

Winter Sow Workshop 2025 Seeds







IMAGE	SCIENTIFIC NAME/ COMMON NAME	PLANT TYPE	NECTAR OR POLLEN	SUN	SOIL	BLOOM TIME										BUMBLEBEE	
						Early			Mid		Late					B. fervid	B. vagan
						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>Anaphalis margartiacea</i> Pearly Everlasting	Herb. Perenn	Nectar	Full- Part	Dry, Med												
1-3 ft tall, 12-24" spread, larval host to skippers and painted lady 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																	
	<i>Antennaria plantaginifolia</i> <i>Pussytoes</i>	Herb. Perenn		Full- Part	Dry												
4-8 ft tall, special value to native bees as it provides nesting materials and structure																	
	<i>Aquilegia canadenis*</i> <i>Red Columbine</i>	Herb. Perenn	Nectar	Part - shade	Dry, Med, Wet												
up to 3ft tall, special value to bumble bees, other long tongued insects and hummingbirds. It likes moisture but needs to have well drained soil.																	
 <small>Bransford, W.D. and Dolphia</small>	<i>Asclepias exaltata</i> Poke 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																	








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 Freddie Gillespie	<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																	
	<i>Asclepias purpurascens</i> Purple milkweed	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet											✓	
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																	
 Dawn Vesey	<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																	
 Smith R.W.	<i>Asclepias verticillata</i> Whorled milkweed	Herb. Perenn	Nectar	Full- Part	Med, Dry											✓	
1-3 ft tall, special value to native bees, attracts butterflies, host for monarch caterpillars																	
	<i>Astragalus canadensis</i> Canada Milkvetch	Herb. Perenn	Nectar	Full- Part	Med, Dry										✓	✓	
1-4 ft tall																	
 Kirk Marshall	<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																	
 Wasowski, A. and S.	<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																	








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	<i>Blephilia hirsuta</i> <i>Hairy Wood Mint</i>	Herb. Perenn	Nectar	Part	Med, Dry											✓	
1-2.5 ft tall, 8-18" spread																	
	<i>Carex radiata</i> <i>Eastern Star Sedge</i>	Grass	Host Plant	Full- Part	Med, Wet												
2-3 ft tall																	
	<i>Carex vulpinoidea</i> <i>Brown Fox Sedge</i>	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.																	
	<i>Cephalanthus occidentalis</i> Buttonbush	Shrub	Nectar	Full- Part	Med, Wet											✓	
Jude Griffin	6-12 ft tall, special value to native bees, attracts butterflies. Unique white flowers																
	<i>Cercis canadensis</i> Eastern Redbud	Tree	Nectar	Part Sun	Med, Dry											✓	
Julie Makin	15-30 ft tree, special value to native bees																
	<i>Chamerion angustifolium</i> Fireweed	Herb. Perenn	Nectar	Full	Med, Dry											✓	
Alice Le Duc	2-5 ft tall with a spread of 1-3 ft																
	<i>Chasmanthium latifolium</i> Indian Oatgrass or Sea Oats	Grass	Host Plant	Full- Part	Med, Wet												
Joseph Marcus	2-4 ft tall with a spread of 1-3 feet. Larval host plant for Pepper and salt skipper butterfly																








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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																	
 Emily van Nort	<i>Cirsium discolor</i> Field Thistle	Herb. Biennial	Nectar	Full- Part	Dry, Med											✓	✓
up to 8ft tall																	
 Jim Brighton	<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																	
	<i>Danthonia spicata</i> Poverty Oat Grass	Grass		Full - Part Shade	Dry												
Up to 3' tall. Larval host to Indian Skipper butterfly																	
 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																	
	<i>Diervilla lonicera</i> Northern Bush Honeysuckle	Shrub	Nectar	Full - Shade	Dry, Med												✓
Up to 3' tall. Special value to bumble bees.																	
	<i>Doellingeria umbellata</i> Flat-topped Aster	Herb. Perenn		Full	Med, Wet												
Up to 6' tall. Larval host to certain butterflies.																	








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	<i>Eragrostis spectabilis</i> Purple Lovegrass	Grass		Full	Med, Dry												
1-2 ft tall; 1-2 ft spread																	
	<i>Eupatorium perfoliatum</i> Boneset Thoroughwort	Herb. Perenn	Nectar	Full- Part	Med, Wet												
Joyce Greenleaf	4-6 ft tall, 3-4 ft spread, special value to native bees																
	<i>Eutrochium fistulosum</i> Hollow Joe-Pye Weed	Herb. Perenn	Nectar	Full- Part	Med, Wet											✓	
Stephanie Brundage	5-7 ft tall, 36-48" spread, excellent nectar source, attracts native bees, butterflies, and birds																
	<i>Eutrochium maculatum</i> Spotted Joe-Pye weed	Herb. Perenn	Nectar	Full- Part	Med, Wet											✓	
Kerry Woods, Creative Commons	5 ft tall, 36-48" spread, excellent nectar source, attracts native bees, butterflies, and birds																
	<i>Eutrochium purpureum</i> Purple Joe-Pye weed	Herb. Perenn	Nectar	Part	Dry, Med, Wet											✓	
Charles de Mille-Isles Creative Commons	4-6 ft tall, 36-48" spread, excellent nectar source, special value to native bees, attracts butterflies and birds																
	<i>Gentiana andrewsii</i> Bottle Gentian	Herb. Perenn	Nectar	Full- Part	Med, Wet												
	1-4 ft tall, 12-18" spread, special value to bumble bees.																
	<i>Gentiana clausa</i> Closed gentian	Herb. Perenn	Nectar	Full- Part	Med, Wet										✓	✓	
Kirk Marshall	1-2 ft tall, 12-18" spread, special value to bumble bees. It is a slow growing plant to establish.																








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 Fritz Flohr Reynolds	<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																	
 Alan Cressler	<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																	
	<i>Lysimachia hybrida</i> River Loosestrife	Herb. Perenn	Floral Oils	Full - Part	Med, Wet												
Up to 3' tall. Special value to native bees																	
 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																	
 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																	



















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 Dr. Robert Gegear	<i>Monarda fistulosa</i> RUBA (Red) 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- Shade	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>Penstemon pallidus</i> Pale beardtongue	Herb. Perenn	Nectar	Full- Shade	Dry, Med, Wet											✓	✓
Up to 30" tall. Special value to bumble bees.																	
 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>Pseudognaphalium obtusifolium</i> <i>Rabbit Tabacco</i>	Annual	Nectar	Full- Part	Med, Wet												
Annual growing up to 3ft tall.																	
 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.																	

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	<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															
	<i>Scutellaria lateriflora</i> Mad dog skullcap	Herb. Perenn	Nectar	Full- Part	Med, Wet										✓	✓	
Donald Cameron		1-3 ft tall, 12-18" spread, attracts native bees															
	<i>Solidago caesia</i> * Blue-stem goldenrod	Herb. Perenn	Nectar and Pollen	Full - Part	Dry												
		Up to 3ft tall. Relatively small goldenrod and is not aggressive.															
	<i>Solidago odora</i> Licorice goldenrod	Herb. Perenn	Nectar and Pollen	Full - Part	Med, Wet											✓	
		Supports butterflies and at risk bees															
	<i>Solidago speciosa</i> Showy goldenrod	Herb. Perenn	Nectar and Pollen	Part	Med											✓	
Leonardo DaSilva		3 ft tall, 12-24" spread, special value to native bees, attracts butterflies and birds															
	<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															

Donald Cameron

Leonardo DaSilva

Jude Griffin

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	<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															

* Not on Dr. Gegear's Plant List

Special Thanks To:

Freddie Gillespie for her continued dedication to education and protection of our environment.
 Dr. Robert Gegear for his ongoing research and accessibility to the Southborough community.
 To the many volunteers from the Native Plant Gardeners 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 can be found at:

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

Edited and designed by Emily van Nort (of www.evannort.com & www.apothecaryartists.com)

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