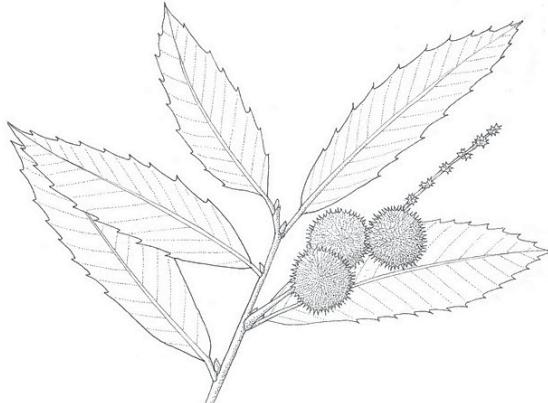


## **ABOUT THE NATIVE PLANTS FOR CONSERVATION, RESTORATION AND LANDSCAPING PROJECT**

This project is a collaboration between the Virginia Department of Conservation and Recreation and the Virginia Native Plant Society. VNPS chapters across the state helped to fund the 2011 update to this brochure.

The following partners have provided valuable assistance throughout the life of this project:

*The Nature Conservancy – Virginia Chapter • Virginia Tech Department of Horticulture • Virginia Department of Agriculture and Consumer Services • Virginia Department of Environmental Quality, Coastal Zone Management Program • Virginia Department of Forestry • Virginia Department of Game and Inland Fisheries • Virginia Department of Transportation*



### **FOR MORE INFORMATION**

Virginia Department of Conservation and Recreation  
Natural Heritage Program  
804-786-7951  
[www.dcr.virginia.gov/natural\\_heritage/nativeplants.shtml](http://www.dcr.virginia.gov/natural_heritage/nativeplants.shtml)

### **FOR A LIST OF NURSERIES THAT PROPAGATE NATIVE SPECIES, CONTACT:**

Virginia Native Plant Society  
400 Blandy Farm Lane, Unit 2  
Boyce, VA 22620  
540-837-1600 | [vnpsofc@shentel.net](mailto:vnpsofc@shentel.net)  
[www.vnps.org](http://www.vnps.org)



### **FOR A LIST OF NURSERIES IN A PARTICULAR REGION OF VIRGINIA, CONTACT:**

The Virginia Nursery and Landscape Association  
383 Coal Hollow Road  
Christiansburg, VA 24073  
540-382-0943 | [vnla@verizon.net](mailto:vnla@verizon.net)  
To search for species in VNLA member catalogs, visit:  
[www.vnla.org/search.asp](http://www.vnla.org/search.asp)



### **ILLUSTRATIONS COURTESY OF THE FLORA OF VIRGINIA PROJECT.**

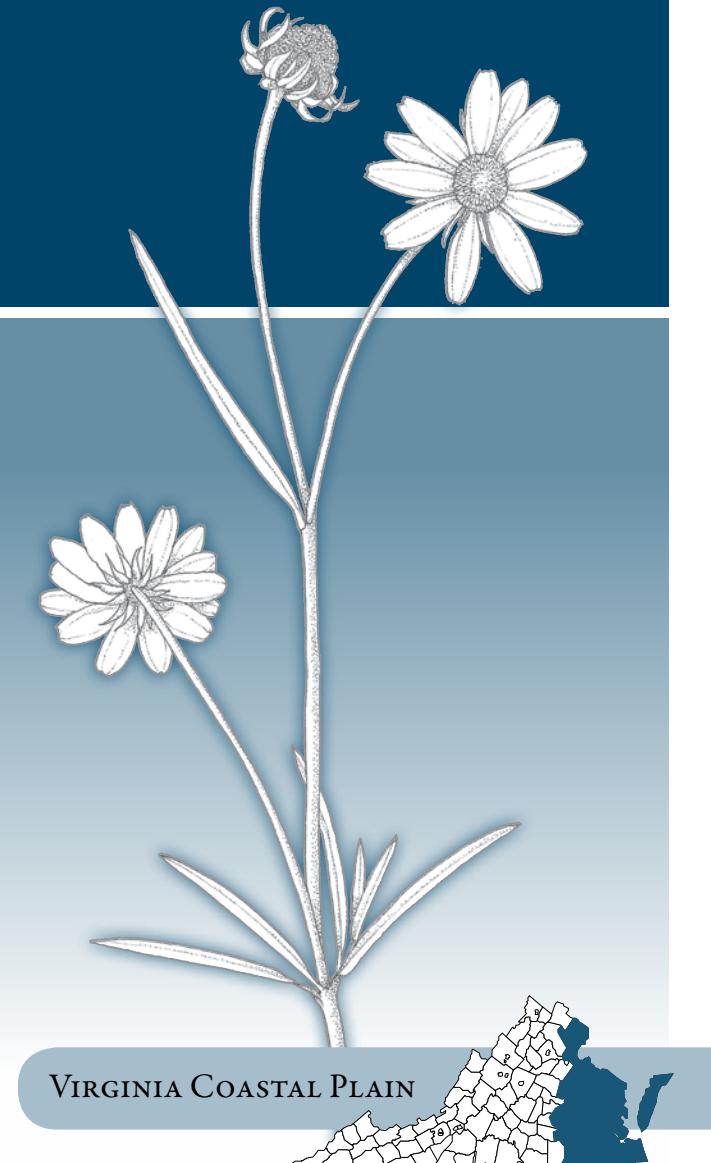
Illustrators: Lara Gastinger, Roy Fuller and Michael Terry. To learn more, visit: [www.floravirginia.org](http://www.floravirginia.org)



9/2011

# **Native Plants**

## **FOR CONSERVATION, RESTORATION & LANDSCAPING**



VIRGINIA COASTAL PLAIN

### **WHAT ARE NATIVES?**

Native species evolved within specific regions and dispersed throughout their range without known human involvement. They form the primary component of the living landscape and provide food and shelter for native animal species. Native plants co-evolved with native animals over many thousands to millions of years and have formed complex and interdependent relationships. Our native fauna depend on native flora to provide food and cover. Many animals require specific plants for their survival.



### **BENEFITS OF NATIVE PLANTS**

Using native species in landscaping reduces the expense of maintaining cultivated landscapes and minimizes the likelihood of introducing new invasive species. It may provide a few unexpected benefits as well.

Native plants often require less water, fertilizer and pesticide, thus adding fewer chemicals to the landscape and maintaining water quality in nearby rivers and streams. Fewer inputs mean time and money saved for the gardener.

Native plants increase the presence of desirable wildlife, such as birds and butterflies, and provide sanctuaries for these animals as they journey between summer and winter habitats. The natural habitat you create with native plants can become an outdoor classroom for children, or a place for you to find peace and quiet after a busy day.

Native plants evoke a strong sense of place and regional character. For example, live oak and magnolia trees are strongly associated with the Deep South. Redwood trees characterize the Pacific Northwest. Saguaro cacti call to mind the deserts of the Southwest.

### **BUYING AND GROWING NATIVE PLANTS**

More gardeners today are discovering the benefits of native plants and requesting them at their local garden centers. Because of this increased demand, retailers are offering an ever-widening selection of vigorous, nursery-propagated natives.

Once you've found a good vendor for native plants, the next step is choosing appropriate plants for a project. One of the greatest benefits of designing with native plants is their adaptation to local conditions. However, it is important to select plants with growth requirements that best match conditions in the area to be planted.

If you're planning a project using native plant species, use the list in this brochure to learn which plants grow in your region of Virginia. Next, study the minimum light and moisture requirements for each species, noting that some plants grow well under a variety of conditions. Many of the recommended species are well-suited to more than one of these categories.

For more information, refer to field guides and publications on local natural history for color, shape, height, bloom times and specific wildlife value of the plants that grow in your region. Visit a nearby park, natural area preserve, forest or wildlife management area to learn about common plant associations, spatial groupings and habitat conditions. For specific recommendations and advice about project design, consult a landscape or garden design specialist with experience in native plants.

### **WHAT ARE NON-NATIVE PLANTS?**

Sometimes referred to as "exotic," "alien," or "non-indigenous," non-native plants are species introduced, intentionally or accidentally, into a new region by humans. Over time, many plants and animals have expanded their ranges slowly and without human assistance. As people began cultivating plants, they brought beneficial and favored species along when they moved into new regions or traded with people in distant lands. Humans thus became a new pathway, enabling many species to move into new locations.

### **WHAT ARE INVASIVE PLANTS?**

Invasive plants are introduced species that cause health, economic or ecological damage in their new range. More than 30,000 species of plants have been introduced to the United States since the time of Columbus. Most were introduced intentionally, and many provide great benefits to society as agricultural crops and landscape ornamentals. Some were introduced accidentally, for example, in ship ballast, in packing material and as seed contaminants. Of these introduced species, fewer than 3,000 have naturalized and become established in the United States outside cultivation. Of the 3,500 plant species in Virginia, more than 800 have been introduced since the founding of Jamestown. The Virginia Department of Conservation and Recreation currently lists more than 100 of these species as invasive.

In the United States, invasive species cause an estimated \$120 billion in annual economic losses, including costs to manage their effects. Annual costs and damages arising from invasive plants alone are estimated at \$34 billion.

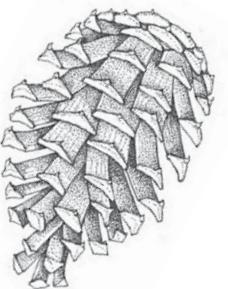
### **NATIVE PLANTS VS. INVASIVE PLANTS**

Invasive plants have competitive advantages that allow them to disrupt native plant communities and the wildlife dependent on them. For example, kudzu (*Pueraria montana*) grows very rapidly and overtakes forest canopy, thus shading other plant species from the sunlight necessary for their survival. A tall invasive wetland grass, common reed (*Phragmites australis* ssp. *australis*), invades and dominates marshes, reducing native plant diversity and sometimes eliminating virtually all other species.

Invasive species can marginalize or even cause the loss of native species. With their natural host plants gone, many insects disappear. And since insects are an essential part of the diet of many birds, the effects on the food web become far reaching. Habitats with a high occurrence of invasive plants become a kind of "green desert." Although green and healthy in appearance, far fewer native species of plants and animals are found in such radically altered places.

# Virginia Coastal Plain

Virginia's Coastal Plain extends from the sands of Virginia Beach west to the fall line. Formed by marine sediments eroded from the Appalachian Highlands, the Coastal Plain varies in topography from north to south. In the north, the Northern Neck is somewhat hilly and well-drained. On the Middle Peninsula and Lower Peninsula, hills are less steep. South of the James River, the landscape levels off to about a 1-degree slope toward the ocean. In places, streams cut easily through the sands, gravels and clays to form well-developed ravine systems, and tidal rivers widen as the topography flattens. The Eastern Shore, separated from the mainland by the Chesapeake Bay, exhibits relatively little topography across the uplands extending from the Atlantic on the east to the bay on the west. From white sand beaches of the barrier islands, to tidal freshwater marshes, to blackwater swamps, to upland mixed hardwood and pine forests, the Coastal Plain has a diverse array of habitats for many native plant species.



## Recommended Uses

**W** = Wildlife

**H** = Horticulture & Landscaping

**C** = Conservation & Restoration

**D** = Domestic livestock forage

## Minimum Light Requirements

**S** = Shade

**P** = Partial sun

**F** = Full sun

Some species are marked with the following footnote symbols:

+ May be aggressive in a garden setting

\* Due to the rarity and sensitivity of habitat in Virginia, these species are recommended for horticultural use only. Planting these species in natural areas could be detrimental to the survival of native populations.

Scientific Name	Common Name	Uses W H C D S P F L M H	Light	Moisture
<b>Herbs</b>				
Achillea millefolium	common yarrow			
Ageratina altissima	white snakeroot			
Anemone tabernaemontana	wood anemone			
Anemone quinquefolia	rue anemone			
Anemonella thalictroides	wild columbine			
Aquilegia canadensis	Jack-in-the-pulpit			
Arisaema triphyllum	goatsbeard			
Aruncus dioicus	wild ginger			
Asarum canadense+	swamp milkweed			
Asclepias incarnata	common milkweed			
Asclepias syriaca+	butterfly weed			
Asclepias tuberosa	yellow wild-indigo			
Baptisia tinctoria	nodding beggar-ticks			
Bidens cernua+	aster-like bolttonia			
Boltonia asteroides*	marsh marigold			
Caltha palustris	partridge pea			
Chamaecrista fasciata+	white turtlehead			
Chelone glabra	green and gold			
Chrysogonum virginianum	Maryland golden aster			
Chrysopsis mariana	black coneflower			
Cimicifuga racemosa	Maryland butterfly pea			
Clitoria mariana	blue mistflower			
Conoclinium coelestinum	longstalk coreopsis			
Coreopsis lanceolata	golden tickseed			
Coreopsis tinctoria	tall coreopsis			
Coreopsis verticillata	threadleaf coreopsis			
Desmodium paniculatum	narrow-seaf tick trefoil			
Equisetum hyemale	horsetail			
Eupatorium fistulosum	Joe-pye weed			
Eupatorium perfoliatum	common boneset			
Heuchera americana	sneezeweed			
Helianthus angustifolius	narrow-leaf sunflower			
Helianthus divaricatus	ten-petaled sunflower			
Helianthus decapetaloides	woodland sunflower			
Helianthus heterophyllum	oxeye sunflower			
Heuchera autumnale	round-head hepatica			
Iris prismatica	alumroot			
Kosteletskyia secunda	Eastern rosemallow			
Lathyrus palustris var. obtusa	slender blueflag			
Leucanthemum vulgare	Virginia blue flag			
Lespedeza capitata	seashore mallow			
Liatris pilosa var. pilosa	round-head bush clover			
Lilium superbum	grass-leaf blazing star			
Lobelia cardinalis	Turk's cap lily			
Lobelia siphilitica	cardinalflower			
Lupinus latifolius	great blue lobelia			
Lupinus racemosus	monkeyflower			
Mimulus ringens	lupine			
Monarda fistulosa	false Solomon's seal			
Nymphaea odorata	summer phlox			
Oenothera fruticosa	wild bergamot			
Opuntia humifusa	mayapple			
Packera aurea+	Jacob's ladder			
Peltandra virginica	Solomon's seal			
Penstemon laevigatus	pickrelweed			
Polygonatum reptans	horse-mint			
Polygonatum biflorum	hoary mountain mint			
Pontederia cordata	narrow-leaved mountain mint			
Pycnanthemum incanum	Virginia meadow-beauty			
Rhebia virginica	black-eyed Susan			
Rudbeckia hirta	cut-leaved coneflower			
Rudbeckia laciniata	three-toed coneflower			
Sagittaria trifolia	broadleaf arrowhead			
Spiraea alpine	lyre-leaf sage			
Sanguinaria canadensis	bloodroot			
Saururus cernuus	lizard's tail			
Saxifraga virginiana	early saxifrage			
Sedum ternatum	wild stonecrop			
Sennaria marilandica	Maryland wild senna			
Solidago caesia	bluestem goldenrod			
Solidago odora	sweet goldenrod			
Solidago pinnatifida+	pineywoods goldenrod			
Solidago rugosa+	downdy goldenrod			
Solidago sempervirens	rough-stemmed goldenrod			
Symporicium concolor	seaside goldenrod			
Sympotrichum novi-belgi	Eastern silvery aster			
Tradescantia virginiana+	heart-leaved aster			
Vernonia noveboracensis	New York aster			
Viola cucullata	frost aster			
Viola pedata	Virginia spiderwort			
Yucca filamentosa	New York ironweed			
Zephyranthes atamasco	marsh blue violet			
	birds foot violet			
	common yucca			
	Atamasco lily			
<b>Ferns &amp; Fern Allies</b>				
Adiantum pedatum	maidenhair fern			
Asplenium platyneuron	ebony spleenwort			
Athyrium asplenioides	Southern ladyfern			
Botrychium virginianum	rattlesnake fern			
Dennstaedtia punctilobula+	hay-scented fern			
Dryopteris intermedia	evergreen wood-fern			
Osmunda cinnamomea	sensitive fern			
Osmunda regalis	cinnamon fern			
Polystichum acrostichoides	royal fern			
Thelypteris palustris	Christmas fern			
Woodwardia virginica+	marsh fern			
	Virginia chain fern			
<b>Grasses, Sedges &amp; Rushes</b>				
Agrostis perennans	autumn bentgrass			
Andropogon glomeratus	bushy bluestem			
Arundinaria tecta	broomesedge			
Carex crinita	switch cane			
Carex luria	long hair sedge			
Carex pensylvanica	sallow sedge			
Carex strigosa	Pennsylvania sedge			
Chasmanthium latifolium+	tussock sedge			
Danthonia sericea	river oats, spanolegrass			
Dichanthelium clandestinum	silky oatgrass			
Dulichium arundinaceum	poverty oatgrass			
Elymus hystrichus	deer-tongue grass			
Juncus effusus	variable panicgrass			
Leymus mollis	dwarf bamboo			
Panicum amarum	buttongrass			
Panicum virgatum	rice cutgrass			
Saccharum giganteum	coastal panic grass			
Schiniastrum scoparium	switch grass			
Scirpus cyperinus	giant plume grass			
Sorghastrum nutans	woollygrass burrush			
Sparganium americanum	Indian grass			
Tridens flavus	American bur-reed			
Tripsacum dactyloides	redtop			
Typha latifolia	gama grass			
Zizaniopsis miliacea	broad-leaved cattail			

Scientific Name	Common Name	Common Name	Scientific Name	Common Name	Uses W H C D S P F L M H	Light	Moisture
<b>Vines</b>							
Bignonia capreolata	crossvine		Campsis radicans	trumpet creeper			
Celastrus scandens	virgin's bower		Clematis virginiana	climbing hydrangea			
Decumaria barbara	Carolina jasmine		Geum urbanum	trumpet honeysuckle			
Gelsemium sempervirens	Virginia creeper		Lonicera sempervirens	Purple passionflower			
Parthenocissus quinquefolia	Atlantic wisteria		Passiflora incarnata	Wisteria frutescens			
<b>Shrub &amp; Small Trees</b>							
Ailanthus altissima	hazel alder		Aronia arbutifolia	red chokeberry			
Anemone quinquefolia	black chokeberry		Aronia melanocarpa	black huckleberry			
Anemonella thalictroides	high tide bush		Baccharis halimifolia	American beautyberry			
Aquilegia canadensis	Allegheny chinquapin		Callicarpa americana	Allegheny chinquapin			
Arisaema triphyllum	New Jersey tea		Castanea pumila	buttonbush			
Aruncus dioicus	silky dogwood		Ceanothus americanus	sweet pepper-bush			
Asarum canadense+	cockspur hawthorn		Ceanothus occidentalis	cockerelbush			
Asclepias incarnata	fetterbush		Clethra alnifolia	dangleberry			
Asclepias syriaca+	American strawberry-bush		Cornus alternifolia	witch hazel			
Baptisia tinctoria	deciduous holly		Corylus americana	wild hydrangea			
Bidens cernua+	inkberry		Corylus cornuta	mountain laurel			
Boltonia asteroides*	winterberry		Corylus avellana	coastal dog-hobble			
Caltha palustris	black huckleberry		Corylus colurna	spicebush			
Chamaecrista fasciata+	American strawberry-bush		Corylus avellana	shining fetterbush			
Chelone glabra	witch hazel		Corylus avellana	mountain laurel			
Chrysogonum virginianum	black huckleberry		Corylus avellana	coastal dog-hobble			
Chrysopsis mariana	black huckleberry		Corylus avellana	spicebush			
Cimicifuga racemosa	black huckleberry		Corylus avellana	shining fetterbush			
Clintonia mariana	black huckleberry		Corylus avellana	mountain laurel			
Conoclinium coelestinum	black huckleberry		Corylus avellana	coastal dog-hobble			
Coreopsis lanceolata	black huckleberry		Corylus avellana	spicebush			
Coreopsis tinctoria	black huckleberry		Corylus avellana	shining fetterbush			</td