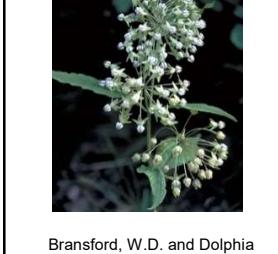


Southborough Open Space Preservation Commission

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 | | |
|  | <i>Agastache scrophulariaefolia</i> Purple giant hyssop | Herb. Perenn | Nectar | Sun, Shade | Dry, Med, Wet | | | | | | | | | ✓ | ✓ |
| Photo by: Kirk Marshall | | | | | | | | | | | | | | | |
|  | <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> Pussytoes | Herb. Perenn | | Full- Part | Dry | | | | | | | | | | |
| 4-8 ft tall, special value to native bees as it provides nesting materials and structure | | | | | | | | | | | | | | | |
|  | <i>Aquilegia canadensis*</i> Red Columbine | 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. | | | | | | | | | | | | | | | |
|  | <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 | | | | | | | | | | | | | | | |

| 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 | | | |
|  | <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> <i>Buttonbush</i> | Shrub | Nectar | Full- Part | Med, Wet | | | | | | | | | | ✓ |
| | | | | | | 6-12 ft tall, special value to native bees, attracts butterflies. Unique white flowers | | | | | | | | | |
|  | <i>Cercis canadensis</i> <i>Eastern Redbud</i> | Tree | Nectar | Part Sun | Med, Dry | | | | | | | | | | ✓ |
| | | | | | | 15-30 ft tree, special value to native bees | | | | | | | | | |
|  | <i>Chamerion angustifolium</i> <i>Fireweed</i> | Herb. Perenn | Nectar | Full | Med, Dry | | | | | | | | | | ✓ |
| | | | | | | 2-5 ft tall with a spread of 1-3 ft | | | | | | | | | |
|  | <i>Chasmanthium latifolium</i> <i>Indian Oatgrass or Sea Oats</i> | 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 | | | | | | | | | |

Alice Le Duc

Joseph Marcus

Jude Griffin

Julie Makin

| 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 | A | S |
|  | <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 | | | | | | |
| | | | | | | 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 | | | | | | <input checked="" type="checkbox"/> |
| | | | | | | 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 | | | | | | <input checked="" type="checkbox"/> |
| | | | | | | 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 | | | | | | <input checked="" type="checkbox"/> |
| | | | | | | 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 | | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| | | | | | | 1-2 ft tall, 12-18" spread, special value to bumble bees. It is a slow growing plant to establish. | | | | | |

Kirk Marshall

| IMAGE | SCIENTIFIC NAME/ COMMON NAME | PLANT TYPE | NECTAR OR POLLEN | SUN | SOIL | BLOOM TIME | | | | | BUMBLEBEE | | | | | | | |
|--|--|-----------------|------------------------|----------------|---------------------|--|---|-----|---|------|-----------|---|--------------|--|--|--|--|--|
| | | | | | | Early | | Mid | | Late | | | B. fervid | | | | | |
| | | | | | | M | A | M | J | J | A | S | B. vagan | | | | | |
|  | <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 | | | | | | | | | | | | |
|  | <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 | | | | | | | | | | | | |
|  | <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 | | | | | | | | | | | | |
|  | <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 | | | | | | | | | | | | |
|  | <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 | | | | | | | | | | | | |
|  | <i>Monarda fistulosa</i> RUBA (Purple) 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

| IMAGE | SCIENTIFIC NAME/ COMMON NAME | PLANT TYPE | NECTAR OR POLLEN | SUN | SOIL | BLOOM TIME | | | | | BUMBLEBEE | | | |
|---|--|-----------------|------------------------|----------------|---------------------|---|---|-----|---|------|-----------|---|--------------|---|
| | | | | | | Early | | Mid | | Late | | | B. fervid | |
| | | | | | | M | A | M | J | J | A | S | B. vagan | |
|  | <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 | | | | | | | | |
|  | <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 | | | | | | | | | | | | | | |
|  | <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 | | | | | | | | | | | | | | |
|  | <i>Penstemon pallidus</i> Pale beardtongue | Herb. Perenn | Nectar | Full- Shade | Dry, Med, Wet | | | | | | | | ✓ | ✓ |
| Up to 30" tall. Special value to bumble bees. | | | | | | | | | | | | | | |
|  | <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 | | | | | | | | | | | | | | |
|  | <i>Pseudognaphalium obtusifolium</i> Rabbit Tabacco | Annual | Nectar | Full- Part | Med, Wet | | | | | | | | | |
| Annual growing up to 3ft tall. | | | | | | | | | | | | | | |
|  | <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. | | | | | | | | | | | | | | |

Sarah Whiteman

| IMAGE | SCIENTIFIC NAME/ COMMON NAME | PLANT TYPE | NECTAR OR POLLEN | SUN | SOIL | BLOOM TIME | | | | BUMBLEBE | |
|--|--|-----------------|-------------------------|-----------|---------------------|------------|-----|------|---|--------------|-------------|
| | | | | | | Early | Mid | Late | | B. fervid | B. vagan |
| | | | | | | M | A | M | J | A | S |
|  | <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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