











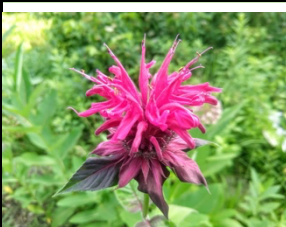





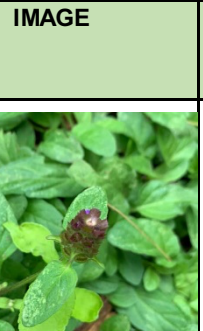
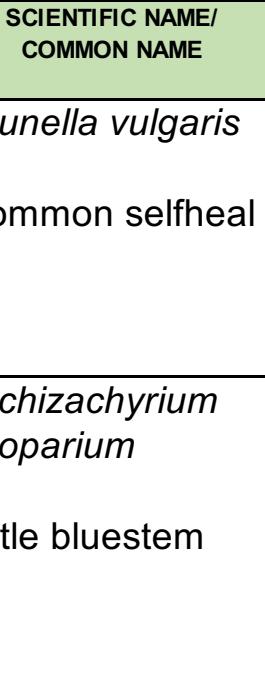
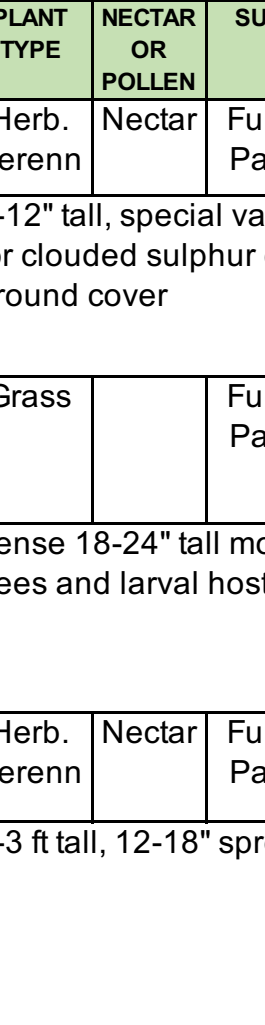
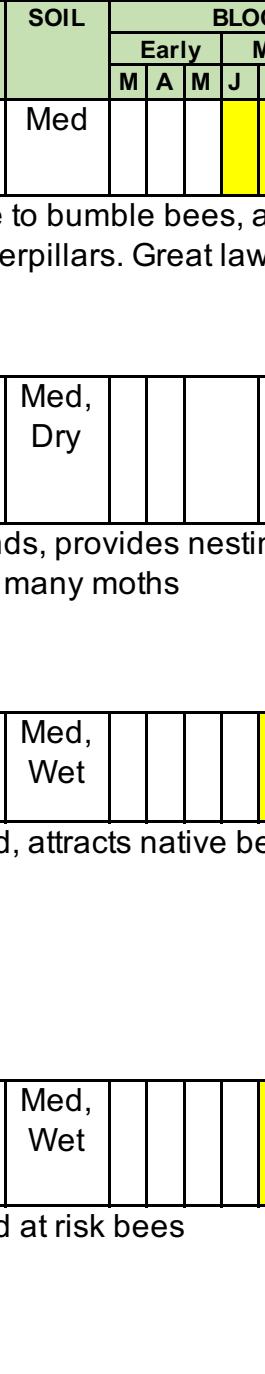
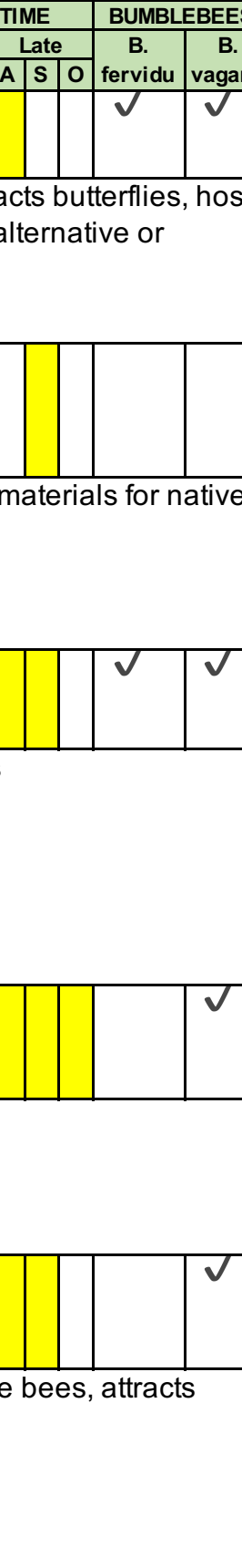






Winter Sow Workshop 2022 Seeds

| 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 | | | | | | | | | | | | | | | | | |

| 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 | | | | |
|  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 | | | | | | | | | | | | | | | | | |
|  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 | | | | | | | | | | | | | | | | | |
|  | <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 | | | | | | | | | | | | | | | | | |
|  Fritz Flohr Reynolds, Creative Commons | <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 | | | | | | | | | | | | | | | | | |
|  Matt Lavins, Creative Commons | <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 | | | | | | | | | | | | | | | | | |

| 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 | | | | |
|  Jude Griffin | <i>Monarda didyma</i> Scarlet bee balm | Herb. Perenn | Nectar | Full- Part | Med, Wet | | | | | | | | | | | ✓ | ✓ |
| 2-4 ft tall, 24-36" spread, attracts hummingbirds and butterflies, special value to bumble bees and other native bees | | | | | | | | | | | | | | | | | |
|  Sarah Rositano | <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 | | | | | | | | | | | | | | | | | |
|  Dr. Robert Gegear | <i>Monarda fistulosa</i> <i>RUBA (Purple)</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 | | | | | | | | | | | | | | | | | |
|  Leonardo DaSilva | <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 | | | | | | | | | | | | | | | | | |
|  Leonardo DaSilva | <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 | | | | | | | | | | | | | | | | | |
|  Dawn Vesey | <i>Physostegia virginiana</i> Obedient plant | Herb. Perenn | Nectar | Full- Part | Med, Wet | | | | | | | | | | | ✓ | ✓ |
| 4 ft tall, 12-18" spread, good nectar source, attracts butterflies and hummingbirds | | | | | | | | | | | | | | | | | |

| 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 | | | | |
|  <div>Sarah Whiteman</div> | <i>Prunella vulgaris</i> Common selfheal | Herb. Perenn | Nectar | Full- Part | Med | | | | | | | | | | | ✓ | ✓ |
| 2-12" tall, special value to bumble bees, attracts butterflies, host for clouded sulphur caterpillars. Great lawn alternative or ground cover | | | | | | | | | | | | | | | | | |
|  | <i>*Schizachyrium scoparium</i> Little bluestem | Grass | | Full- Part | Med, Dry | | | | | | | | | | | | |
| dense 18-24" tall mounds, provides nesting materials for native bees and larval host to many moths | | | | | | | | | | | | | | | | | |
|  <div>Donald Cameron</div> | <i>Scutellaria lateriflora</i> Mad dog skullcap | Herb. Perenn | Nectar | Full- Part | Med, Wet | | | | | | | | | | | ✓ | ✓ |
| 1-3 ft tall, 12-18" spread, attracts native bees | | | | | | | | | | | | | | | | | |
|  | <i>*Solidago odora</i> Licorice goldenrod | Herb. Perenn | Nectar and Pollen | Full - Part | Med, Wet | | | | | | | | | | | | ✓ |
| Supports butterflies and at risk bees | | | | | | | | | | | | | | | | | |
|  <div>Leonardo DaSilva</div> | <i>Solidago speciosa</i> Showy goldenrod | Herb. Perenn | Nectar and Pollen | Part | Med | | | | | | | | | | | | ✓ |
| 3 ft tall, 12-24" spread, special value to native bees, attracts butterflies and birds | | | | | | | | | | | | | | | | | |

| 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 | |
|  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 | | | | | | | | | | ✓ | ✓ |
| 2-3 ft tall, 24" spread, special value to native bees, attracts butterflies and birds, host for New England buck moth caterpillars | | | | | | | | | | | | | | | | |
|  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 | | | | | | | | | | | |
| 1-3 ft tall, 12-24" spread, special value to native bees, attracts butterflies, host for black swallowtail caterpillars | | | | | | | | | | | | | | | | |

*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