

Winter Sow Workshop 2022 Seeds







IMAGE	SCIENTIFIC NAME/ COMMON NAME	PLANT TYPE	NECTAR OR POLLEN	SUN	SOIL	BLOOM TIME										BUMBLEBEES	
						Early			Mi		Late					B. fervidu	B. vagans
						M	A	M	J	J	A	S	O				
 <small>Photo by: Kirk Marshall</small>	<i>Agastache scrophulariaefolia</i> Purple giant hyssop	Herb. Perenn	Nectar	Sun, Shade	Dry, Med, Wet											✓	✓
		5-6 ft tall, 18-24" spread, special value to bumble bees and other native bees, attracts butterflies															
	<i>*Andropogon gerardii</i> Big Bluestem	Grass		Full- Part	Med, Wet												
		4-8 ft tall, special value to native bees as it provides nesting materials and structure															
 <small>Freddie Gillespie</small>	<i>Asclepias incarnata</i> Swamp milkweed	Herb. Perenn	Nectar	Full- Part	Dry, Med												✓
		3-4 ft tall, 12-24" spread, special value to bumble bees, other native bees, and milkweed specialists, attracts butterflies and hummingbirds, host for monarch butterfly caterpillars															
 <small>Dawn Vesey</small>	<i>Asclepias tuberosa</i> Butterfly milkweed	Herb. Perenn	Nectar	Full- Part	Dry												✓
		3-4 ft tall, 12-24" spread, special value to bumble bees, other native bees, and milkweed specialists, attracts butterflies and hummingbirds, host for monarch butterfly caterpillars															
 <small>Kirk Marshall</small>	<i>Baptisia tinctoria</i> Yellow wild indigo	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet											✓	✓
		2 ft tall, 24-36" spread, special value to bumble bees and other native bees, attracts butterflies, host for frosted elfin and wild indigo duskywing caterpillars															
 <small>Jude Griffin</small>	<i>*Cephalanthus occidentalis</i> Buttonbush	Shrub	Nectar	Full- Part	Med, Wet												✓
		6-12 ft tall, special value to native bees, attracts butterflies. Unique white flowers															

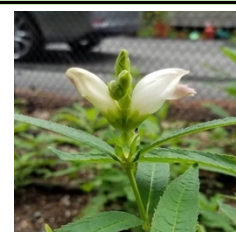

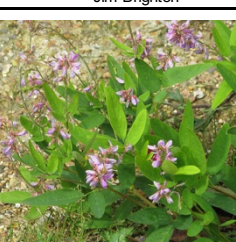




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 Jenny Peet	<i>*Chelone glabra</i> White Turtlehead	Herb. Perenn	Nectar	Full- Part	Med, Wet												✓
2-4 ft tall, 18-36" spread, special value to native bees																	
 Jim Brighton	<i>*Cirsium pumilum</i> Pasture Thistle	Herb. Perenn	Nectar	Full	Dry, Med												
1-3 ft tall, special value to native bees, attracts butterflies, birds enjoy the seed over the winter. Caution as it is sharp																	
 Steve Law, Creative Commons	<i>Desmodium canadense</i> Showy tick trefoil	Herb. Perenn	Nectar	Full- Part	Dry, Med												✓
2-4 ft tall, 12-24" spread, special value to bumble bees, attracts butterflies and hummingbirds, host for eastern tailed blue, silver-spotted skipper and hoary edge caterpillars. Seeds will stick to clothing, plant away from paths or consider deadheading																	
	<i>*Eragrostis spectabilis</i> Purple Lovegrass	Grass		Full	Med, Dry												
1-2 ft tall, 1-2 ft spread,																	
 Joyce Greenleaf	<i>*Eupatorium perfoliatum</i> Boneset Thoroughwort	Herb. Perenn	Nectar	Full- Part	Med, Wet												
4-6 ft tall, 3-4 ft spread, special value to native bees																	
 Kerry Woods, Creative Commons	<i>Eutrochium maculatum</i> Spotted Joe-Pye weed	Herb. Perenn	Nectar	Full- Part	Med, Wet												✓
5 ft tall, 36-48" spread, excellent nectar source, attracts native bees, butterflies, and birds																	
 Charles de Mille-Isles Creative Commons	<i>Eutrochium purpureum</i> Purple Joe-Pye weed	Herb. Perenn	Nectar	Part	Dry, Med, Wet												✓
4-6 ft tall, 36-48" spread, excellent nectar source, special value to native bees, attracts butterflies and birds																	






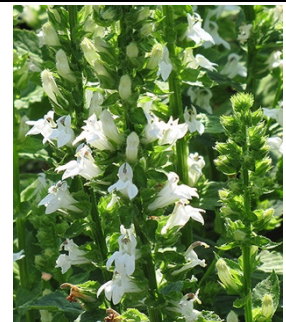
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 Kirk Marshall	<i>Gentiana clausa</i> Closed gentian	Herb. Perenn	Nectar	Full- Part	Med, Wet											✓	✓
1-2 ft tall, 12-18" spread, special value to bumble bees																	
 Leonardo DaSilva	<i>*Hypericum ascyron</i> Great St. John's-wort	Herb. Perenn	Pollen	Full- Part	Med												✓
2-6 ft tall, special value to bumble bees																	
 Photo by: Freddie Gillespie	<i>*Hypericum prolificum</i> Shrubby St. John's Wort	Shrub	Pollen	Full - Part	Dry, Med												✓
2-3 ft tall, spread 1-3 ft, special value to bumble bees and other native bees, attracts butterflies																	
 Anita Gould, Creative Commons	<i>Hypericum punctatum</i> Spotted St. John's-wort	Herb. Perenn	Pollen	Full- Part	Dry, Med												✓
2.5 ft tall, special value to bumble bees																	
 Jenny Peet	<i>*Liatris novae-angliae</i> Northern Blazing Star	Herb. Perenn		Full- Part	Dry, Med												
12-42" tall, spread 10-14" special value to native bees and butterflies																	
	<i>*Lobelia siphilitica 'Alba'</i> White lobelia - variety of Great Blue	Herb. Perenn	Nectar	Full- Part	Med, Wet												✓
2-3 ft tall, 12-18" spread, special value to bumble bees and other native bees, attracts birds and hummingbirds																	



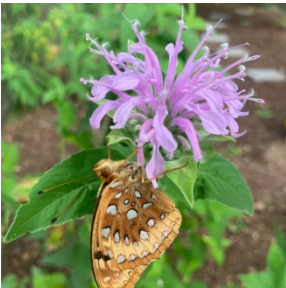






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 <small>Fritz Flohr Reynolds, Creative Commons</small>	<i>Lobelia siphilitica</i> Blue lobelia	Herb. Perenn	Nectar	Full- Part	Med, Wet												✓
2-3 ft tall, 12-18" spread, special value to bumble bees and other native bees, attracts birds and hummingbirds																	
 <small>Matt Lavins, Creative Commons</small>	<i>Mimulus ringens</i> Allegheny monkey-flower	Herb. Perenn	Nectar	Full- Part	Med, Wet											✓	✓
2 ft tall, 12-24" spread, special value to bumble bees, attracts butterflies, host for Baltimore checkerspot and common buckeye caterpillars																	
 <small>Sarah Rositano</small>	<i>Monarda fistulosa</i> Wild bergamot	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet											✓	✓
4 ft tall, 12-18" spread, attracts hummingbirds and butterflies, special value to bumble bees and other native bees																	
 <small>Leonardo DaSilva</small>	<i>Penstemon digitalis</i> Foxglove beardtongue	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet											✓	✓
3-5 ft tall, 12-18" spread, special value to bumble bees and other native bees, attracts hummingbirds. Lovely white flowers and stunning fall foliage																	
 <small>Leonardo DaSilva</small>	<i>Penstemon hirsutus</i> Northeastern beardtongue	Herb. Perenn	Nectar	Full- Shad e	Dry, Med, Wet											✓	✓
1.5 ft tall, 10-12" spread, special value to bumble bees and other native bees, attracts hummingbirds, host for Baltimore checkerspot caterpillars																	

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 Jude Griffin	<i>*Spiraea alba</i> White Meadowsweet	Shrub	Pollen	Full- Part	Med, Wet											✓	✓	3-6 ft tall, 24" spread, special value to native bees, attracts butterflies, host for Spring Azure butterfly
 Jude Griffin	<i>Spiraea tomentosa</i> Steeplebush	Shrub	Pollen	Full- Part	Wet											✓	✓	
 Barnes Dr Thomas G, U.S. Fish and Wildlife Service	<i>*Symphyotrichum lateriflorum</i> Calico Aster	Herb. Perenn	Nectar	Full- Part	Med, Wet, Dry													1-3 ft tall, 18-36" spread, special value to native bees, attracts butterflies, has a shorter nectar tube than other asters
 Joyce Greenleaf	<i>Zizia aurea</i> Golden alexander	Herb. Perenn	Nectar and Pollen	Full- Part	Med													

*New for 2022

Special Thanks To:

Freddie Gillespie for her continued dedication to education and protection of our environment

Dr. Robert Gegear for his continued research and accessibility to the Southborough community

The many volunteers from the Native Plant Gardens of Southborough facebook group

Additional Resources:

Gegear's complete plant list: <https://gegearlab.weebly.com/plantlist.html>

Native Plant Trust (formerly Garden in the Woods) database: <https://gobotany.nativeplanttrust.org>

Graciously designed by Emily van Nort of Lady Fern Farm - www.ladyfernfarm.com