🌼 THE SEED VAULT 🌼

Established: December 8, 2024

FB: The Seed Vault
IG: theseedvault2024
Email: theseedvault2024@gmail.com

Hello and WELCOME to The Seed Vault! We are excited you are here!

As a family, we spent about a year building and hand-painting this structure ourselves for you to enjoy! Please treat it kindly 💚

Here's what it's about and how it works!

- Our goal is to provide free access to seeds of **native** and/or **non-invasive** plants and seeds of garden fruits/vegetables. This is to help our community learn to grow their own garden and support our pollinators. Native plants are low maintenance, *beautiful*, essential to our environment and they increase the amount of "pollination stations" for our pollinators. We have seeds of flowers, grasses, vegetables, fruits and even trees!

  The seeds we have are from our own native garden and from some donors (see "Special Mentions" below)

  If you have **native/non-invasive** plants/veggies/fruit seeds you want to add to the vault, please first contact me via FB, IG or email (all listed above). When reaching out, please include:
  - Your name (optional- it's just nice to know who I'm speaking with)
  - What kind of seeds they are
  - Where you got them from (ie: your own plant, a friend, etc)
  - If you are dropping off w/o your name, please describe the container so I can identify it

  ****Please understand, for ecological and environmental reasons, seeds that are dropped off without the information above, will be discarded.**

- Please only take a few packs per desired seed 🙂 BUT, if you want/need more of a certain seed, send me a message because I may be able to provide more for you on the side!

- When selecting seeds to plant, keep your fur-family members in mind, too. Consult with your vet on whether or not any of the plants you desire are poisonous to your fur-babies 💚

- When you visit the vault, please do your best not to step in the Blooming Blvd. I have planted seedlings and seeds in there and when they get stepped on, they die :(Thank you for your courtesy!

- Unfortunately, vandalism has occurred several times on our property, (ie. car break-ins, someone bashing in our halloween decorations, and someone clearing out The Book Nook in

one sweep) :(So for transparency, we have a camera set. Footage of vandalization or clearing out The Vault in one sweep will be reported. Our hope is to never have to report anyone. All we want is for this space to be treated with care and enjoyed :)

- KEEP SCROLLING for a list of seeds we have, a photo of their blooms, resources for care instructions, educational resources about native planting and local nurseries to explore!

The Flower Tower (Seasonal)

****For ecological and environmental reasons, please understand The Flower Tower is designed for "TAKE a plant" ONLY, instead of "leave a plant". This is because, through our soil, us humans can unknowingly/unintentionally spread invasives such as Jumping Worms, Lesser Celandine, etc. The only soil I can truly monitor is my own. This "rule" is for the protection of the community and environment. We are wanting to share with the community, while trying to be as responsible as possible. Thank you for understanding.

- Please only take one cup/container of each desired plant so there is enough to share.

- Please clean and return the cups/containers by placing them in the empty bin next to The Vault. If this isn't possible, no biggie. Reusing the cleaned out cups/containers makes this more sustainable. Plus, less plastic in the landfill

- When selecting plants, keep your fur-family members in mind, too. Consult with your vet on whether or not any of the plants you desire are poisonous to your fur-babies.

- Weather depending, this stand and/or the plants might be moved into a sheltered area so the plants/cups don't blow away, etc. If you would like, you can always message us to ask if The Flower Tower available before making the trip.

ALRIGHTY - That about covers it! Thanks for reading and, please, plant some seeds!

HAPPY PLANTING & HABITATING!

Special Mentions

**Shoutout to our generous, ambitious, and kind friend and gardening mentor, Marty. This family has learned so much about native planting from you. Thank you for sharing your gardening insights and plants with us. Now we can pay it forward to our community. Most importantly, thank you for your friendship. THANK YOU FOR ALL YOU DO! ❤️

**Thank you, Patty, from Leaves for Wildlife for your seed donation seeds and plants! Thank you for your beautiful nursery. Thank you for continuing to educate and help spread awareness about native plants and their value to our ecosystem

Donors: Thank you to all who have donated, named or anonymous! We appreciate your generosity

2025

Seeds: Marty F., LFW, Alex M., Phil S., Leah A., Beechwold Hardware, Roush Hardware

Materials: Lowes (pea gravel, kid's garden gloves, kids trowels), Beechwold Hardware (trowels), Roush Hardware (key rings, biodegradable pots, potting soil), My Cousin's Cottage (watering cans), The Ohio State University 's Ohio Woodland Stewards program, (laminated identification cards of invasive species, plant/animal diseases and ticks), Rick H. (3D printed seed dibbers x3), Betckey (sticker paper)

2026

Seeds: Marty F., LFW, Alex M., Phil S., Linworth School Community Garden,

Materials: Kooi Housewares (pulp containers), Amazon (printer), PortoSpire (TSV Logo), The Ohio State University 's Ohio Woodland Stewards program, (laminated identification cards of invasive species, plant/animal diseases and ticks), Leaves For Wildlife (plants for The Flower Tower)

Prizes for Spring Virtual Invasive Plant Removal Contest: Birdie books, Leaves For Wildlife, Jillian Renee Art, Darksnowification Art, Ice + Dust Pottery, Rocks with Sass, Wild Birds Unlimited Westerville,

Prizes for Fall Virtual Invasive Plant Removal Contest: Birdie books, Leaves For Wildlife, Jillian Renee Art, Ice + Dust Pottery, Meijer, Rising Moon Custom Apparel, Family Room Coffee & Bake Shop, & Columbus Running Co.

Native Plant Nurseries to check out

Leaves For Wildlife Native Plant Nursery

www.leavesforwildlife.com
FB: Leaves for Wildlife Native Plant Nursery
IG: leavesforwildlife

Address: 1655 N. County Road 605, Sunbury, OH 43074

Phone: (614) 881-5550

Hours:
**April 1st through October 31st
Thursday 10AM - 6PM
Saturday 10AM - 6PM
Or by appointment

Scioto Gardens Nursery

www.sciotogardens.com
FB: Scioto Gardens
IG: sciotogardens

Address: 2870 Curve Rd, Delaware, OH 43015

Phone: (740) 363-8264

Hours:
**Open April 1 2025
Monday: Closed
Tuesday 10 AM - 6 PM
Wednesday 10 AM - 6 PM
Thursday 10 AM - 6 PM
Friday 10 AM - 6 PM
Saturday 10 AM - 6 PM
Sunday 11 AM - 5 PM

Natives In Harmony

www.nativesinharmony.com
FB: Natives In Harmony
IG: nativesinharmony

Address:4652 Township Road 179, Marengo OH 43334

Phone: 419-688-9800

Hours:
Monday 10 AM - 5 PM
Tuesday Closed
Wednesday Closed
Thursday Closed
Friday 10 AM - 5 PM
Saturday 10 AM - 5 PM
Sunday 10 AM - 5 PM
Or by Appointment Contact Gale at gale@nativesinharmony.com

Sunny Glenn Garden

Home | Sunny Glen Garden

Address: 3507 Sunny Glen Pl, Columbus, OH 43224

Phone: (404) 603-6284

Contact them on website for business hours

Resources & Info:

Why plant native and how does native planting help the environment?

- 6 Reasons to Plant Native / by Archewild - Homegrown National Park
- Why Native Plants Matter | Audubon
- Native Gardening (usda.gov)
- Why are Native Plants Important? — Ohio Native Plant Month
- 5 Reasons Native Plants Help You Save Money and the Planet | asla.org
- Protecting Native Plants in Ohio | The Nature Conservancy
- https://www.facebook.com/share/r/RtW3fpvyXg8T4bA1/
-

How does planting native cheaper than non-native/ornamentals?:

- 5 Reasons Native Plants Help You Save Money and the Planet | asla.org

What Plants are considered invasive in Ohio?

- Rule 901:5-30-01 - Ohio Administrative Code | Ohio Laws
- 5 Popular Plants that are Invasive to North America (and their Native Alternatives)

What makes a plant “invasive” and why does that matter?

- What are invasive plants? – PlantRight
- Invasive Plants (usda.gov)
- What Makes A Species Invasive? How Plants Become Invasive | Gardening Know How
- https://www.facebook.com/share/r/9QKE3RoC38pdHTEx/?mibextid=xCPwDs (The plant life they are referring in this video are from different region in the U.S., but the explanation in this video of “what makes a plant “invasive” and why that matters” applies to our region as well)

History of lawns and why it's important to know:

- A History of The American Lawn - Sustainable Woodstock
- The American Lawn: A Brief History | Do It Green! Minnesota
- Matthew Gauger | Lawns are one of the most produced crop, that no one can eat. Plant some native ground cover with pretty flowers. Why we want to keep... | Instagram
- https://www.facebook.com/share/r/H6M24uwy4MWvrKGv/?mibextid=oFDknk

Threatened and Endangered Plants of Ohio:

- Threatened-Endangered-Plants-Ohio.pdf
- DIVISION OF NATURAL AREAS AND PRESERVES

Get a head start on your garden! Winter Sowing How-To Guides:

- Winter sowing, to fend off the winter blues! | Victory Gardens - Let's Grow Ohio! (osu.edu)
- Winter sowing = putting seeds in milk jugs outdoors
- How to Winter Sow Seeds - A Complete Tutorial Guide
- Winter Sowing Seeds (The Gardening Season You Never Knew About)
- How to Winter Sow Seeds & Recommended Sowing Schedule (empressofdirt.net)

What is “cold stratification” and why does it matter?:

- https://www.simplygro.com/blogs/news/what-is-cold-stratification-and-why-is-it-essential-for-some-seeds?gad_source=1&gad_campaignid=22927581582&gbraid=0AAAAA_WRzZ2DL57W3VeV3OeBW-F9l6V-T&gclid=Cj0KCQjwg5zTBhCLARIsAP2AFU6-isTnvaSVRLQK1oD80pF_PNyzx_K0599Xp74EWPFlpxDoj2iuTccaAlhcEALw_wcB
- https://ferrymorse.com/blogs/the-greenhouse/what-is-seed-stratification?gad_source=1&gad_campaignid=23590998922&gbraid=0AAAADAaFTWJtZsKxZq3ssc2keU7TYOls&gclid=Cj0KCQjwg5zTBhCLARIsAP2AFU7ZucCgJbPbzJFhb50dyLn4IrR7kIw8Q7wGCWU79Z_89C2hN7QHwHAaAlGJEALw_wcB
- https://www.americanmeadows.com/blogs/wildflower-seeds/how-to-cold-stratify-seeds?utm_source=google&utm_medium=cpc&utm_campaign=&gad_source=1&gad_campaignid=19357142854&gbraid=0AAAAD_wT-5ELILO8rsj9cQ8-tnXEGOwJ&gclid=Cj0KCQjwg5zTBhCLARIsAP2AFU5n2CUUHh8Eptgsdm3VyiXGe25gBBmPxO4iLTcFgrIzWEzGnF6LbnEaAl0yEALw_wcB

What is “warm stratification” and why does it matter?:

- https://www.prairienursery.com/resources-guides/seed-stratification/?srsltid=AfmBOorDP4zmbyQ7W6bZUjvnjiibS59hLa_HbNUCeloBvJOFaccEk9zf

How to properly dispose of invasive plants:

- https://orvcisma.org/invasive-plant-control-and-removal-2/
- https://www.deeplyrootedlandscapes.com/blog/invasiveplantsinohio

Plants that are invasive to Ohio:

- https://ohiodnr.gov/discover-and-learn/animals/search-for-species/search-for-species?plant=Invasive%20Plants

Seeds (Last updated 10/1/26): Out of stock - available soon!! In the meantime, there are family-friendly books in TSV for everyone to enjoy

Winter Sowing Jugs: Out of Stock for the season

Flower Tower (10/1/26): Not available

Note: If items are greyed out, it means that there are no more in The Vault. This could mean I need to restock more packets, or I am completely out of that seed. If you want to check on a specific one, please feel free to message me!

2026 Inventory:

Flowers

Aloe [Eastern False]

(Manfreda virginica)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: [False Aloe, Eastern, Manfreda virginica | Leaves for Wildlife]

Stratification Recommendation: 30 to 90 days of cold, moist stratification

Wildlife Value: “Cross-pollinated by sphinx moths, noctuid moths, and bumble bees. Also attracts hummingbirds.” False Aloe, Eastern, Manfreda virginica | Leaves for Wildlife

Alumroot [American]

(Heuchera americana)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Heuchera americana American Alumroot | Prairie Moon Nursery

Stratification Recommendation: 30 to 42 days (4 to 6 weeks) of cold moist stratification

Wildlife Value: “The nectar and pollen attract small bees such as halictid and the *Heuchera* specialist bee (Colletes aestivalis). Flies and wasps also visit the plant. Deer avoid browsing the bitter, rough foliage.” Alumroot, American, Heuchera americana | Leaves for Wildlife

Aster [Blue Wood]

(Symphyotrichum cordifolium)

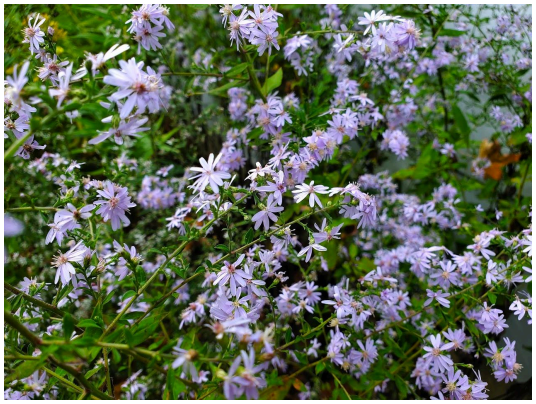


Photo Credit: The Seed Vault

Planting Guide/Info: Symphyotrichum cordifolium (Blue Wood Aster)

Wildlife Value: “Asters are the host plant for 112 species of moths and butterflies and are the only host plant for *Eucosma parmatana, Eucosma tomonana, Eucosma essexana* and *Cochylis hoffmanana* moths. Asters attract loads of late season pollinating insects. In winter, they provide food and habitat for many birds and small mammals that feed on the seeds and find shelter in the dried stalks. Seed heads in fall and winter attract goldfinches, chickadees, nuthatches, and towhees.” Aster, Blue Wood, Symphyotrichum cordifolius | Leaves for Wildlife

Aster [Calico]

(Symphyotrichum lateriflorum)



Photo Credit: The Seed Vault

Planting Guide/Info: Symphyotrichum lateriflorum 'Lady in Black' (Calico Aster)

Wildlife Value: “Host plant to 112 species of Lepidoptera larvae, including specialists aster flowerhead, aster-head phaneta and Hoffman's cochlid moths, and silvery checkerspot and pearl crescent butterflies. Because it blooms in early fall, calico aster is a critical food source for over 100 species of bees, flies, wasps, moths, butterflies, and beetles. The plant’s short nectar tubes also attract specialized bees such as Andrena asteris and asteroides. Bumble bee queens and monarchs are often found on asters as they stock up on energy before hibernating and migrating, respectively. Songbirds and small mammals eat the seeds.” Aster, Calico, Symphyotrichum lateriflorum | Leaves for Wildlife

Aster [Hairy Golden]

(Heterotheca villosa)



Photo Credit: gardenia.net

Planting Guide/Info: Heterotheca villosa (Hairy Golden Aster)

Stratification Recommendation: 30- to 60-day cold, moist stratification

Wildlife Value: “Bees, butterflies, flies, wasps, and beetles visit for nectar and pollen. Asters are host plants for 112 species of Lepidoptera larvae.” Aster, Hairy Golden, Heterotheca villosa | Leaves for Wildlife

Aster [New England]

(Symphyotrichum novae-angliae)



Photo Credit: Marty F

Planting Guide/Info: Aster novae-angliae (New England Aster)

Stratification Recommendation: Cold-moist stratification for 30 to 60 days at 34°F to 40°F

Wildlife Value: “New England aster is an extremely important source of late-season pollen and nectar for honeybees and native bees stocking up on food for the winter. Monarchs also rely heavily on asters (and goldenrods) as nourishment to prepare for migration. Additional visitors include dozens of moth species, bumble bees, mining bees, leaf cutter bees, flower flies, bee flies, and soldier beetles. Serves as a host plant for 112 species of lepidoptera in central Ohio, including the pearl crescent, gorgone and silvery checkerspot butterflies pictured here, and the blackberry looper moth. Seed Heads in fall and winter attract goldfinches, chickadees, nuthatches and towhees.

Deer may browse on asters, but not as a primary food source. New growth will appear on browsing points, and the plants will be bushier and more sturdy as a result. Songbirds and turkeys consume the seeds later in the season.” Aster, New England, Symphyotrichum novae-angeliae | Leaves for Wildlife

Aster [Smooth Blue]

(Symphyotrichum laeve)

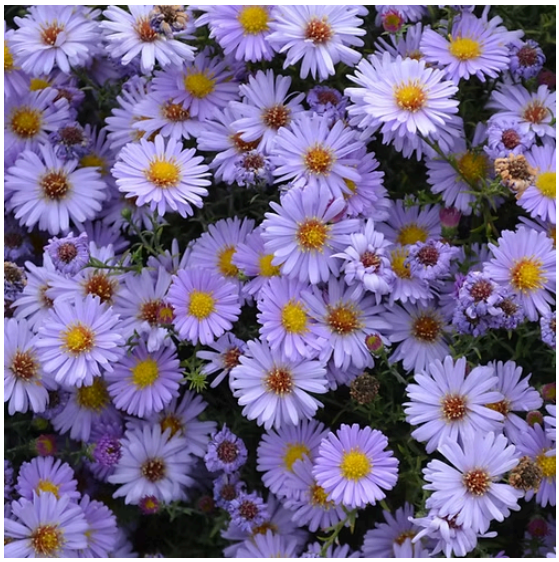


Photo Credit: Leaves for Wildlife

Planting Guide/Info: Symphyotrichum laeve Smooth Blue Aster | Prairie Moon Nursery

Stratification Recommendation: Short period of 2 to 4 weeks in cold storage

Wildlife Value: “Provides nectar to honey bees and specialized native bees, including mason bees, bumble bees, and leaf cutter bees. Skippers, monarchs, and clouded sulphurs also visit for nectar. Seed Heads in fall and winter attract goldfinches, chickadees, nuthatches, towhees and wild turkey. Deer browse on this plant, which promotes a bushy, sturdy growth habit.” Aster, Smooth Blue, Symphyotrichum lavae | Leaves for Wildlife

Bee Balm [Scarlet]

(Monarda didyma)



Photo Credit: gardenia.net

Planting Guide/Info: Monarda didyma (Scarlet Bee Balm)

Stratification Recommendation: Cool, moist stratification period of 2 to 3 weeks

Wildlife Value: “Host plant for larvae of 11 species of Lepidoptera (five are specialists), including hermit sphinx, orange mint moth, and the raspberry pyrausta. Bee balm supports the following specialized bees: *Dufourea monardae* (a species of sweatbee), *Perdita gerhardi*, and *Protandrena abdominalis* (a species of mining bee). Deer and rabbits avoid the rough, pungent leaves.” Bee Balm, Scarlet, Monarda didyma | Leaves for Wildlife

Bee Balm [Spotted]

(Monarda punctata)

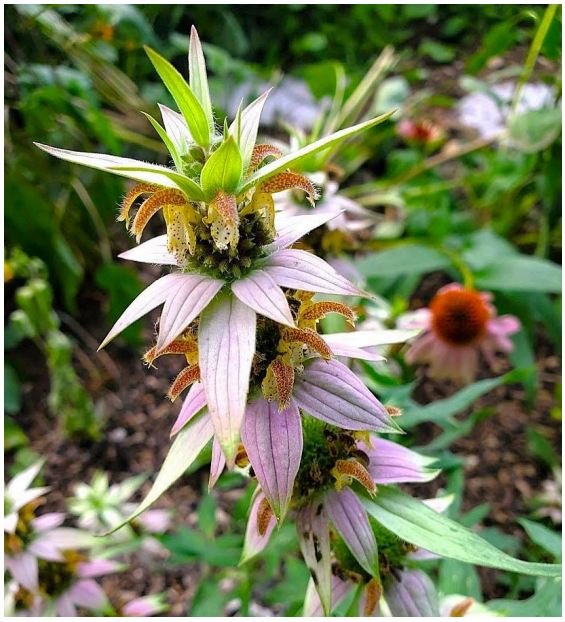


Photo Credit: The Seed Vault

Planting Guide/Info: Monarda punctata (Spotted Bee Balm)

Stratification Recommendation: seeds do not strictly require cold stratification to germinate, though a brief 3 to 4-week cold period can sometimes improve overall germination rates.

Wildlife Value: ”Host plant for the larvae of 11 species of Lepidoptera larvae, including the raspberry pyrausta butterfly and gray marvel and snout moths. The nectar and pollen attract butterflies; hummingbirds; moths; wasps; and bees, including honey, bumble, miner, and plasterer bees. Members of the genus *Monarda* also support several specialized bees.” Bee Balm, Spotted, Monarda punctata | Leaves for Wildlife

Bee Balm [Wild Bergamot]

(Monarda fistulosa)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Monarda fistulosa Wild Bergamot | Prairie Moon Nursery

Stratification Recommendation: Seeds do not strictly require cold stratification to germinate, but a short 30-day cold-moist period can improve overall germination rates

Wildlife Value: “Host plant to 11 species of Lepidoptera larvae, including pink-patched looper moth, hermit sphinx, orange mint moth (adult pictured), and raspberry pyrausta. It’s popular with a variety of pollinators, including bees, hummingbirds, and wasps.” Bee Balm, Wild Bergamot, Monarda fistulosa | Leaves for Wildlife

Beggarticks [Common]

(Bidens frondosa)



Photo Credit: Joseph A. Marcus

Planting Guide/Info: [Bidens frondosa (Devil's beggartick) | Native Plants of North America]

Stratification Recommendation: seeds require cold, moist stratification for 60 days. ** But you do not need to stratify if you plant outdoors in late fall, as winter conditions will naturally break seed dormancy

Wildlife Value:

Bellflower [Tall]

(Campanula americana)



Planting Guide/Info: [https://www.gardenia.net/plant/campanulastrum-americanum]

Stratification Recommendation: 30 days of cold, moist stratification

Wildlife Value: “The American bellflower (Campanula americana) has great value to wildlife because it attracts many pollinators, including bees, butterflies, and hummingbirds” Campanula americana (American Bellflower, Bellflower, Tall Bellflower) | North Carolina Extension Gardener Plant Toolbox

Blanketflower

(Gaillardia aristata)



Photo Credit: Everwilde Farms

Planting Guide/Info: Blanketflower (Gaillardia aristata) Plant Guide

Stratification Recommendation: Seeds do not strictly require cold stratification to break dormancy, but a 30-day cold, moist period or dry storage for 3 months can improve and speed up uniform germination

Wildlife Value: Attracts a wide range of pollinators: The nectar-rich, daisy-like flowers attract many different pollinators, including native bees, honey bees, and butterflies. When the flowers fade, the seed heads become a food source for birds like goldfinches, sparrows, and juncos. Because it grows easily on disturbed sites and competes well with some noxious weeds, blanket flower is a common component in seed mixes for rehabilitating and restoring natural areas.Serves as a host for the caterpillars of the gaillardia flower moth (Schinia masoni), whose appearance mimics the flower. Plants for Pollinators: Blanketflower | Xerces Society

Blazing Star [Dense]

(Liatris species)

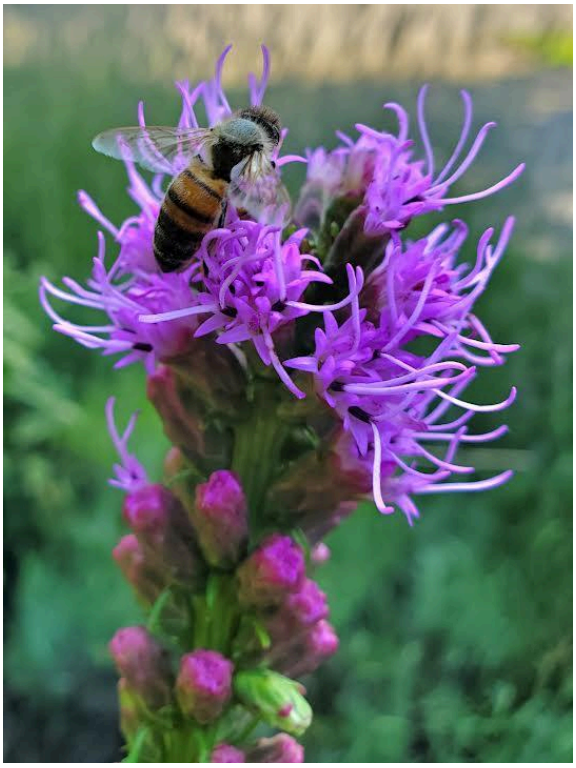


Photo Credit: The Seed Vault

Planting Guide/Info: Liatris spicata 'Kobold' (Blazing Star) (gardenia.net)

Stratification Recommendation: Seeds need 30 to 60 days of cold moist stratification to break dormancy and sprout well. You can do this artificially in a fridge or naturally by planting outdoors in late fall.

Wildlife Value: “Host plants for the flower moths Schinia Gloriosa and Schinia Sanguinea.” Plants for Pollinators: Blazingstar | Xerces Society

Blazing Star [Prairie]

(Liatris pycnostachya)



Planting Guide/Info: https://www.gardenia.net/plant/liatris-pycnostachya

Stratification Recommendation: Seeds require cold, moist stratification for 30 to 60 days to break dormancy and trigger successful germination

Wildlife Value: “Host plant to 5 species of Lepidoptera larvae, including 2 specialist moths and wavy-lined emerald, three-lined flower, glorious flower and sunflower moths. It’s pollinated primarily by long-tongued bees such as honey, bumble, little carpenter, miner, and large leafcutting. Butterfly visitors include monarchs, swallowtails, painted ladies, sulfurs, and whites. Small mammals and deer sometimes eat the plant, which will likely regenerate from the corms.” https://www.leavesforwildlife.com/product-page/blazing-star-prairie-liatris-pycnostachya

Blue Mistflower

(Conoclinium coelestinum)



Photo Credit: The Seed Vault

Planting Guide/Info: Conoclinium coelestinum (Blue Mistflower)

Stratification Recommendation:) seeds require cold-moist stratification for 30 to 60 days at 35°F to 40°F

Wildlife Value: “Host plant to 13 specialist moths, including Eastern tailed-blue, hackberry emperor, American snout, and aster flowerhead caterpillar. Mistflower provides abundant nectar for monarchs, swallowtails, queens, soldiers, pearl crescents, white peacocks, little yellows, and many other butterflies. Attracts native bees and skippers.” Mistflower, Conoclinium coelestinum | Leaves for Wildlife

Bluestar [Eastern]

(Amsonia tabernaemontana var. salicifolia)



Photo Credit: gardenia.net

Planting Guide/Info: Amsonia tabernaemontana var. salicifolia (Eastern Blue Star)

Stratification Recommendation: Seeds require cold, moist stratification for 30 to 50 days

Wildlife Value:

Boneset [Common]

(Eupatorium perfoliatum)



Photo Credit: The Seed Vault

Planting Guide/Info: Eupatorium perfoliatum (Common Boneset)

Stratification Recommendation: Cold, moist stratification for 30 to 60 days

Wildlife Value: “Host plant for the Spring Azure butterfly, the Boneset Borer, and Three-lined flower moth” Boneset - Eupatorium perfoliatum | Prairie Nursery

Boneset [Late]

(Eupatorium serotinum)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Eupatorium serotinum Late Boneset | Prairie Moon Nursery

Stratification Recommendation: Seeds require a period of cold, moist stratification lasting 30 to 60 days at cold refrigerator temperatures (around 33°F to 40°F)

Wildlife Value: “Members of the Eupatorium genus host 32 different species of moths and butterflies, including the moths camouflaged looper, clymene, and ruby tiger. Three-lined flower

moths eat the flowers and seed capsules, and eupatorium borer moths feed on the roots. Many different kinds of insects find the blooms irresistible, including long- and short-tongued bees, wasps, flies, butterflies, skippers, moths, and beetles. Goldfinches, juncos, and other seed-eating birds eagerly eat the seeds in fall.

Late boneset offers both pollen and nectar, and the flowers appear in late summer and fall when few other plants are blooming. This timing coincides with the migration of the now-endangered monarch butterflies, providing important fuel for their long flights.“ Boneset, Late, Eupatorium serotinum | Leaves for Wildlife

Boneset [Tall]

(Eupatorium altissimum)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Eupatorium altissimum Tall Boneset | Prairie Moon Nursery

Stratification Recommendation: Seeds require cold-moist stratification for about 8 to 9 weeks

Wildlife Value: “*Eupatorium* hosts 32 species of Lepidoptera, including 2 specialist moths that can only feed on *Eupatorium*: three-lined flower and boneset borer moths. The nectar of the flowers attracts many kinds of insects, including long- and short-tongued bees, beewolves, wasps, flies, small butterflies, skippers, beetles, and plant bugs” Boneset, Tall, Eupatorium altissimum | Leaves for Wildlife

Brown-Eyed Susan

(Rudbeckia triloba)

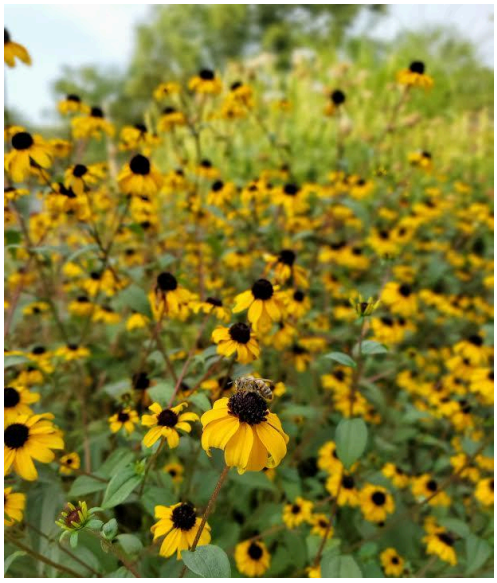


Photo Credit: The Seed Vault

Planting Guide/Info: Rudbeckia triloba 'Blackjack Gold' (Brown-Eyed Susan)

Stratification Recommendation: seeds require 30 days of cold moist stratification to break dormancy, which can be done via refrigerator chilling or winter sowing

Wildlife Value: “Host plant for 23 species of Lepidoptera larvae, including silvery checkerspot butterfly, sunflower moth, and 5 specialist moths. Attracts huge numbers of bees, small and medium butterflies, and pollinating flies. Rabbits, deer, and groundhogs may browse the plant.” Susan, Brown-Eyed, Rudbeckia triloba | Leaves for Wildlife

Butterflyweed

(Asclepias tuberosa)



Photo Credit: The Seed Vault

Planting Guide/Info: Asclepias tuberosa (Butterfly Weed) (gardenia.net)

Stratification Recommendation: Seeds require about 30 days of cold, moist stratification

Wildlife Value: “The plant is a larval host plant for monarch, gray hairstreak, queen, and milkweed tussock moth caterpillars.” Butterfly Weed — Menunkatuck Audubon Society

Cardinal Flower [AKA Red Lobelia]

(Lobelia cardinalis)



Photo Credit: Prairie Moon

Planting Guide/Info: Lobelia cardinalis Cardinal Flower | Prairie Moon Nursery

Stratification Recommendation: Seeds need 30 to 60 days of cold-moist stratification

Wildlife Value: “Large swallowtail butterflies and bees consume the nectar and pollen. Hummingbirds favor and frequently visit the flowers. Deer and rabbits tend to leave the plant alone.” Lobelia, Red, Lobelia cardinalis | Leaves for Wildlife

Catchfly [Royal]

(Silene regia)



Photo Credit: Prairie Moon

Planting Guide/Info: Silene regia Royal Catchfly | Prairie Moon Nursery

Stratification Recommendation: Seeds need about 8 to 10 weeks of cold moist stratification at temperatures around 34°F to 40°F

Wildlife Value: “The nectar attracts hummingbirds and butterflies, including several swallowtail species, and other long-tongued pollinators. Six species of Lepidoptera larvae use plants in the *Silene* genus as their host plants, including the hitched arches moth and four specialist moths: *Lacinipolia renigera* (both pictured here), *Hadena ectypa, Hadena capsularis* and *Coleophora apicialbella Braun*.” Royal Catchfly, Silene regia | Leaves for Wildlife

Clammyweed [Redwhisker]

(Polanisia dodecandra)



Photo Credit: USDA

Planting Guide/Info: USDA Plants Database Plant Profile General

Stratification Recommendation: Seeds need 30 to 60-days of cold, moist stratification.

Wildlife Value:

Cohosh [Black]

(Actaea racemosa)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: [Cimicifuga racemosa Black Cohosh | Prairie Moon Nursery]

Stratification Recommendation: Seeds require a multi-cycle stratification to break internal dormancy, specifically a warm, a cold, and another warm strat. For successful indoor stratification, expose seeds to 70°F for two weeks, move them to 40°F in a refrigerator for 90 days, and then return them to warmth for germination

Wildlife Value: “Host plant for larvae of spring blue, holly blue, and Appalachian azure butterflies. In addition to bumble bees, pollinators include sweat and leaf-cutter bees, syrphid flies, tumbling flower beetles, and longhorn beetles. Resistant to deer.” [Cohosh, Black, Actaea racemosa | Leaves for Wildlife]

Columbine [Wild Red]

(Aquilegia canadensis)



Photo Credit: The Seed Vault

Planting Guide/Info: [Columbine, Wild Red, Aquilegia canadensis | Leaves for Wildlife]

Stratification Recommendation: Seeds need 30 to 60 days of cold-moist stratification

Wildlife Value: “Host plant for 11 species of Lepidoptera larvae, including specialists columbine duskywing butterfly, wild indigo duskywing, and columbine borer. Flowers attract hummingbirds, bees, butterflies, and hawk moths. Seeds are consumed by finches and buntings. “ [Columbine, Wild Red, Aquilegia canadensis | Leaves for Wildlife]

Coneflower [Cutleaf]

(Rudbeckia laciniata)



Photo Credit: The Seed Vault

Planting Guide/Info: [Rudbeckia laciniata (Cutleaf Coneflower)]

Stratification Recommendation: Mix seeds with a moist medium like vermiculite or a damp paper towel, sealing them in a plastic bag, and refrigerating them for 6 to 8 weeks before spring planting

Wildlife Value: Butterflies,long-tongued bees, short-tongued bees, predatory wasps, butterflies, skippers, moths, and various kinds of flies are attracted to nectar from the blooms. Finches and other songbirds eat the seeds in the fall. Insects that feed on cutleaf coneflower include the leaf beetle, the aphid, the fruit fly, larvae of the gray-blotched epiblema moth, silvery checkerspot butterfly, larvae of gall flies, larvae of the sawfly and larvae of some Tortricid moths. A host plant for 23 species of Lepidoptera, including five specialist moths, and the wavy-lined emerald and common pug moths who feed on the florets. Moderately deer resistant. Coneflower, Cutleaf, Rudbeckia laciniata | Leaves for Wildlife

Coneflower [Gray-headed]

(Ratibida pinnata)



Plating Guide: Ratibida pinnata (Yellow Coneflower)

Stratification Recommendation: Seeds require 30 to 60 days of cold moist stratification

Wildlife Value: “Host plant for larvae of silvery checkerspot butterfly (pictured here with its caterpillars, which feed gregariously) and specialists sunflower, Epiblema iowana, and wavy-lined moths. Common bee pollinators include bumble, sweat, long-horned, and leafcutters. Wasps, beetles, flies, and butterflies such as Viceroy, monarch, azure, sulphur, crescent, and hairstreak also visit the flowers. Goldfinches eat the seeds.“

Coneflower [Great]

(Rudbeckia maxima)

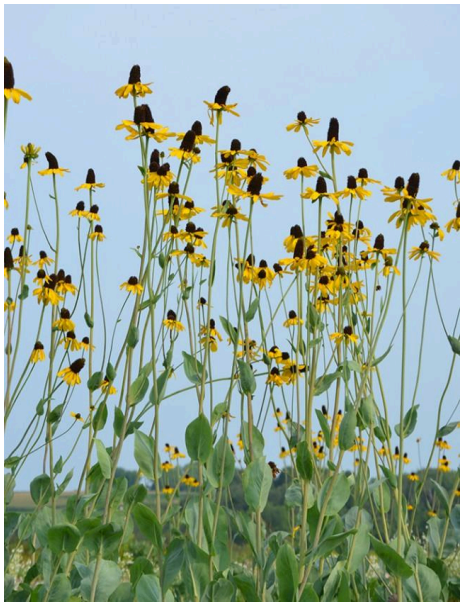


Photo Credit: Prairie Moon

Planting Guide/Info: [Rudbeckia maxima Great Coneflower | Prairie Moon Nursery]

Stratification Recommendation: a cold, moist stratification for 30 to 120 days

Wildlife Value

Coneflower [Orange]

(Rudbeckia fulgida)



Photo Credit: Marty F

Planting Guide/Info: https://www.gardenia.net/plant/rudbeckia-fulgida-american-gold-rush

Stratification Recommendation: 4 to 12 weeks of cold, moist stratification

Wildlife Value: “Host plant for larvae of gorgone checkerspot and bordered patch butterflies and 5 specialist Lepidoptera species.”
https://www.leavesforwildlife.com/product-page/susan-black-eyed-rudbeckia-hirsuta

Coneflower [Purple]

(Echinacea purpurea)



Photo Credit: The Seed Vault

Planting Guide/Info: Echinacea purpurea (Purple Coneflower)

Stratification Recommendation: Seeds do not strictly require cold stratification to germinate, but giving them 2 to 4 weeks of cold, moist treatment in a refrigerator can significantly boost and quicken their overall germination rate.

Wildlife Value: Host plant for larvae of silvery checkerspot butterfly, sunflower moth, and Epiblema iowana moth. Many varieties of bees visit the flowers, including honey, native, and leaf-cutter bees. Butterflies such as monarchs, common buckeyes, tiger swallowtails, skippers, American ladies, red admirals, and fritillaries will also feed on the nectar. The dried seed heads attract goldfinches and other birds. Coneflower, Purple, Echinacea purpurea | Leaves for Wildlife

Coreopsis [Lanceleaf]

(Coreopsis lanceolata)



Photo Credit: The Seed Vault

Planting Guide/Info: Coreopsis lanceolata (Lanceleaf Tickseed) (gardenia.net)

Stratification Recommendation: A cold-moist period of 30 to 46 days

Wildlife Value: “Larval host for Silvery Checkerspot Butterflies.” Lance-Leaf Coreopsis Plants for Your Butterfly Garden (joyfulbutterfly.com) “Coreopsis is a host plant for 6 species of Lepidoptera, including the camouflaged looper. Butterflies are regular visitors, and songbirds feed on the ripe seeds in late summer. Coreopsis, Lanceleaf, Coreopsis lanceolata | Leaves for Wildlife

Coreopsis [Plains]

(Coreopsis tinctoria)




Planting Guide/Info: Coreopsis tinctoria (Tickseed)

Stratification Recommendation: Seeds benefit from a short cold stratification period of 2 to 4 weeks, though it is not strictly required

Wildlife Value: “Host plant for 6 species of Lepidoptera larvae, including wavy-lined emerald, sunflower moth, and one specialist moth. Several hummingbird species feed on the nectar, along with many other types of pollinators. Birds eat the seeds.” Coreopsis, Plains, Coreopsis tinctoria | Leaves for Wildlife

Culver’s Root

(Veronicastrum virginicum)



Planting Guide/Info: https://www.gardenia.net/plant/veronicastrum-virginicum

Stratification Recommendation: Seeds benefit from cold, moist stratification for 30 to 90 days, though they can be surface-sown outdoors in the Fall to let winter do the work naturally.

Wildlife Value: “Host to specialist metallic coleophora moth”
https://www.leavesforwildlife.com/product-page/culver-s-root-veronicastrum-virginicum

Cup Plant

(Silphium perfoliatum)



Photo Credit: Prairie Moon

Planting Guide/Info: Silphium perfoliatum Cup Plant | Prairie Moon Nursery

Stratification Recommendation: Seeds need 60 days of moist, cold stratification and damp sand or paper towels at 32°F to 39°F before spring planting

Wildlife Value: “Short-tongued bees, wasps, and bee flies visit for pollen or nectar. Goldfinches and other birds and small mammals eat the seeds.” Cup Plant, Silphium perfoliatum | Leaves for Wildlife

Daisy [Denver]

(Rudbeckia hirta x ‘Denver Daisy’)

“A native cultivar named to honor the 150th anniversary of Denver, Colorado” Denver Daisy Black Eyed Susan, Rudbeckia | High Country Gardens



Photo Credit: The Seed Vault

Planting Guide/Info: [Rudbeckia hirta 'Denver Daisy' (Black Eyed Susan)]

Stratification Recommendation:

Wildlife Value: “Bee Friendly, Attracts Butterflies, Attracts Birds, Attracts Beneficial Insects, Deer Resistant, Cut Flowers, Dried Flowers” [Denver Daisy Black Eyed Susan, Rudbeckia | High Country Gardens]

Daisy [Shasta]

(Leucanthemum × superbum)



Photo Credit: The Seed Vault

Planting Guide/Info: Leucanthemum x superbum (Shasta Daisy) (gardenia.net)

Stratification Recommendation:

Wildlife Value: “Shasta daisy is a host plant and nectar source for many butterfly species including painted lady, cabbage white, eastern tiger swallowtail, and red admiral.” 25 Plants & Flowers That Attract Butterflies | Garden Design

Fireweed

(Epilobium angustifolium)
Status: Endangered (source: ODNR)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Fireweed | Ohio Department of Natural Resources

Stratification Recommendation:

Wildlife Value: Fireweed, Epilobium angustifolium | Leaves for Wildlife

Gentian [Closed-Bottle]

(Gentiana andrewsii)

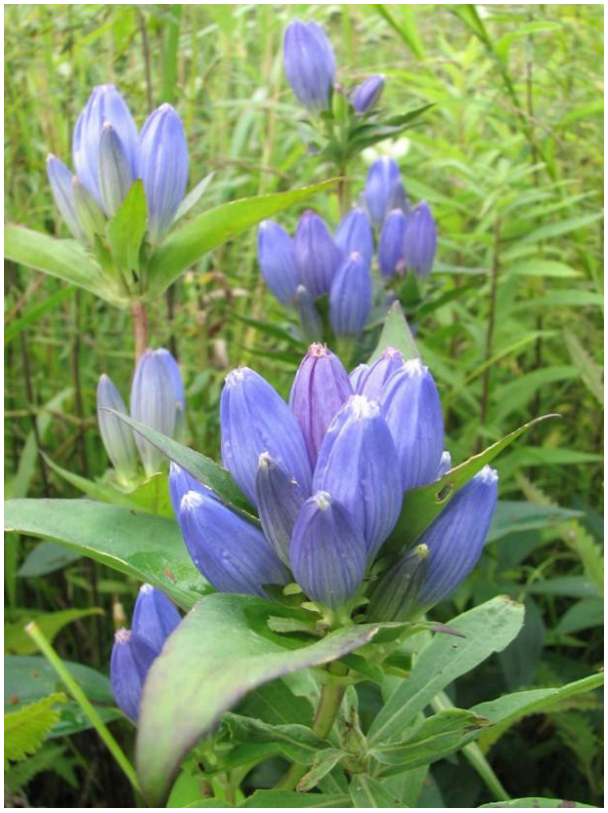


Photo Credit: Prairie Moon

Planting Guide/Info: [Gentiana andrewsii Bottle Gentian | Prairie Moon Nursery]

Stratification Recommendation:

Wildlife Value:

Golden Alexander

(Zizia aurea)



Photo Credit: The Seed Vault

Planting Guide/Info: https://www.gardenia.net/plant/zizia-aurea

Stratification Recommendation:

Wildlife Value: “A wide assortment of butterflies and bees adore this plant, and it is host plant for the caterpillars of four species of Lepidoptera, including the black swallowtail, whose caterpillar is often otherwise spotted in herb gardens munching on dill, parsley and fennel. The female mining bee is a Zizia specialist and will only eat the pollen of this plant.” https://www.leavesforwildlife.com/product-page/golden-alexanders-zizea-aurea

Goldenrod [Early]

(Solidago gigantea)



Planting Guide/Info: Solidago gigantea (Early Goldenrod)

Stratification Recommendation:

Wildlife Value: “Host plant for larvae of 122 Lepidoptera species, including 11 specialist moths, and the beautiful asteroid moth pictured here. Many songbirds, such as goldfinches and sparrows, feed on the seeds. Goldenrod provides nourishment for long-tongued and short-tongued bees, wasps, flies, butterflies, moths, and beetles. Adult goldenrod stowaway moths like to hide in the flowers.” Goldenrod, Early, Solidago juncea | Leaves for Wildlife

Goldenrod [Old Field]

(Solidago nemoralis)



Photo Credit: Prairie Moon

Planting Guide/Info: Solidago nemoralis Old Field Goldenrod | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value

Goldenrod [Riddell's]

(Oligoneuron riddellii)



Photo Credit: Prairie Moon

Planting Guide/Info: Oligoneuron riddellii Riddell's Goldenrod | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Many adult and insect larvae feed on goldenrods, and they also provide nectar and pollen for honey bees and a multitude of native bees, including long- and short-tongued bees, bumble bees, carpenter bees, Halictid bees, and andrenid bees. Wasps, flies, and beetles also visit, and finches, indigo buntings, juncos, and sparrows feed on the seeds. Goldenrod, Riddell's, Oligoneuron riddellii | Leaves for Wildlife

Goldenrod [Showy]

(Solidago speciosa)



Planting Guide/Info:Solidago speciosa (Showy Goldenrod)

Stratification Recommendation:

Wildlife Value: “122 butterflies and moths use goldenrods as a caterpillar host plant, including wavy-lined emerald, brown-hooded owlet, and asteroid moths. Attracts numerous species of lepidoptera, including monarchs as they prepare for migration. Its showy blooms support honey bees and native bees, including andrena bees, perdita bees (rare), long-horned bees, spine-shouldered cellophane bees, and goldenrod cellophane bees. Songbirds eat the seeds. Goldenrods’ abundant pollinators increase biodiversity by attracting numerous predators, including praying mantis, assassin bugs, and spiders.” Goldenrod, Showy, Solidago speciosa | Leaves for Wildlife

Goldenrod [Stiff-Leaved]

(Solidago rigida)



Photo Credit: prairienursery.com

Planting Guide/Info: [Stiff Goldenrod - Solidago rigida | Prairie Nursery]

Stratification Recommendation:

Wildlife Value: “Attracts a wide variety of wildlife and hosts 122 species of lepidoptera larvae, including brown-hooded owlet moth, asteroid moth, and wavy-lined emerald moth. An important source of nectar for many pollinators, the flowers are a favorite of Monarch butterflies as they prepare for fall migration. Other visitors include long-tongued bees, short-tongued bees, wasps, flies, butterflies, and beetles. Insects that are known to feed on stiff-leaved goldenrod, specifically, include larvae of black blister gall midge, twirler moth, and marked tricholita. Praying mantis, assassin bugs, and spiders are just a few of the many predators that can be found taking advantage of the bounty of insects that feed on goldenrods. Deer, rabbits, and muskrats eat this plant during the early stages of growth. Prairie chicken and song birds eat the seeds.” [Goldenrod, Stiff-Leaved, Solidago rigida | Leaves for Wildlife]

Goldenrod [Sweet]

(Solidago odora)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: [Solidago odora Sweet Goldenrod | Prairie Moon Nursery]

Stratification Recommendation:

Wildlife Value: “Goldenrods are the food source for the larval form (caterpillars) of 122 species of Lepidoptera, including brown-hooded owlet, asteroid, and wavy-lined emerald moths, and at least 13 specialist moths. Honey and native bees, wasps, beetles, and butterflies flock to the blooms for copious amounts of nectar and sticky pollen. Beneficial predators follow, including spiders, dragonflies, birds, and lady beetles. Goldfinches and sparrows eat the seeds.” [Goldenrod, Sweet, Solidago odora | Leaves for Wildlife]

Goldenrod [Wrinkle-leaf]

(Solidago rugosa)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: [Solidago rugosa Wrinkle-leaf Goldenrod | Prairie Moon Nursery]

Stratification Recommendation:

Wildlife Value “Host plant for 122 Lepidoptera larvae, including brown-hooded owlet and goldenrod owlet moths.. Other visitors are long- and short-tongued bees, wasps, flies, beetles, and butterflies. Around 50 species of insect larvae feed on the stem of goldenrod species. Woodpeckers and chickadees peck open the insect galls to eat the larvae. Praying mantises and other predators feed on the many insects, and indigo bunting, swamp sparrows, goldfinches, ruffed grouses, and other birds enjoy consuming the seeds.” Goldenrod, Wrinkle-leaf, Solidago rugosa | Leaves for Wildlife

Grass [Blue-Eyed]

(Sisyrinchium angustifolium)

Note: This is a hardy, perennial wildflower in the iris family, not a true grass



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Sisyrinchium angustifolium Stout Blue-eyed Grass | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Blue azures and other spring butterflies visit the plant for nectar and pollen. Other visitors include bumble bees, sweat bees, bee flies, and syrphid flies. Songbirds eat the seeds. Deer avoid eating the foliage.“ Grass, Blue-Eyed, Sisyrinchium angustifolium | Leaves for Wildlife

Hibiscus [Halberd-Leaved, AKA Rose Mallow]

(Hibiscus laevis)



Photo Credit: Arcadia Natives

Planting Guide/Info: Hibiscus laevis, Smooth Rose Mallow – Arcadia Natives

Stratification Recommendation:

Wildlife Value: ”Host plant for 23 species of Lepidoptera larvae, including spiny oak-slug moth and 7 specialists (one with the highly descriptive name of "exposed bird-dropping moth"). Attracts hummingbirds, butterflies, and bees.” Hibiscus, Halberd-Leaved, Hibiscus laevis | Leaves for Wildlife

Hibiscus [Hardy. AKA Rose Mallow]

(Hibiscus moscheutos)



Planting Guide/Info: Hibiscus moscheutos (Hardy Hibiscus): All You Need To Know

Stratification Recommendation:

Wildlife Value: “Wild hibiscus is a host plant to 24 species of Lepidoptera larvae, including gray hairstreak (feeds on developing seeds) and painted lady butterflies, Io and spiny oak-slug moths, and the delightfully named "exposed bird-dropping" moth.” Hibscus, Hardy, Hibiscus moscheutos | Leaves for Wildlife

Hyssop [Anise]

(Agastache foeniculum)



Photo Credit: The Seed Vault

Planting Guide/Info: [How to Grow and Care for Anise Hyssop (thespruce.com)]

Stratification Recommendation:

Wildlife Value: “A host plant for 3 species of Lepidoptera larvae, including Radcliffe’s dagger moth” [Hyssop, Anise, Agastache foeniculum | Leaves for Wildlife]

Hyssop [Giant Yellow]

(Agastache nepetoides)



Photo Credit: Fruition Seeds

Planting Guide/Info:

Stratification Recommendation:

Wildlife Value: “Host plant for larvae of splendid brass looper, *Anstenoptilia marmarodactyla,* and Radcliffe's dagger moth. This plant's copious foliage attracts predatory insects that feed upon pest insects.” [Hyssop, Yellow Giant, Agastache nepetoides | Leaves for Wildlife]

Indigo [Blue False]

(Baptisia australis)



Photo Credit: Ernst Seeds

Planting Guide/Info: https://www.gardenia.net/plant/baptisia-australis-false-indigo

Stratification Recommendation:

Wildlife Value: “Baptisia hosts the larvae of 23 species of Lepidoptera, including wild indigo duskywing, eastern-tailed blue, clouded sulphur, and marine blue butterflies. Bumble bees are primary pollinators, perhaps because they are heavy enough to open the bottom petals of the flowers. Deer and pests tend to leave the plant alone, although ash-gray blister beetles feed on the flowers and develop seed pods.”
https://www.leavesforwildlife.com/product-page/indigo-blue-false-baptisia-australis

Indigo [False White aka Wild]

(Baptisia alba)



Photo Credit: David Benda

Planting Guide/Info: White Wild Indigo

Stratification Recommendation:

Wildlife Value: “Host to hoary edge, frosted elfin, and wild indigo duskywing and zarucco duskywing butterflies. Pollinated by native and bumble bees. Deer avoid browsing the plant.” Indigo, White False, Baptisia Alba | Leaves for Wildlife

Iris [Northern Blue Flag]

(Iris versicolor)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Iris versicolor (Blue Flag)

Stratification Recommendation:

Wildlife Value: “Blue flag irises are a host plant for 13 species of Lepidoptera larvae, including the beautiful Virginia ctenucha moth. Hummingbirds also find these flowers attractive.” Iris, Northern Blue Flag, Iris versicolor | Leaves for Wildlife

Ironweed [Common/Prairie]

(Vernonia fasciculata)



Photo Credit: Prairie Moon

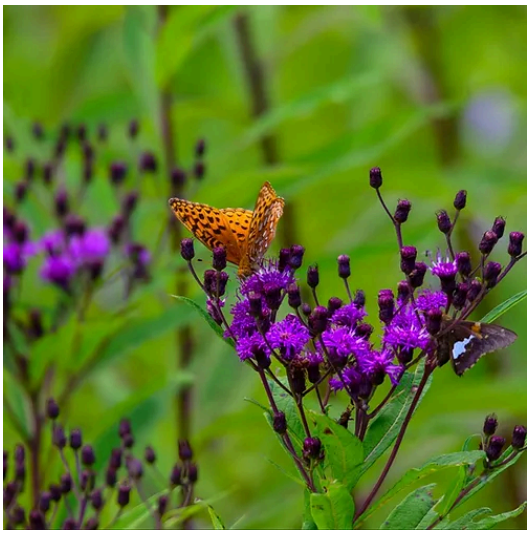
Planting Guide/Info: Vernonia fasciculata Common Ironweed | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value:

Ironweed [Giant]

(Vernonia gigantea)



Planting Guide/Info: [Vernonia gigantea (Giant Ironweed)]

Stratification Recommendation:

Wildlife Value: “The caterpillars of 22 species of moths and butterflies feed on ironweed species, including Parthenice tiger moth, and ironweed borer moth. Other insect feeders include the larvae of midges, which form galls on the buds and flowerheads, four-spotted tree cricket and short-winged meadow katydid.” [Ironweed, Tall, Vernonia gigantea | Leaves for Wildlife]

Jewelweed [Spotted]

(Impatiens capensis)



Photo Credit: TNC/Danae Wolfe

Planting Guide/Info: “A self-seeding annual, jewelweed typically grows two to five feet in height. It has weak, watery stems and alternately-arranged, oval-shaped leaves with toothed margins. Seedlings sprout in early spring and reach maximum size by August. Flowering begins in mid-summer and continues until frost kills the plant. The fruit is an elongated capsule, which, when ripe, bursts open at the slightest touch.” Jewelweed

Stratification Recommendation:

Wildlife Value: “It is one of the few native North American plants that has been shown to compete successfully against garlic mustard (*Alliaria petiolata*), which is a non-native invasive weed that threatens many eastern North American forests.” Source: Jewelweed

Fun Fact: The common name, Spotted Touch-me-not, is a reference to the seed pods popping open at a touch, a characteristic which also explains two other common names, Snapweed and Spotted Snap Weed

Joe-Pye [Hollow/Trumpetweed]

(Eutrochium fistulosum)



Planting Guide/Info: [Eutrochium fistulosum (Joe-Pye Weed)]

Stratification Recommendation:

Wildlife Value: “Host plant for 32 species of Lepidoptera larvae, including wavy-lined emerald moth, clymene moth, and red-humped caterpillar moth. It supports the caterpillars of pearl crescent butterflies, whose northern flights occur only from April through November. Seed heads provide fluff for winter nests and food for birds.” [Joe-Pye Weed, Hollow, Eutrochium fistulosum | Leaves for Wildlife]

Joe-Pye [Phantom/Dwarf]

(Eutrochium x ‘phantom’)



Photo Credit: Milan Havlis

Planting Guide/Info: Eupatorium [Eutrochium] x 'Phantom' #2 ('Phantom' Dwarf Joe Pye) - Scioto Gardens Nursery

Stratification Recommendation:

Wildlife Value: " Flowers attract bees, butterflies, and other winged insect, and provide them with plenty of food late in the season when not many flowers bloom." Eutrochium (eupatorium) 'PHANTOM' Joe Pye weed - Havlis.cz

Joe-Pye [Spotted]

(Eutrochium maculatum)



Planting Guide/Info: Eupatorium maculatum (Atropurpureum Group) 'Gateway' (Joe-Pye Weed)

Stratification Recommendation:

Wildlife Value:"Spotted Joe-pye weed is a host plant for 32 species of Lepidoptera, including boneset borer moth, and clymene moth. It is highly attractive to many pollinators, including honey bees, bumble bees, long-horned bees, cuckoo bees, leaf cutter bees, the threatened rusty patched bumble bee, bee flies, butterflies, skippers, and moths. Leaf beetles feed on the plant, and an uncommon aphid, Aphis vernoniae, sucks the plant's juices. Swamp sparrows will often feed on the seeds. The foliage may be browsed upon by deer, rabbits, or livestock." Joe-Pye, Spotted, Eutrochium maculatum | Leaves for Wildlife

Joe-Pye [Sweet]

(Eutrochium purpureum)



Planting Guide/Info: Eutrochium purpureum (Sweet-Scented Joe-Pye Weed)

Stratification Recommendation:

Wildlife Value: “Joe-Pye is a host plant for the larvae of 32 species of Lepidoptera, including four moth specialists that rely completely on plants in the Eupatorium family: eupatorium borer (no photo available), boneset borer, three-lined borer, tricose dart and slender flower moths. Sweet Joe-pye’s nectar attracts bumblebees, miner bees, leaf cutter bees, skippers, and a large number of butterflies, including American painted lady, cloudless sulpher, little glassy wing skipper, monarchs, tiger swallowtail, and zabulon skipper. Other insects that feed on the plant include leaf beetles, hoppers, and special aphids. Several smaller species of birds eat the seeds, and deer and rabbits browse on the tender leaves and stalks.” Joe-Pye, Sweet, Eutrochium purpureum | Leaves for Wildlife

Larkspur [Tall Blue]

(Delphinium grandiflorum)



Planting Guide/Info: Delphinium grandiflorum 'Summer Nights'

Stratification Recommendation:

Wildlife Value: “The flowers are attractive to bees, butterflies, as well as hummingbirds and bees” (source: [Delphinium grandiflorum 'Blue Butterfly' (Blue Butterfly Larkspur, Dwarf Larkspur, Siberian Larkspur) | North Carolina Extension Gardener Plant Toolbox](#)**)**

Lobelia [Great Blue]

(Lobelia siphilitica)



Photo Credit: The Seed Vault

Planting Guide/Info: https://www.gardenia.net/plant/lobelia-siphilitica-great-blue-lobelia

Stratification Recommendation:

Wildlife Value: “A host plant for 5 species of Lepidoptera larvae in central Ohio, including the pink-washed looper, greater black-letter dart, and red-banded leafroller moths. Nectar and pollen attract halictid and other bees, hummingbirds, and large butterflies.” https://www.leavesforwildlife.com/product-page/great-blue-lobelia-lobelia-siphilitica

Lyreleaf Sage

(Salvia lyrata)



Photo credit: Mary Salinas

Planting Guide/Info: [Florida Wildflowers: Lyreleaf Sage | Gardening in the Panhandle]

Stratification Recommendation:

Wildlife Value: “Host plant for 8 species of Lepidoptera larvae, including wavy-lined emerald and hermit sphinx moths. Visiting bees may include carpenter, leaf-cutting, and mason. Mourning doves and other birds eat the nutlet” [Sage, Lyre Leaf, Salvia lyrata | Leaves for Wildlife]

Marigolds [French]

(Tagetes patula)



Photo Credit: The Seed Vault

Planting Guide/Info: Tagetes patula (French Marigold)

Stratification Recommendation:

Wildlife Value: Supports and attracts pollinators. Personally, I have seen lots of bees and Zebra Swallowtails on mine in the garden

Mexican Sunflower

(Tithonia rotundifolia)



Photo Credit: Marty F

Planting Guide/Info: Mexican Sunflower (Tithonia rotundifolia) (gardenia.net)

Stratification Recommendation:

Wildlife Value: Nectar supports and attracts pollinators, butterflies and hummingbirds

Milkweed [Common]

(Asclepias syriaca)



Photo Credit: The Seed Vault

Planting Guide/Info: Asclepias syriaca (Common Milkweed) (gardenia.net)

Stratification Recommendation:

Wildlife Value: “Milkweed is the sole host plant to the monarch butterfly's caterpillar, but keeping milkweed as part of our landscape is important to more than just monarch butterflies.” Milkweed - For More Than Monarch Butterflies | U.S. Fish & Wildlife Service (fws.gov)

Milkweed [Swamp]

(Asclepias incarnata)



Photo Credit: The Seed Vault

Planting Guide/Info: Asclepias incarnata 'Cinderella' (Swamp Milkweed) (gardenia.net)

Stratification Recommendation:

Wildlife Value: “Host plant to Monarch and Queen butterfly caterpillars.” Swamp Milkweed Plants Bring Monarch Butterflies to Your Garden! (joyfulbutterfly.com)

Monkey Flower [Allegheny]

(Mimulus ringens)



Photo Credit: American Meadows

Planting Guide/Info: Mimulus ringens (Allegheny Monkey Flower)

Stratification Recommendation:

Wildlife Value: “Host plant to larvae of 5 Lepidoptera species, including common buckeye, Baltimore checkerspot, and chalcedony midget moth. Pollinated by bumble bees, which are one of the few insects strong enough to force their way into the partially closed throat of the corolla. Larger plants provide cover for wildlife.” Monkeyflower, Allegheny, Mimulus ringens | Leaves for Wildlife

Mountain Mint [Clustered]

(Pycnanthemum muticum)



Photo Credit: Prairie Moon

Planting Guide/Info: Pycnanthemum muticum Clustered Mountain Mint | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Mountain mints are a host plant for 5 species of caterpillars, including the hermit sphinx and tobacco budworm moths.” Mint, Clustered Mountain, Pycnanthemum muticum | Leaves for Wildlife

Mountain Mint [Slender]

(Pycnanthemum tenuifolium)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Pycnanthemum tenuifolium Slender Mountain Mint | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Host plant to 5 species of Lepidoptera larvae. Bees and butterflies flock to the flowers. Numerous species of wildlife eat the seeds.” Mint, Slender Mountain, Pycnanthemum tenuifolium | Leaves for Wildlife

Mountain Mint [Virginia]

(Pycnanthemum virginianum)



Planting Guide/Info: Pycnanthemum virginianum (Virginia Mountain Mint)

Wildlife Value: “The flowers are visited by butterflies such as crescent and banded hairstreak. The abundant nectar attracts many species of bees, including honey, cuckoo, green sweat, small resin, bumble, and yellow-faced. Visiting wasps include great golden digger, great black wasp, cuckoo, bee wolves, grass-carrying, thread-waisted, and potter pearl. Mountain mints are a host plant for 5 species of caterpillars, including the hermit sphinx and tobacco budworm moths” Mint, Virginia Mountain, Pycnanthemum virginianum | Leaves for Wildlife

Nodding Onion [Lady's Leek]

(Allium cernuum)



Photo Credit: The Seed Vault

Planting Guide/Info: https://www.gardenia.net/plant/allium-cernuum-lady-s-leek

Stratification Recommendation:

Wildlife Value: "Host plant for larvae of hairstreak butterflies. Nectar and pollen attract hummingbirds; butterflies; and honey, bumble, and sweat bees. Squirrels eat the bulbs and deer graze the early-spring foliage"
https://www.leavesforwildlife.com/product-page/nodding-onion-allium-cernuum

Obedient Plant

(Physostegia virginiana)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Obedient Plant, Physostegia virginiana | Leaves for Wildlife

Stratification Recommendation:

Wildlife Value: “It attracts bees, butterflies, and hummingbirds.” Obedient Plant, Physostegia virginiana | Leaves for Wildlife

Partridge Pea

(Chamaecrista fasciculata)



Planting Guide/Info: Chamaecrista fasciculata (Partridge Pea)

Stratification Recommendation:

Wildlife Value: “Host plant for 7 species of Lepidoptera larvae in central Ohio, including the Io moth, gray hairstreak butterfly and 4 specialists that can only feed on plants in the Chamaecrista genus. Honey, bumble, and other long-tongued bees are the primary pollinators. The nectaries attract a different group of insects, including halictid bees, wasps, flies, and ants. Colonies of this plant provide valuable cover for ground-nesting birds. The seeds are an important winter food source for small mammals, songbirds; turkey, quail, grouse and other game birds.” Pea, Partridge, Chamaecrista fasciculata | Leaves for Wildlife

Passionflower [Maypop]

(Passiflora incarnata)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: SPREADER. Will take over small spaces. [Maypop (Passiflora incarnata): Benefits, Uses, Growing Tips]

Stratification Recommendation:

Wildlife Value: “Host plant to 4 species of Lepidoptera larvae in central Ohio: variegated fritillary butterfly, Smith’s dart, subterranean dart, and plebian sphinx moths. Butterflies, bees, moths, bats, and hummingbirds visit for nectar and pollen.” [Passionflower, Purple, Passiflora incarnata | Leaves for Wildlife]

Penstemon [Calico & Smooth] Mix (AKA Foxglove Beardtongue)

(Penstemon calycosus &)

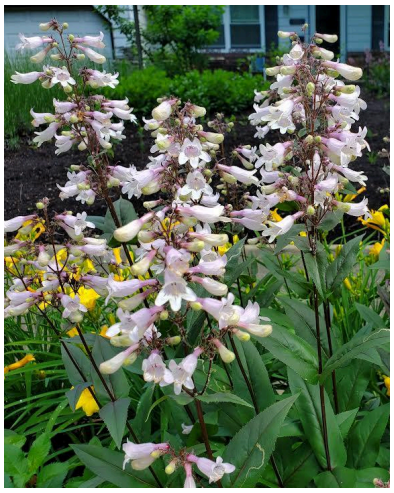




Photo Credit: The Seed Vault

Planting Guide/Info:

Stratification Recommendation:

Wildlife Value:

Penstemon [Smooth]

[

(Penstemon)

Planting Guide/Info: https://www.gardenia.net/plant/penstemon-digitalis

Stratification Recommendation:

Wildlife Value: “ The *Penstemon* genus is host to 10 species of Lepidoptera larvae, including the Baltimore, Arachne, and chalcedon checkerspot butterflies. Members of the genus *Penstemon* support the following specialized bee: Osmia (Melanosmia) distincta.The larvae of several small moth species feed on the seeds. Primary pollinators are bumble bees, mason bees, and leafcutter bees. Song birds occasionally eat the seeds, and deer and rabbits may browse the young foliage.”
https://www.leavesforwildlife.com/product-page/penstemon-foxglove-penstemon-digitalis

Petunia [Wild/Hairy]

(Ruellia humilis)



Photo Credit: Sugar Creek Gardens

Planting Guide/Info: Ruellia humilis Wild Petunia | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “When in flower, Wild Pentunia attracts a wide variety of insect pollinators, but the lavender blooms are especially attractive to long tongued bees and butterflies. It is also a host plant for the Common Buckeye butterfly.” Ruellia humilis Wild Petunia | Prairie Moon Nursery

Prairie Dock

(Silphium terebinthinaceum)



Planting Guide/Info: Silphium terebinthinaceum (Prairie Dock)

Stratification Recommendation:

Wildlife Value: “Host to 6 species of Lepidoptera larvae, including wild indigo borer and 5 specialist beetles and wasps. Primarily pollinated by native and honey bees. Hummingbirds, butterflies, and bee flies also visit. Goldfinches and other birds eat the seeds. Rabbits avoid the sandpapery foliage.” Dock, Prairie, Silphium terebinthinaceum | Leaves for Wildlife

Prairie Smoke

(Geum triflorum)



Photo Credit: Prairie Moon

Planting Guide/Info: Geum triflorum Prairie Smoke | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Prairie smoke offers significant wildlife value by supporting pollinators, promoting biodiversity, and providing cover for small animals. Its early spring blooms are particularly beneficial to overwintered bumble bee queens, according to the Xerces Society for Invertebrate Conservation. The plant's unique structure also contributes to ecosystem health by stabilizing soil and resisting erosion” Prairie Smoke, Geum triflorum | Leaves for Wildlife

Primrose [Oakes’ Evening]

(Oenothera biennis)

Status: Rare (source: ODNR)



Photo Credit: Nature and Nurturer Seeds

Planting Guide/Info: Oakes’ Evening-primrose | Ohio Department of Natural Resources

Stratification Recommendation:

Wildlife Value: “Moths are the most important pollinator of the flowers, particularly Sphinx moths. Other visitors include hummingbirds, honeybees, bumblebees, and primrose miner bee. In central Ohio, the caterpillars of 15 species of some of our showiest moths feed on the foliage. This includes the stunning primrose moth, and other beauties such as pearly wood nymph, white-lined sphinx, grape leaffolder, arge tiger, nessus sphinx and primrose cochylid moths. Various beetles feed on the foliage and the seeds are eaten by goldfinches. “ Evening Primrose, Oenothera biennis | Leaves for Wildlife

Queen of the Prairie

(Filipendula rubra)



Photo Credit: Marty F

Planting Guide/Info: https://www.gardenia.net/plant/filipendula-rubra

Stratification Recommendation:

Wildlife Value:
https://www.leavesforwildlife.com/product-page/queen-of-the-prairie-filipendula-rubra

Rattlesnake Master

(Eryngium yuccifolium)
Status: Rare (source: ODNR)



Photo Credit: The Seed Vault

Planting Guide/Info: Eryngium yuccifolium (Rattlesnake Master)

Stratification Recommendation:

Wildlife Value: “Host plant to 5 species of Lepidoptera larvae, including the black swallowtail shown here, celery leaftier, and Hawaiian beet webworm. Wasps are primary pollinators, while long- and short-tongued bees, flies, beetles, and monarchs, skippers, and other butterflies visit the flower heads for nectar. Soldier beetles eat the pollen, and some bees collect pollen for their broods. The coarse foliage and prickly flower heads are not popular with mammals” Rattlesnake Master, Eryngium yuccifolium | Leaves for Wildlife

Rue [Purple Meadow]

(Thalictrum dasycarpum)



Photo Credit: R.W. Smith

Planting Guide/Info: Thalictrum dasycarpum (Purple meadow-rue) | Native Plants of North America

Stratification Recommendation:

Wildlife Value: “There are a select few insect species that feed on this plant, including some aphids and caterpillars of certain moths. White-Tailed Deer browse the foliage sparingly. This species is currently being researched, because its seeds are one of the best sources of

thalicarpine, a chemical with cancer-controlling properties. Researchers are looking into the use of thalicarpine for leukemia and ovarian cancer." Wild Ones Purple-Meadow-Rue.pdf

Skullcap [Downy/Hoary]

(Scutellaria incana)



Photo Credit: The Seed Vault

Planting Guide/Info: Scutellaria incana (Downy Skullcap)

Stratification Recommendation:

Wildlife Value: "Pollinated primarily by bumble bees; other visitors include small carpenter (they nest in stems, not your house) and halictid bees, bee flies, butterflies, skippers, and wasps." Skullcap, Downy, Scutellaria incana | Leaves for Wildlife

Snapdragons [Assorted Colors]

(Antirrhinum majus)

NOT Ohio Invasive look-alike Yellow Toadflax (Linaria vulgaris)



Planting Guide: https://www.thespruce.com/growing-and-caring-for-snapdragons-1402915

Stratification Recommendation:

Wildlife Value: After they became naturalized here, they ended up being an additional host plant for the Common Buckeye Butterfly (source: Ohio Department of Natural Resources Division of Wildlife)

Note: Snapdragons are not native to Ohio, but not invasive either. Be careful of Invasive look-alike Yellow Toadflax (Linaria vulgaris). These look very similar to Snapdragons, but are different

Solomon's Seal

(Polygonatum biflorum)

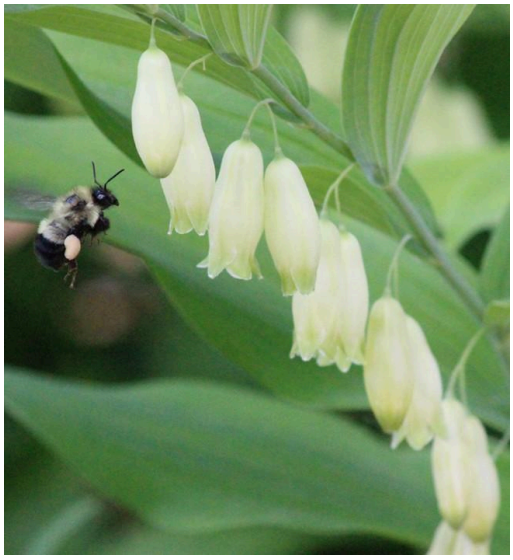


Photo Credit: Prairie Moon

Planting Guide/Info: Polygonatum biflorum Solomon's Seal | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value:

Standing Cypress

(Ipomopsis rubra)



Photo Credit: Marty F

Planting Guide/Info: [Ipomopsis rubra (Standing Cypress)]

Stratification Recommendation:

Wildlife Value: “Attracts hummingbirds and other pollinators. Deer resistant.” [Standing Cypress, Ipomopsis rubra | Leaves for Wildlife]

Sunflower [Ashy/Downy]

(Helianthus mollis)



Photo Credit: gardenia.net

Planting Guide: Helianthus mollis (Ashy Sunflower)

Stratification Recommendation:

Wildlife Value: “Sunflowers are a keystone plant, hosting 76 species of Lepidoptera larvae, including the gorgone checkerspot butterfly and white-marked tussock moth. Twelve specialist species can only feed on *Helianthus*, including the frothy and banded sunflower moths. An additional feeder, sunflower head-clipping weevil, may cause flower heads to droop and fall off. Sunflowers are primarily pollinated by bees and are a popular late-season source of pollen for bumble, mining, leafcutting, green metallic, cuckoo, and other halictid bees. Butterflies and bee flies also visit the flowers.

At least 20 species of gamebirds and songbirds devour the seeds in autumn and winter. Gophers, rabbits, deer, and squirrels also feed on the foliage and other plant parts.” Sunflower, Downy, Helianthus mollis | Leaves for Wildlife

Sunflower [Sawtooth]

(Helianthus grosseserratus)



Photo Credit: Avant Gardens

Planting Guide/Info: [Sunflower, Sawtooth, Helianthus grosseserratus | Leaves for Wildlife]

Stratification Recommendation:

Wildlife Value: “Like other sunflowers, sawtooth is a native perennial herb with high wildlife value, hosting over 70 types of caterpillars, including the silvery and gorgone checkerspot butterflies, rustic sphinx and Isabella tiger moths, plus at least 11 specialist moths. Its nectar and pollen attract bees, butterflies, moths, and other pollinators. Long-tongued bees such as honey, bumble, and cuckoo are especially attracted to sawtooth. Other insect visitors include syrphid flies, bee flies, butterflies, moths, and beetles. Many additional insects feed on the foliage, plant juices, pith of stems, and developing seeds.

Sunflower seeds are a favorite for upland game birds and songbirds that help spread the seeds, including bobwhite, mourning dove, redwing blackbird, and American goldfinch. Small mammals feed on smaller plants, and deer browse on the taller plants” [Sunflower, Sawtooth, Helianthus grosseserratus | Leaves for Wildlife]

Thimbleweed [Tall]

(Anemone virginiana)



Photo Credit: Prairie Moon

Planting Guide/Info: Anemone virginiana Tall Thimbleweed | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: Host plant for larvae of veiled ear moth and one-lined sparganothis. Native bees and hoverflies visit the flowers." Anemone, Virginia, Anemone virginiana | Leaves for Wildlife

Vervain [Blue]

(Verbena hastata)



Photo Credit: The Seed Vault

Planting Guide/Info: Verbena hastata (American Blue Vervain) (gardenia.net)

Stratification Recommendation:

Wildlife Value: It is the host plant for "the caterpillars of the verbena moth feed on the leaves and it is the larval host for the common buckeye butterfly" Blue Vervain (Verbena hastata) Plant Fact Sheet (westernnativeseed.com)

Vervain [Hoary]

(Verbena stricta)



Planting Guide/Info: [Verbena stricta (Hoary Vervain)]

Stratification Recommendation:

Wildlife Value: “Hoary Vervain (*Verbena stricta*) is a hardy native wildflower that brings both beauty and ecological benefits to the garden. As a host plant for the Common Buckeye butterfly (*Junonia coenia*), it plays an essential role in supporting butterfly populations. Its tall, upright growth and striking lavender flower spikes provide a long-lasting nectar source for a variety of pollinators throughout the summer. This short-lived perennial thrives in full sun and adapts well to a range of soil types, including dry, sandy, or clay soils, making it an excellent choice for low-maintenance, drought-tolerant landscapes. Additionally, its seeds offer food for small mammals and birds, while its bitter foliage deters deer, adding to its appeal as a resilient and wildlife-friendly plant.” [Hoary Vervain Plants for Buckeye Butterflies and More!]

Violet [Common]

(Viola sororia)



Photo Credit: The Seed Vault

Planting Guide/Info: https://www.gardenia.net/plant/viola-sororia-common-blue-violet

Stratification Recommendation:

Wildlife Value: “Violets are a host plant for 29 species of Lepidoptera larvae, including the moths giant leopard, the beggar, and large yellow underwing and several of our fritillary butterflies.

Early native bees and flies glean nectar from the flowers. Small mammals and birds such as wild turkeys, bobwhites, grouses, juncos, and mourning doves eat the seeds. Rabbits occasionally browse the leaves”
https://www.leavesforwildlife.com/product-page/violet-common-viola-sororia

White Snakeroot

(Ageratina altissima)



Planting Guide/Info: Ageratina altissima (White Snakeroot) (gardenia.net)

Stratification Recommendation:

Wildlife Value: Supports pollinators and “A larval host plant for the caterpillars of clymene moth, Leucospilapteryx venustella, dusky groundling, and hitched arches.” Source white snakeroot Ageratina altissima from New England Wild Flower Society (nativeplanttrust.org)

Wild Quinine

(Parthenium integrifolium)



Photo Credit: Prairie Moon

Planting Guide/Info: Parthenium integrifolium Wild Quinine | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value

Wild Senna

(Senna hebecarpa)



Photo Credit: Prairie Moon

Planting Guide/Info: Senna hebecarpa Wild Senna | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Pollen attracts bumble bees, and Insects such as ladybird beetles, ants, and flies consume the nectar of the glands found at the base of the petioles because the flowers are nectarless. Long brown seed pods feed turkeys and small mammals. The seeds may be eaten by some upland game birds, especially bobwhites.” Senna, American, Senna hebecarpa | Leaves for Wildlife

Wingstem

(Verbesina alternifolia)



Photo Credit: Katja Schulz (bplant.org)

Planting Guide/Info: Senna hebecarpa Wild Senna | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Wingstem is a host plant to 17 species of Lepidoptera larvae, including silvery checkerspot and specialists gold moth and goldenrod stowaway. Long-tongued insects are especially well adapted to drinking nectar from the tubular disk flowers. Bees drink the nectar and eat the pollen, collecting additional pollen to feed their young.” Wingstem, Verbesina alternifolia | Leaves for Wildlife

Yarrow [Common - Island Pink]

(Achillea millefolium 'Island Pink')

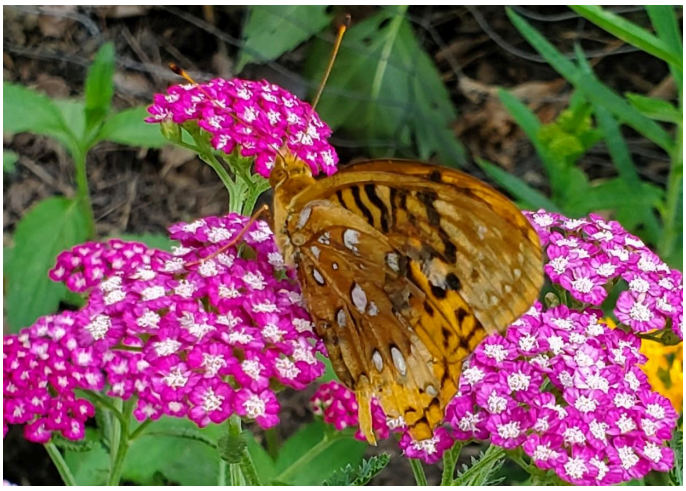


Photo Credit: The Seed Vault

Planting Guide/Info: Achillea millefolium New Vintage Violet (Yarrow)

Stratification Recommendation:

Wildlife Value: “It is an excellent host plant for pollinators and butterflies “ Source: Ohio Division of Natural Areas and Preserves

Yellow Helen

(Helenium autumnale)



Photo Credit: Leaves For Wildlife

Planting Guide/Info: Helenium autumnale (Sneezeweed)

Stratification Recommendation:

Wildlife Value “Host plant for 7 Lepidoptera larvae, including blackberry looper moth, white-dotted groundling, and the cobbler moth. **Caution:** All parts of the plant are toxic if eaten in large quantities.” Yellow Helen, Helenium autumnale | Leaves for Wildlife

Grasses

Bluestem [Big]

(Andropogon gerardii)



Planting Guide/Info: [Andropogon gerardii (Big Bluestem)]

Stratification Recommendation:

Wildlife Value: “Big bluestem hosts 14 species of Lepidoptera larvae, including the common wood nymph butterfly pictured first, a specialist whose caterpillars feed exclusively on big bluestem. At least 4 species of skippers can feed on only big bluestem and little bluestem plants. These are cobweb, dusted, crossline and swarthy skippers. Big bluestem is an important food source for many grasshoppers. The seeds are eaten by bluebirds, sparrows and other songbirds. This grass is known to provide coverage for dozens of songbirds and is favored as a nesting site for ground birds such as wrens.” [Grass, Bluestem, Big, Andropogon gerardi | Leaves for Wildlife]

Bluestem [Little]

(Schizachyrium scoparium)



Photo Credit:

Planting Guide/Info: [Little Bluestem 'The Blues' (Schizachyrium scoparium)]

Stratification Recommendation:

Wildlife Value: “Many types of grasshoppers, spittlebugs, leafhoppers, beetles, and other insects eat the vegetation. Bluebirds and other bird species and small mammals eat the seeds in winter.” Grass, Bluestem, Little, Schizachyrium scoparium | Leaves for Wildlife

Host plant for fireflies. “Great native grass choices include Pennsylvania sedge (Carex pensylvanica), one of the earliest-blooming sedges in the spring; and Little Bluestem (Schizachyrium scoparium), often grown as an ornamental, in part due to the attractive bronze color of its leaves in autumn” How to Support Fireflies in Your Yard | Extension

Indiangrass

(Sorghastrum nutans)



Planting Guide/Info: Sorghastrum nutans (Indian Grass)

Stratification Recommendation:

Wildlife Value: Lightning bug host plant. Also, “host plant to 6 species of skipper larvae, such as pepper and salt skipper, and wheat head armyworm moth. Seeds are favored by small mammals and birds. The plant is used as nesting material by native bees. Indian grass is extremely important in supporting a variety of wildlife, including eastern cottontails, wild turkeys, northern bobwhites, deer, bobolinks, eastern meadowlarks, dickcissels, Henslow’s sparrows, sedge wrens, and northern harriers. Many species of grasshoppers and other insects feed on these prairie grasses, which provides food for open-field songbirds.” Grass, Indian, Sorghastrum nutans | Leaves for Wildlife

Love Grass [Purple]

(Eragrostis spectabilis)



Planting Guide/Info: [Grass, Purple Love, Eragrostis spectabilis | Leaves for Wildlife]

Stratification Recommendation:

Wildlife Value: “Host plant for larvae of zabulon skipper. A leafhopper (Flexamia areolata) sucks juices from the foliage. Song birds and small mammals eat the seeds. Bees are the primary pollinators, but butterflies, moths, and hummingbirds also pollinate. It provides nesting cover for ground birds.” [Grass, Purple Love, Eragrostis spectabilis | Leaves for Wildlife]

Prairie Dropseed

(Sporobolus heterolepis)



Photo Credit: Prairie Nursery

Planting Guide/Info: [Sporobolus heterolepis Prairie Dropseed | Prairie Moon Nursery]

Stratification Recommendation:

Wildlife Value: “Prairie dropseed offers significant wildlife value by providing food (seeds for birds, nectar for pollinators), shelter (for birds and small animals), and habitat (as a host plant for various butterfly and grasshopper species). Its deep roots also contribute to soil health and prevent erosion, supporting a healthy ecosystem”

Sea Oats [Northern]

(Chasmanthium latifolium)



Planting Guide/Info: [Chasmanthium latifolium (Northern Sea Oats)]

Stratification Recommendation:

Wildlife Value: “Host plant for larvae of northern pearly eye, pepper-and-salt skipper, Bell’s roadside skipper, and bronze roadside skipper. Small animals and birds eat the seeds and use the plant for cover, and birds like the stem and leaves for nests. Deer and mammals don’t usually browse this plant.” [Grass, Sea Oats, Northern, Chasmanthium latifolium | Leaves for Wildlife]

Switchgrass

(Panicum virgatum)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Panicum virgatum Switch Grass | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Host plant for 27 Lepidoptera species, including northern pearly eye and northern broken dash butterflies, hobomok skipper, the pink-streak moth, and 12 specialist moths. Other insects that feed on the plant include larvae of grass leaf-miner moths, gall flies, stink bugs, aphids, leafhoppers, mealybugs, leaf beetles, and grasshoppers” Grass, Switch, Panicum virgatum | Leaves for Wildlife

“Fireflies enjoy perching on tall grasses, and mowing disturbs their good time. Plan to mow less frequently over the summer, or add a luxe lounge of Switchgrass, Muhly and Bluestem.” How to Attract Fireflies to Your Garden Party – Native Gardeners

Wild Rye [Virginia]

(Elymus virginicus)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Elymus virginicus Virginia Wild Rye | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value: “Various insects, including leafhoppers and caterpillars, feed on this grass” Rye, Virginia, Elymus virginicus | Leaves for Wildlife

Sedges

Brown Fox Sedge

(Carex vulpinoidea)



Photo Credit: Prairie Moon

Planting Guide/Info: Carex vulpinoidea Brown Fox Sedge | Prairie Moon Nursery

Stratification Recommendation:

Wildlife Value

Palm Sedge

(Carex muskingumensis)



Photo Credit: gardenia.net

Planting Guide/Info: Carex muskingumensis (Palm Sedge)

Stratification Recommendation:

Wildlife Value: “Host plant for 11 species of Lepidoptera larvae, including Appalachian brown butterfly, Duke's skipper, and American ear moth. Seeds are eaten by mallards, wood ducks, and other waterfowl, as well as by song birds. The dense foliage offers cover and habitat for a variety of invertebrates, song birds, and migrating waterfowl. Resistant to deer.” Sedge, Palm, Carex muskingumensis | Leaves for Wildlife

Shrubs/Bushes

Buttonbush

(Cephalanthus occidentalis)

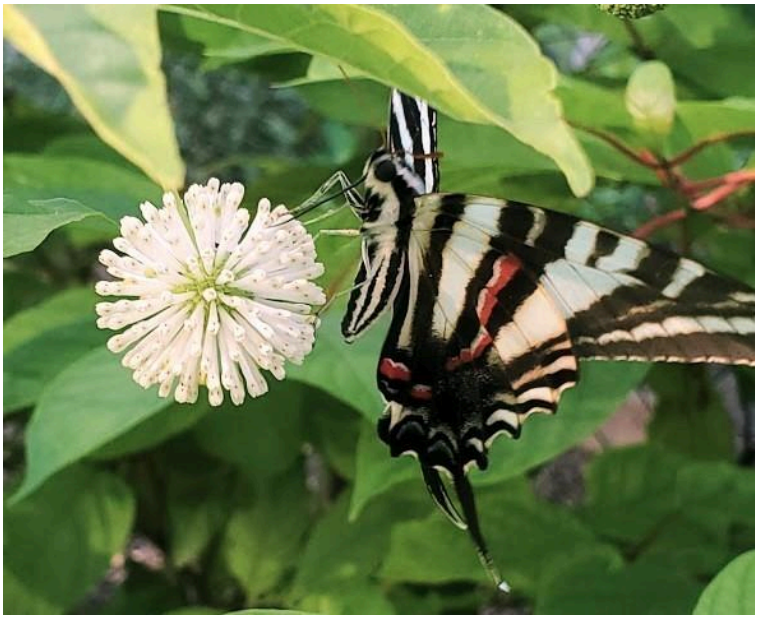


Photo Credit: The Seed Vault

Planting Guide/Info: [How to Grow and Care for Buttonbush]

Stratification Recommendation:

Wildlife Value: “Buttonbush is a host plant for 25 species of Lepidoptera larvae, including the Promethea, beautiful wood nymph, and definite tussock moths. It also hosts two gorgeous sphinx moths—hydrangea and titan. Various bee pollinators include honey, bumble, cuckoo, long-horned, leafcutting, and green metallic. Hummingbirds, butterflies, wasps, flies, and skippers also visit the flowers. Shore birds and over 25 species of waterfowl, including wood ducks, eat the seeds. Some birds use the shrubs as nesting sites, and beavers use the wood as a source of food or construction material. Deer may occasionally browse the foliage.” [Buttonbush, Cephalanthus occidentalis | Leaves for Wildlife]

Leadplant

(Amorpha canescens)



Planting Guide/Info: Amorpha canescens (Lead Plant)

Stratification Recommendation:

Wildlife Value: ”Leadplant is a larval host for southern dogface butterfly and leadplant flower moth. It attracts native bees and wasps, grasshoppers, broad-headed bugs, leaf beetles, and leafhoppers. Deer, rabbits, and livestock will heavily browse this high-protein plant, releasing nitrogen into the soil for nearby plants.” Leadplant, Amorpha canescens | Leaves for Wildlife

Snowberry

(Symphoricarpos albus)



Photo Credit: Leaves For Wildlife

Planting Guide/Info:

Stratification Recommendation:

Wildlife Value: “Snowberry is a host plant for 20 species of Lepidoptera larvae, including snowberry clearwing and hummingbird clearwing moths and specialist Vashti sphinx moth. Song birds, ground birds, small mammals, and other browsers use this plant for food, cover, and nesting sites.” Snowberry, Symphoricarpos albus | Leaves for Wildlife

Sumac [Smooth]

(Rhus glabra)

NOT Poison Sumac :)



Photo Credit: Leaves for Wildlife

Planting Guide/Info: Rhus glabra (Smooth Sumac) SPREADER. Not for small yards/spaces

Stratification Recommendation:

Wildlife Value: “Host plant for 54 species of Lepidoptera, including spring azure butterfly, cecropia moth and red-banded hairstreak butterfly, which broods twice a year. Bees, butterflies, and mining and bumble bees consume the nectar. Insects make their home in the berry clusters, which persist on the tree to provide food to mammals during lean winter months. Deer and opossum eat the fruits and leaves.” Sumac, Smooth, Rhus glabra | Leaves for Wildlife

Viburnum [Mapleleaf]

(Viburnum acerifolium)



Photo Credit: www.monrovia.com

Planting Guide/Info:

Stratification Recommendation:

Wildlife Value "Viburnums are a larval host for 101 species of Lepidoptera, including two of the three day-flying clearwing moths native to Ohio: hummingbird and snowberry clearwings, as well as two specialist moths that feed only on the leaves of viburnum in their larval stage: Orthofidonia tinctaria and brown scoopwing. Spring azure butterflies lay eggs on the flower buds, which are eaten by the emerging caterpillars. Native bees, flies, wasps, skippers, and beetles visit for nectar and pollen. The fruits attract sparrows, cardinals, hermit thrushes (rare in Ohio), chipmunks, squirrels, wild turkeys, and ring-necked pheasants. Deer, skunks, and rabbits browse the bark and foliage." Viburnum, Mapleleaf, Viburnum acerifolium | Leaves for Wildlife

Succulents

Prickly Pear [Eastern]

(Opuntia humifusa)



Photo Credit: mowildflowers.net

Planting Guide/Info: Eastern Prickly Pear (Opuntia humifusa): All You Need To Know

Stratification Recommendation:

Wildlife Value: "Host plant for larvae of eastern cactus-boring moth, Julia's dicymolomia, and arge tiger moth and also for a few species of fly larvae. Supports several species of stink bug, which suck the juices from the pads and fruits. Both long-tongued and short-tongued bees visit the flowers, including bumble, large carpenter, digger, leafcutting, halictid, and plasterer. Long-tongued bees suck nectar or collect pollen, while short-tongued bees collect pollen only.

Larger bees are more likely to cause cross-pollination” [Cactus, Eastern Prickly Pear, Opuntia humifusa | Leaves for Wildlife]

Trees

Hoptree [Common/AKA Wafer-Ash]

(Ptelea trifoliata)




Planting Guide/Info: [Ptelea trifoliata (Hop Tree)]

Stratification Recommendation:

Wildlife Value: “Host plant for larvae of 8 species of Lepidoptera, including giant swallowtail, the hop dog moth (pale tussock), and four specialist moths: the black-and-white-spotted hoptree ermine, agonopterix pteleae, agonopterix costimacula, and ectoedemia pteliaeella. Deer dislike the foliage.” [https://www.leavesforwildlife.com/product-page/hop-tree]

Pawpaw

(Asimina triloba)



Planting Guide/Info: Plant BOTH seeds so trees can fruit Pawpaw, Asimina triloba | Leaves for Wildlife. ** Pawpaws are not self-fertile and require cross-pollination to produce fruit, so you need to plant seeds from at least two genetically different parent trees

Stratification Recommendation:

Wildlife Value: "Pawpaw is a host plant for 13 species of Lepidoptera larvae, including one specialist butterfly, the zebra swallowtail, and two specialist moths: stinging rose caterpillar and pawpaw sphinx. Flies and beetles are the main pollinators, though the flowers do not have a perceivable smell to most humans. Opossums, foxes, squirrels, raccoons, and many species of birds feast on the ripe fruits.“ Pawpaw, Asimina triloba | Leaves for Wildlife

Herbs

Basil [Italian]

(Ocimum basilicum)



Photo Credit: The Seed Vault

Planting Guide/Info: Basil Varieties: Flavors, Uses, and Cultivation Tips

Wildlife Value: “Basil naturally repels mosquitoes and flies, it attracts bees, butterflies, and other beneficial insects to the garden.”
https://www.gardenia.net/guide/basil-planting-growing-harvesting

Basil [Lemon]

(Ocimum x citriodorum)



Planting Guide/Info: https://www.gardenia.net/guide/basil-planting-growing-harvesting

Wildlife Value: “Basil naturally repels mosquitoes and flies, it attracts bees, butterflies, and other beneficial insects to the garden.”
https://www.gardenia.net/guide/basil-planting-growing-harvesting

Chamomile [German]

(Matricaria chamomilla)



Planting Guide/Info: [How to grow Chamomile | RHS Herbs]

Chives [Dolores]

(Allium schoenoprasum)



Planting Guide: [https://www.almanac.com/plant/chives]

Cilantro

(Coriandrum sativum)



Planting Guide/Info: [How to Grow and Care for Cilantro (Coriander)]

Dill [Mammoth]

(Anethum graveolens)



Planting Guide/Info: https://www.gardenia.net/plant/anethum-graveolens

Wildlife Value: Host plant for Black Swallowtail caterpillars. “Deer-resistant, Dill attracts bees, butterflies, and other beneficial insects and pollinators into the garden” https://www.gardenia.net/plant/anethum-graveolens

Fennel

(Foeniculum vulgare)



Planting Guide/Info: https://www.gardenia.net/plant/foeniculum-vulgare

Wildlife Value: Host plant for Black Swallowtail caterpillars. “attracts butterflies, birds, and beneficial insects but is deer resistant” https://www.gardenia.net/plant/foeniculum-vulgare

Nasturtium [Empress of India]

(Tropaeolum majus 'Empress of India’)



Planting Guide: https://www.gardenia.net/plant/tropaeolum-majus-empress-of-india

Parsley [Extra Curled Dwarf]

(Petroselinum crispum)



Planting Guide/Info: https://www.gardenia.net/plant/petroselinum-crispum

Wildlife Value: Host plant for Black Swallowtail caterpillars

Parsley [Plain/Single Italian]

(Petroselinum crispum)



Planting Guide/Info: https://www.gardenia.net/plant/petroselinum-crispum

Wildlife Value: Host plant for Black Swallowtail caterpillars

Thyme

(Thymus vulgaris)



Planting Guide: Planting Thyme | How to Grow Thyme Plants – Bonnie Plants

Fruits/Veggies

Bean [Cherokee Black Bean Heirloom - Pole]

(Phaseolus vulgaris)

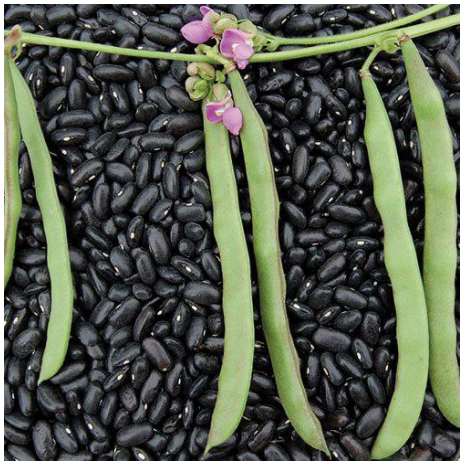


Photo Credit: MIgardener.com

Planting Guide: Bean: Cherokee Trail of Tears Overview - Growing Tips

Beet [Detroit Dark Red - Medium Top]

(Beta vulgaris)



Planting Guide/Info: How to Grow Detroit Dark Red Beets | Step by Step Guide (2025)

Cantaloupe

(Cucumis melo)



Photo Credit: The Seed Vault

Planting Guide/Info: https://www.gardenia.net/plant/cucumis-melo-cantaloupe

Wildlife Value: N/A

Chamoe [AKA Sun Jewel Melon]

(Cucumis melo var. makuwa)



Photo Credit: Specialty Produce

Planting Guide/Info: Sun Jewel Melons Information and Facts

Okra [Clemson Spineless]

(Abelmoschus esculentus)



Planting Guide/Info: [Abelmoschus esculentus (Okra)]

Leeks

(Allium ampeloprasum)



Photo Credit: wikifarmer.com

Planting Guide/Info: [How to Grow Leeks at Home | Wikifarmer]

Pepper [Anaheim Chili - HOT]

(Capsicum annuum 'Anaheim')



Planting Guide: [Anaheim Pepper: How to Plant, Grow, and Use Anaheim Peppers]

Pepper [Bell Mix]

(Capsicum Annuum)



Planting Guide/Info: https://www.gardentech.com/blog/garden-and-lawn-protection/growing-your-own-bell-peppers#:~:text=Peppers%20are%20treated%20as%20annual,you%20move%20pepper%20plants%20outside.

Pumpkin [Connecticut Field]

(Cucurbita pepo)



Photo Credit: Hudson Valley Seed Co.

Planting Guide: [How to Grow Pumpkins in Connecticut]

Pumpkin [Jack-o-Lantern]

(Cucurbita pepo)



Photo Credit: The Seed Vault

Planting Guide/Info: https://www.gardenia.net/plant/cucurbita-pepo-pumpkin

Wildlife Value: It is a host species for the melonworm moth, the squash vine borer, and the pickleworm. They are also the preferred pollen for squash bees. "Provides nectar and pollen for bees and other pollinating insects. It is also the preferred pollen for squash" bees" https://www.rhs.org.uk/plants/106106/cucurbita-pepo/details

Rhubarb Victoria

Squash [Acorn/Winter]

(Cucurbita pepo)



Planting Guide/Info: https://en.wikipedia.org/wiki/Acorn_squash

Squash [Butternut]

(Cucurbita moschata)



Planting Guide/Info: https://www.gardenia.net/plant/cucurbita-moschata-winter-squash

Wildlife Value: Bees are the primary pollinators of squash plants, although other flying insects can be pollinators Winter Squash (Cucurbita moschata)

Squash [Candy Roaster]

(Cucurbita maxima)



Planting Guide: [Edible Eden Baltimore Foodscapes— Candy Roaster Squash: A Cherokee Nation Heirloom]

Squash [Spaghetti]

(Cucurbita pepo ‘spaghetti’)



Photo Credit: bitesofwellness.com

Planting Guide/Info: [Growing Spaghetti Squash From Seed to Harvest]

Wildlife Value:

Strawberries

(Fragaria × ananassa)



Photo Credit: The Seed Vault

Planting Guide/Info: [Growing Strawberries | Tips on Planting Strawberries – Bonnie Plants]

Watermelon

(Citrullus lanatus)

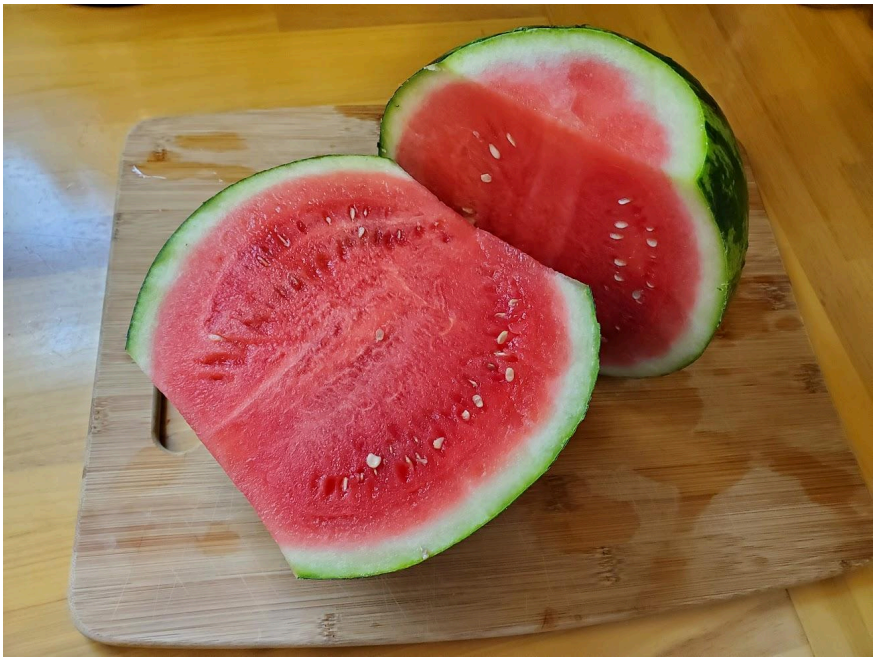


Photo Credit: The Seed Vault

Planting Guide/Info: [Juicy Watermelon Secrets: Boost Health & Taste Summer Bliss!]

Wildlife Value: “Watermelons require pollination by bees or other insects to set fruit. Honeybees are the most common pollinators, but other types of bees can also contribute to pollination.” [Juicy Watermelon Secrets: Boost Health & Taste Summer Bliss!]