Sun Perennials



Echinacea purpurea - Purple coneflower
by Loan Tran



Spigelia marilandica - Indian pinks
by Melissa Clark



Eutrochium purpurea - Joe Pye weed by Suzie Bissell

Sun Perennials



Phlox paniculata - Perennial phlox, fall phlox
by Kathy Byrnes



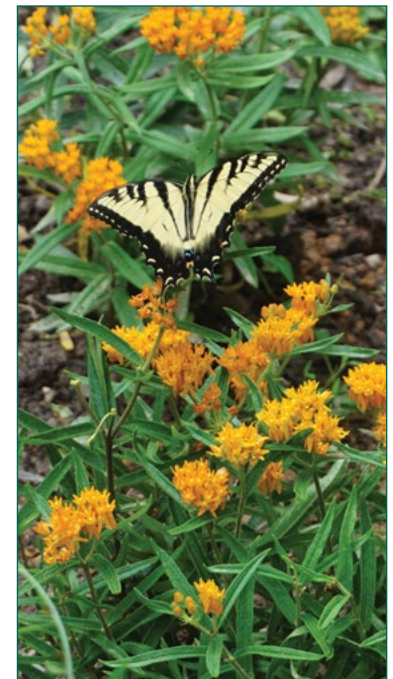
Aquilegia canadensis - Eastern red columbine
courtesy of Mt. Cuba Center



Veronia noveboracensis - Ironweed
courtesy of Mt. Cuba Center



Rudbeckia hirta - Black-eyed Susan by Penny Morrill



Asclepias tuberosa - Butterfly weed
by Penny Morrill



Cornus florida - Dogwood by Melissa Clark



Aesculus pavia - Red buckeye
by Ellie Denker



Cercis canadensis - Redbud by Melissa Clark



Small Trees and Shrubs

Aesculus pavia – Red buckeye

Amelanchier canadensis – Serviceberry

(Also called shadbush, shadwood, shadblow, juneberry)

Asimina triloba – Paw paw

Callicarpa americana – Beautyberry

Calycanthus floridus – Sweetshrub, Carolina allspice

Cephalanthus occidentalis – Buttonbush

Cercis canadensis – Redbud

Chionanthus virginicus – Fringetree

Clethra alnifolia – Pepperbush

Cornus florida – Dogwood

Halesia carolina – Carolina silverbell

Hamamelis virginica – Witch hazel

Hydrangea arborescens – Wild hydrangea

Ilex verticillata – Winterberry

Kalmia latifolia – Mountain laurel

Magnolia virginiana – Sweetbay

Oxydendrum arboreum – Sourwood

Rhododendron atlanticum – Coast azalea

Rhododendron calendulaceum – Flame azalea

Rhododendron periclymenoides – Pinxter azalea

Sambucus nigra – Elderberry

Viburnum dentatum – Southern arrowwood

Viburnum nudum – Possumhaw



Magnolia grandiflora - Southern magnolia
courtesy of
Friends of the U.S. National Arboretum



Quercus alba - White oak

■ *Diospyros virginiana* - Persimmon



Ilex opaca - Holly



Liriodendron tulipifera - Tulip poplar



Trees

Diospyros virginiana – Persimmon

Ilex opaca – Holly

Liriodendron tulipifera – Tulip poplar

Magnolia grandiflora – Southern magnolia

Nyssa sylvatica – Black gum

Ostrya virginiana – American hophornbeam

Quercus alba – White oak

Grasses

Carex pensylvanica – Pennsylvania sedge

Chasmanthium latifolium – Northern sea oats grass

Panicum virgatum – Switchgrass

Schizachyrium scoparium – Little bluestem grass

Sisyrinchium angustifolium – Blue-eyed grass



Schizachyrium scoparium –
Little bluestem grass



Chasmanthium latifolium –
Northern sea oats grass



Panicum virgatum –
Switchgrass

All photos of trees and grasses by Catherine Nottingham unless noted otherwise.



Aristolochia macrophylla - Dutchman's pipe vine



Clematis virginiana - Virgin's bower



Lonicera sempervirens - Coral honeysuckle



Wisteria frutescens - American wisteria

All photos this page courtesy of Mt. Cuba Center

Vines

Aristolochia macrophylla – Dutchman's pipe vine

Bignonia capreolata – Crossvine

Campsis radicans – Trumpet vine

Clematis virginiana – Virgin's bower

Gelsemium sempervirens – Carolina jessamine

Lonicera sempervirens – Coral honeysuckle

Passiflora incarnata – Passionflower

Wisteria frutescens – Wisteria



Gelsemium sempervirens - Carolina jessamine by Liz Evans



Iris versicolor - Blue iris by Ellie Denker



Pontederia cordata - Pickerelweed
by Peggy Rhoades



Physostegia virginiana - Obedient plant
by Melissa Clark

Water Garden Plants

Acorus calamus – Sweet flag

Dulichium arundinaceum – Dwarf bamboo

Equisetum hyemale – Horsetail

Hydrocotyle umbellata – Water pennywort

Iris versicolor – Blue iris

Nymphaea odorata – Waterlily

Orontium aquaticum – Golden club

Peltandra virginica – Water arum

Physostegia virginiana – Obedient plant

Pontederia cordata – Pickerelweed

Sagittaria graminea – Grassy arrowhead

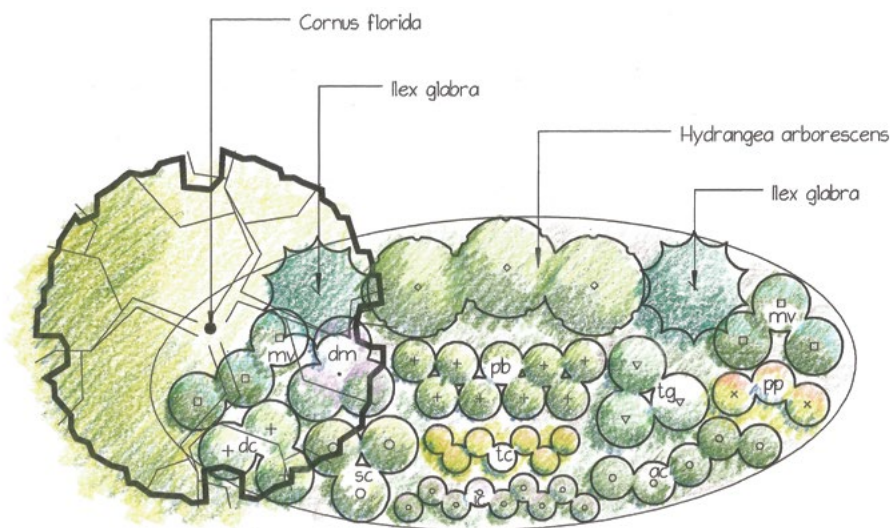
Saururus cernuus – Lizard's tail

Typha latifolia – Cattail



Nymphaea odorata - Waterlily courtesy of Lilypons

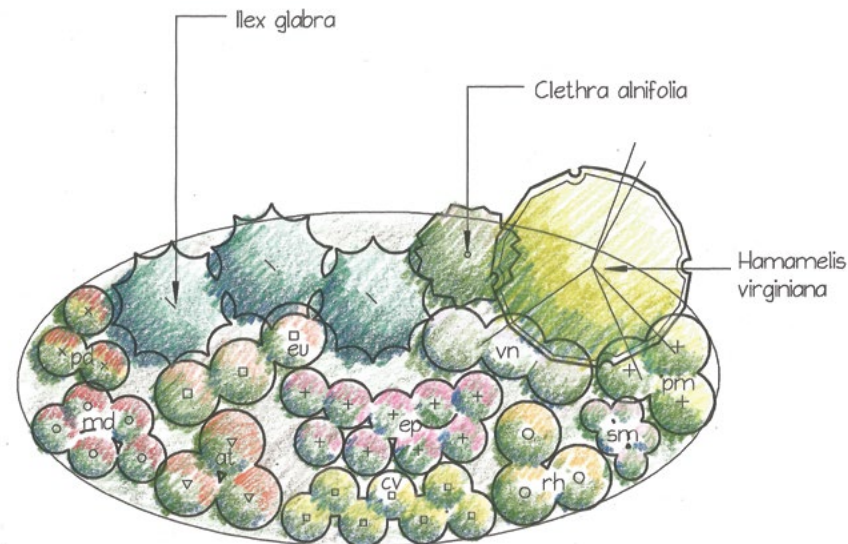
Shady Garden Plan



Shade Perennials

- Asarum canadense* (ac) – Wild ginger
- Cornus florida* – Flower dogwood
- Dicentra cucullaria* (dc) – Dutchman's breeches
- Dodecatheon meadia* (dm) – Shooting star
- Hydrangea arborescens* – Wild hydrangea
- Ilex glabra* – Inkberry
- Iris cristata* (ic) – Crested iris
- Mertensia virginica* (mv) – Virginia bluebells
- Podophyllum peltatum* (pp) – Mayapple
- Polygonatum biflorum* (pb) – Solomon's seal
- Sanguinaria canadensis* (sc) – Bloodroot
- Tiarella cordifolia* (tc) – Foamflower
- Trillium grandiflorum* (tg) – Wood lily

Sunny Garden Plan



Sunny Perennials

- Asclepias tuberosa* (at) – Butterfly weed
- Clethra alnifolia* – Sweet pepperbush
- Coreopsis verticillata* (cv) – Tickseed
- Echinacea purpurea* (ep) – Coneflower
- Eutrochium purpureum* (eu) – Joe Pye weed
- Hamamelis virginiana* – Witch hazel
- Ilex glabra* – Inkberry
- Monarda didyma* (md) – Bee balm
- Penstemon digitalis* (pd) – Beardtongue
- Pycnanthemum muticum* (pm) – Mountain mist
- Rudbeckia hirta* (rh) – Black-eyed Susan
- Spigelia marilandica* (sm) – Indian pinks
- Vernonia noveboracensis* (vn) – Ironweed

Native Plant Nurseries

American Plant (*two locations*)
5258 River Road
Bethesda, MD 20816
301.656.3311/americanplant.net

7405 River Road
Bethesda, MD 20817
301.469.7690/americanplant.net

Herring Run Nursery
6131 Hillen Road
Baltimore, MD 21239
844.756.8688
bluewaterbaltimore.org

Hill House Farm & Nursery
631 Scrabble Road
Castleton, VA 22716
540.937.1798
hillhousenativeplants.com

Izel Plants (*No physical location,
online purchase only*)/izelplants.com

Kollar Nursery
5200 West Heaps Road
Pylesville, MD 21132
410.836.0500/kollarnursery.com

Lilypons Water Gardens
6800 Lily Pons Road
Adamstown, MD 21710
301-874-5133/lilypons.com

Nature By Design
300 Calvert Avenue
Alexandria, VA 22301
703.683.CROW (4769)
nature-by-design.com

Pinelands Nursery and Supply
323 Island Road
Columbus, NJ 08022
609.291.9486/pinelandsnursery.com

Prairie Moon Nursery
32115 Prairie Lane
Winona, MN 55987
866.417.8156/prairiemoon.com

Putnam Hill Nursery
2105 Putnam Hill Road
Forest Hill, MD 21050
443.722.2012
putnamhillnursery.com

Rarefind Nursery (*not strictly natives*)
957 Patterson Road
Jackson, NJ 08527
732.833.0613/rarefindnursery.com

Sunshine Farm & Gardens (*Mail order*)
696 Clicks Road
Renick, WV 24966
304.497.2208/sunfarm.com

Viette Nursery
994 Long Meadow Road
Fishersville, VA 22939
800.575.5538/540.943.2315
viette.com

Wakefield Valley Nursery
1690 Wakefield Valley Road
New Windsor, MD 21776
410.635.2169
wakefieldvalleynursery.com

Wild Plant Nursery of Earth Sangha
6100 Cloud Drive
Springfield, VA 22150
703.333.3022/earthsangha.org

Wood Thrush Nursery
1097 Beaver Creek Road, NW
Floyd, VA 24091
215.272.1843
woodthrushnatives.com

Native Plant Websites and Resources

Audubon, Plants for Birds
Audubon.org

Blue Water Baltimore
bluewaterbaltimore.org

Chesapeake Bay Field Office
fws.gov

Choose Natives
choosenatives.org

Department of Energy and Environment
doee.dc.gov/service/native-plants

Environmental Concerns Inc.
monarchs@wetland.org

Maryland Native Plant Society
mdflora.org

Mid Atlantic Natives
midatlanticnatives.com

Mt. Cuba Center
mtcubacenter.org

National Wildlife Federation, Native Plant Finder
nwf.org

Beyond Pesticides
beyondpesticides.org

The Perfect Earth Project, Edwina Von Gal
perfectearthproiect.org

Xerces Society
xerces.org

Reference Guides

Appleton, Bonnie Lee & Lois Trigg Chaplin, **The New York/Mid-Atlantic Gardener's Book of Lists**. (Taylor Trade Publishing, 2001)

Choukas-Bradley, Melanie, **City of Trees: The Complete Field Guide to the Trees of Washington, DC**. (Johns Hopkins University Press, 2008)

The "Bible" which is a superb reference:

Dirr, Michael A., **Manual of Woody Landscape Plants: Their Identification, Ornamental Characteristics, Culture, Propagation and Uses**. (Stipes Publishing Co., 1998)

Leopold, Donald J., **Native Plants of the Northeast: A Guide for Gardening & Conservation**. (Timber Press, 2005)

Slattery, Britt E., Kathryn Reshetiloff, & Susan M. Zwicker, **Native Plants for Wildlife Habitat & Conservation Landscaping: Chesapeake Bay Watershed**. (US Fish & Wildlife Service, 2003)

The Maryland Native Plant Society's extensive list of books, pamphlets, guides and other printed resources: <https://mdflora.org/publications/booklist.html>

The University of Maryland Extension Office Native Plant List
<https://extension.umd.edu/hgic/topics/native-plants>

Watercolor illustrations

by

Georgia Nassikas



