

Winter Sow Native Plants 2024

Butterfly Milkweed – *Asclepias tuberosa*



Height: 12-30 in

Spread 12-24 in

Exposure: Sun

Soil Moisture: Average, Dry

Gegear list: Yes, nectar source June/July;

Germination code: C(30)

Attracts: butterflies, bees, other pollinators, wildlife

Host plant: Monarch butterfly caterpillar, Eastern tiger swallowtail, others

Tolerance: drought tolerant, deer/rabbit resistant, salt tolerant

Low maintenance

Hairy Beardtongue – *Penstemon hirsutus*



Height: 18 in

Exposure: Full Sun, Part Sun, Shade

Soil Moisture: Medium-Wet, Medium, Medium-Dry, Dry

Gegear list: Yes, nectar source May/June;

Bloom Time: May, June

Germination code: C(60)

Attracts: butterflies, bumblebees, hummingbirds

Host plant: Checkerspot (Chalcedon and Edith's)

Drought Tolerant, Low Maintenance

Sundial lupine – *Lupinus perennis*



Height: 12-24 in

Spread 8-12 in

Exposure: Sun, Part Shade

Soil Moisture: Average, Dry

Gegear list: Yes, nectar source May/June/July;

Bloom Time: Spring, Summer

Attracts: butterflies, bees

Host plant: Karner blue butterfly, the frosted elfin butterfly

Tolerance: drought tolerant, deer/rabbit resistant, compaction tolerant

Great Blue Lobelia – *Lobelia siphilitica*



Height: 2-4 ft

Spread: 12-16 in

Exposure: Part Sun, Part Shade, Shade

Soil Moisture: Average, Wet

Gegear list: Yes, nectar source July/August/September/October;

Bloom time: July, August, September, October

Attracts hummingbirds, butterflies, bees

Drought tolerant

Deer/Rabbit resistant

Low maintenance

Turtlehead – *Chelone glabra*



Height: 18-30 inches

Spread: 12-24 inches

Exposure: Sun, Part Shade

Soil Moisture: Wet, Medium-wet

Gegear list: Yes, nectar source July/August/September;

Bloom time: July, August, September

Attracts Bees, Host plant

Deer/Rabbit Resistant

Low Maintenance

Sweet Goldenrod – *Solidago odora*



Height: 12-36 in

Spread 12-24 in

Exposure: Sun, Part Shade

Soil Moisture: Average, Dry

Gegear list: Yes, nectar/pollen source August/September;

Fall bloom

Attracts: butterflies, bees, other pollinators, wildlife, songbirds

Tolerance: drought tolerant, deer/rabbit resistant, salt tolerant

Low maintenance, fragrant

Calico Aster – *Symphotrichum lateriflorum*



Height: 24 in

Plant Spacing: 18-36 in

Exposure: Full Sun, Partial Sun, Shade

Soil Moisture: Average, Dry

**Gegear list: Yes, nectar source
August/September/October;**

**Bloom Time: August, September,
October**

Attracts: butterflies, bees, moths, birds

Host plant: Harris's Checkerspot, Pearl Crescent butterflies

Tolerance: tolerant to occasional flooding, Low maintenance

Other plants from the Winter Sow Workshop

Columbine

Blue wood aster

New England aster

Hoary vervain

Spotted bee balm

Early sunflower