

Suggested Native Plants

This list includes plants that can tolerate temporary pooling of rainwater as well as dry periods.

Plants for Sun

Marsh milkweed (*Asclepias incarnate*)
New England aster (*Aster novae-angliae*)
Marsh marigold (*Caltha palustris*)
Tussock sedge (*Carex stricta*)
Turtlehead (*Chelone glabra*)
Joe-Pye weed (*Eupatorium maculatum*)
Boneset (*Eupatorium perfoliatum*)
Butterfly weed (*Asclepias tuberosa*)
Bee balm (*Monarda sp.*)

Plants for Shade

Cardinal flower (*Lobelia sp.*)
Foam flower (*Tiarella cordifolia*)
Bleeding heart (*Dicentra sp.*)
Solomon's seal (*Polygonatum biflorum*)
Columbine (*Aquilegia canadensis*)
Royal fern (*Osmunda regalis*)
Maiden Hair fern (*Adiantum pedatum*)
Ostrich fern (*Matteuccia struthiopteris*)
Sensitive fern (*Onoclea sensibilis*)

Shrubs

Red twig dogwood (*Cornus sericea*)
Highbush blueberry (*Vaccinium corymbosum*)
Inkberry (*Ilex glabra*)
Winterberry (*Ilex verticillata*)
Pussy willow (*Salix dicolor*)
Highbush cranberry (*Viburnum trilobum*)
Black elderberry (*Sambucus canadensis*)

The Rain Garden at Wolbach Farm

In 2005, a team of enthusiastic volunteers planted a rain garden at Wolbach Farm. The garden is located off the kitchen porch to take advantage of the porch roof and downspout, which has adequate runoff for a small rain garden.

Visitors will find an array of colorful perennial flowers and plants, specially selected for the garden's sunlight patterns and soil conditions.



Resources

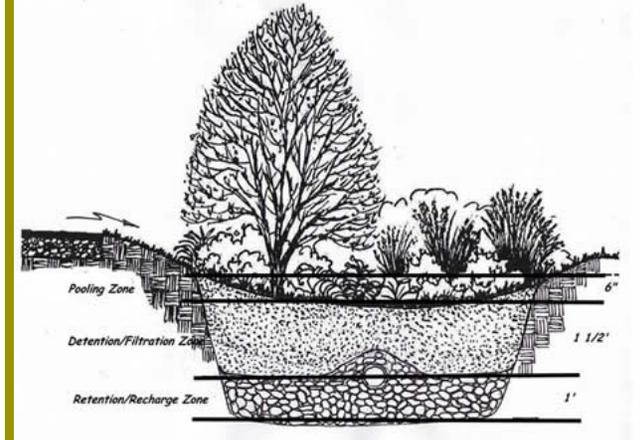
For more information about how to create a rain garden, visit the following websites:

<http://www.neponset.org/raingarden.htm>

<http://www.raingardennetwork.com/about.htm>

<http://www.socwa.org/> (See "Lawn and Garden")

<http://urbaneco.blogspot.com/> (See "Rain Garden Resources")



City of Des Moines Parks and Recreation Department

RAIN GARDENS

Landscaping to Improve Water Quality



SUDBURY
VALLEY
TRUSTEES

18 Wolbach Road
Sudbury, MA 01776
978-443-5588
www.svtweb.org

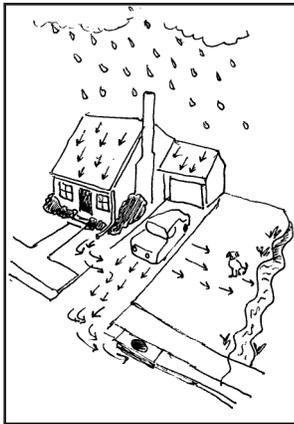
Brochure funded in part by the
Crossroads Community Foundation

What is a Rain Garden?

A rain garden is a shallow depression in the landscape, designed and planted to filter rain naturally. It can be thought of as a household water quality system because it removes pollutants from the rain that drains off your roof, lawn, sidewalk and driveway.

How does it protect the environment?

When it rains, stormwater runoff carries pollutants (such as bacteria, fertilizers, pesticides, oil and other toxic materials) to rivers, lakes and streams. This runoff is the biggest source of pollution in lakes, rivers and streams across the country, according to the Environmental Protection Agency.



Every drop of rain that you keep on your property with a rain garden helps to keep our waterways and drinking water clean and healthy. Collectively, rain gardens produce substantial environmental benefits, including recharging groundwater by boosting natural water filtration and reducing the amount of pollutants washing off to rivers, lakes and streams. Rain gardens also provide a habitat for birds and butterflies, decrease the area to mow and fertilize, and add diversity and beauty to your property.

Create Your Own Rain Garden in 3 Easy Steps!

1. Select Location

Rain gardens thrive in areas with well-drained soils and plenty of sunlight, so pick a spot with suitable conditions. Ideally, your garden will be situated on a slope between 1% and 10% which will provide adequate drainage.

2. Dig and Plant

In Massachusetts, call 1-800-DIG-SAFE at least 72 hours before you begin digging your rain garden site to ensure there are no buried utility lines. Dig Safe is a free service.

Dig a flat depression 4-8 inches deep, located at least 10 feet from building foundations and away from septic systems and utility lines. Fill the bed with water to double-check drainage before planting.

Observe stormwater runoff patterns in the site. If possible, direct your downspout into the rain garden. The down-spout should end four feet from the outside edge of the garden. Use 'splash rocks' in the garden to disperse rain and keep soil from washing away near the downspout. Plan where rain will outflow during storms with very heavy rainfall. The water in a properly constructed rain garden will typically infiltrate in 24-48 hours after a rain storm, which will prevent mosquito problems.

Plants native to our region are the ideal choice for home gardens. Typically, native plants require less water and fertilizer than non-native species, and many are naturally resistant

to pests. When selected to match site conditions, native plants create small ecosystems that attract birds, butterflies, and beneficial insects.

Plants that tolerate more moisture and like wet roots should be placed in the deeper part of the garden; plants that like drier conditions should be planted along the edges or in the part that receives less rain.

To increase the number of songbirds and butterflies in your garden, incorporate berry and nectar-producing plants. In addition to flowers, consider grasses, sedges, and shrubs.

3. Cultivate and Maintain

Caring for your garden in the first several weeks after planting are critical to its success. The most important tasks are watering and weeding. You'll want to weed until the mature plants crowd them out. Once the garden has become established, maintenance is minimal and will generally include periodic mulching, pruning, and plant replacement.

If you leave the dead or dormant plants standing, they will provide seeds and shelter for birds. In spring, cut back the stalks to allow new shoots to emerge.

As the rain garden matures, it will become more effective. The plants' roots die off and re-grow, creating more channels for the water to seep into the ground. **Your rain garden will allow 30% more water to soak into the ground than a conventional lawn.**