

# Southborough Open Space Preservation Commission

## Winter Sow Workshop 2023 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				
	<i>Agastache scrophulariaefolia</i>	Herb. Perenn	Nectar	Sun, Shade	Dry, Med, Wet											✓	✓
Purple giant hyssop		5-6 ft tall, 18-24" spread, special value to bumble bees and other native bees, attracts butterflies															
	<i>Asclepias exaltata</i>	Herb. Perenn	Nectar	Full- Part	Dry, Med												✓
Poke milkweed		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															
	<i>Asclepias incarnata</i>	Herb. Perenn	Nectar	Full- Part	Dry, Med												✓
Swamp milkweed		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															
	<i>Asclepias tuberosa</i>	Herb. Perenn	Nectar	Full- Part	Dry												✓
Butterfly milkweed		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															
	<i>Asclepias verticillata</i>	Herb. Perenn	Nectar	Full- Part	Med, Dry												✓
Whorled milkweed		1-3 ft tall, special value to native bees, attracts butterflies, host for monarch caterpillars															
	<i>Baptisia tinctoria</i>	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet											✓	✓
Yellow wild indigo		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															

Photo by: Kirk Marshall

Bransford, W.D. and Dolphia

Freddie Gillespie

Dawn Vesey

Smith R.W.

Kirk Marshall







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 <small>Wasowski, A. and S.</small>	<i>Blephilia ciliata</i>  Downy Wood Mint	Herb. Perenn	Nectar	Part	Dry												✓
Forms a clump 1-2 ft high and only spreads up to 1.5ft																	
	<i>Blephilia hirsuta</i>  Hairy Wood Mint	Herb. Perenn	Nectar	Part	Med, Dry												✓
1-2.5 ft tall, 8-18" spread																	
	<i>Carex vulpinoidea</i>  Brown Fox Sedge	Grass	Host Plant	Full- Part	Med, Wet												
1-3 ft tall, spreads up to 2ft. Companion plant for Pedicularis canadensis (Wood Betony). Host plant for butterflies.																	
 <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																	
 <small>Julie Makin</small>	<i>Cercis canadensis</i>  Eastern Redbud	Tree	Nectar	Part Sun	Med, Dry												✓
15-30 ft tree, special value to native bees																	
 <small>Alice Le Duc</small>	<i>Chamerion angustifolium</i>  Fireweed	Herb. Perenn	Nectar	Full	Med, Dry												✓
2-5 ft tall with a spread of 1-3 ft																	


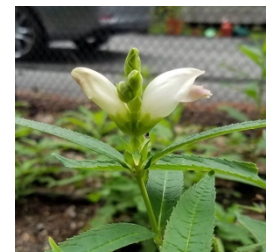





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 <small>Joseph Marcus</small>	<i>Chasmanthium latifolium</i>  Indian Oatgrass or Sea Oats	Grass	Host Plant	Full- Part	Med, Wet												
2-4 ft tall with a spread of 1-3 feet. Larval host plant for Pepper and salt skipper butterfly																	
 <small>Jenny Peet</small>	<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																	
 <small>Alan Cressler</small>	<i>Cirsium muticum</i>  Swamp Thistle	Herb. Biennial	Nectar	Full- Part	Med, Wet										✓	✓	
up to 8ft tall																	
 <small>Jim Brighton</small>	<i>Cirsium pumilum</i>  Pasture Thistle	Herb. Biennial	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																	
 <small>Steve Law, Creative Commons</small>	<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																	
 <small>James Reveal</small>	<i>Doellingeria umbellata</i>  Flat topped aster	Herb. Perenn	Nectar	Full- Part	Med, Wet												
 <small>Stephanie Brundage</small>	<i>Eutrochium fistulosum</i>  Hollow Joe-Pye Weed	Herb. Perenn	Nectar	Full- Part	Med, Wet											✓	
5-7 ft tall, 36-48" spread, excellent nectar source, attracts native bees, butterflies, and birds																	





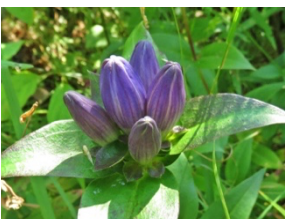




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 <small>Kerry Woods, Creative Commons</small>	<i>Eutrochium maculatum</i>  Spotted Joe-Pye weed	Herb. Perenn	Nectar	Full- Part	Med, Wet													✓
5 ft tall, 36-48" spread, excellent nectar source, attracts native bees, butterflies, and birds																		
 <small>Charles de Mille-Isles Creative Commons</small>	<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																		
 <small>Kirk Marshall</small>	<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. It is a slow																		
 <small>James Reveal</small>	<i>Hydrophyllum virginianum</i>  Virginia Waterleaf	Herb. Perenn	Nectar	Part	Med													
up to 1 ft tall																		
 <small>Leonardo DaSilva</small>	<i>Hypericum ascyron</i>  Great St. John's-wort	Herb. Perenn	Pollen	Full- Part	Med													✓
2-6 ft tall, special value to bumble bees																		
 <small>Photo by: Freddie Gillespie</small>	<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																		
 <small>Anita Gould, Creative Commons</small>	<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																		









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 <p>Jenny Peet</p>	<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															
 <p>Stephanie Brundage</p>	<i>Lobelia cardinalis</i>  Cardinal Flower	Herb. Perenn	Nectar	Full- Part	Med, Wet										✓
2-5 ft tall, 12-18" spread, special value to bumble bees and other native bees, attracts birds and hummingbirds															
	<i>Lobelia siphilitica</i> 'Alba'  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															
 <p>Fritz Flohr Reynolds</p>	<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															
 <p>Alan Cressler</p>	<i>Lupinus perennis</i>  Wild Lupine	Herb. Perenn	Nectar	Full- Part	Med, Dry									✓	✓
1-3 ft tall, larval host plant to the Frosted Elfin butterfly and of special value to native bees															
 <p>April Moore</p>	<i>Mimulus alatus</i>  Winged monkey-flower	Herb. Perenn	Nectar	Full- Part	Med, Wet									✓	✓
up to 3 ft tall, special value to native bees															


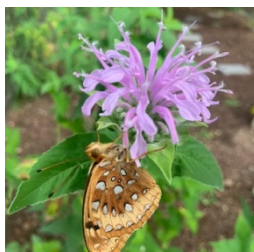




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 Matt Lavins, Creative Commons	<i>Mimulus ringens</i>  Allegheny monkey-flower	Herb. Perenn	Nectar	Full- Part	Med, Wet										✓	✓	
2 ft tall, 12-24" spread, special value to bumble bees, attracts butterflies, host for Baltimore checkerspot and common buckeye caterpillars																	
 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 - with possible <i>Fistulosa</i> and <i>Didyma</i> seeds	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																	
 Alan Cressler	<i>Pedicularis canadensis</i>  Wood Betony	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet										✓	✓	
Needs to be planted with a grass or sedge as it gets some of it's nutrients from other plants. Consider ordering <i>Carex vulpinoidea</i> or <i>Schizachyrium scoparium</i> .																	
 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																	


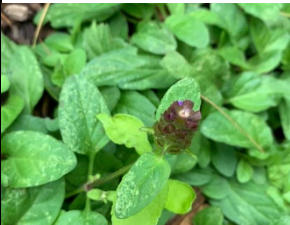







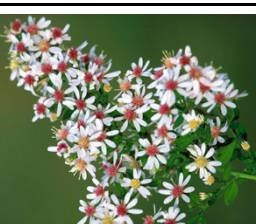


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 Dawn Vesey	<i>Physostegia virginiana</i>  Obedient plant	Herb. Perenn	Nectar	Full- Part	Med, Wet										✓	✓
4 ft tall, 12-18" spread, good nectar source, attracts butterflies and hummingbirds																
 Sarah Whiteman	<i>Prunella vulgaris</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 to add into lawns for a bee friendly lawn and plant amongst other plants in the garden and at edges of shrubs etc.																
	<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																
 Donald Cameron	<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																
 Leonardo DaSilva	<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																



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	<i>Sorghastrum nutans</i>  Indian grass	Grass	Host	Full - Shade	Med, Wet												
3-8 ft tall, special value to bumble bees for nesting materials, larval host to Pepper and Salt Skipper butterfly																	
	<i>Spiraea alba</i>  White Meadowsweet	Shrub	Pollen	Full- Part	Med, Wet										✓	✓	
Jude Griffin	3-6 ft tall, 24" spread, special value to native bees, attracts butterflies, host for Spring Azure butterfly																
	<i>Spiraea tomentosa</i>  Steeplebush	Shrub	Pollen	Full- Part	Wet										✓	✓	
Jude Griffin	2-3 ft tall, 24" spread, special value to native bees, attracts butterflies and birds, host for New England buck moth caterpillars																
	<i>Symphyotrichum lateriflorum</i>  Calico Aster	Herb. Perenn	Nectar	Full- Part	Med, Wet, Dry												
Barnes Dr Thomas G, U.S. Fish and Wildlife Service	1-3 ft tall, 18-36" spread, special value to native bees, attracts butterflies, has a shorter nectar tube than other asters																
	<i>Zizia aperta</i>  Heart leafed zizia	Herb. Perenn	Nectar and Pollen	Full- Part	Med												
S. and A. Wasoski	up to 3 ft tall																
	<i>Zizia aurea</i>  Golden alexander	Herb. Perenn	Nectar and Pollen	Full- Part	Med												
Joyce Greenleaf	1-3 ft tall, 12-24" spread, special value to native bees, attracts butterflies, host for black swallowtail caterpillars																

### 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

who's dedication to collect, clean and package the seeds made this program possible.

Dr. Robert Gegear's complete plant list:

<https://gegearlab.weebly.com/plantlist.html>

Graciously edited and designed by Emily van Nort of Lady Fern Farm - [www.ladyfernfarm.com](http://www.ladyfernfarm.com)

