

BEES AND BEYOND – A POLLINATOR AND BIODIVERSITY WORKSHOP

Planting and Growing Guide for your Native Plants

New Jersey Tea, *Ceanothus americanus* (Buckthorn family, Rhamnaceae)

POPPLEBERRY

Description: Grows 2-3 feet high, and may spread 4-6 feet. Clusters of fragrant, fine white blossoms appear in July-August.

Soil and Sun: Dry, sandy or loam soil preferred. Grows best in full sun but will flower in partial shade.

Planting: Cut vertical lines on sides of plug. Make a hole about 2 x size of plug and add some compost or topsoil. Add sand if your soil is heavy. Plant the plug and water well. Keep a space of 2 feet free all around the plant. It takes a year or more to get established and does best with no crowding by other plants. *Ceanothus* produces a deep tap root making it hard to move once established.



Virginia Mountain-Mint, *Pycnanthemum virginianum* (Mint family, Lamiaceae)

YELLOW

Description: Grows 2-3 feet high. Clusters of tiny white flowers with purple speckles appear from June to September. Leaves are fragrant and can be used as mint.

Soil and Sun: Prefers slightly moist soil, but will grow in dry areas. Does best in full sun or partial shade.

Planting: Cut vertical lines on plug. Make a hole slightly larger than the plug and add some compost before planting. Space plants 1- 1.5 feet apart. Keep the soil moist until the plant is established. Plants can be moved in fall if needed.



Swamp Milkweed, *Asclepias incarnata* (Milkweed family, Apocynaceae)

RED

Description: Grows 1-3 feet high. Showy, clustered blooms are pink and white, very fragrant. Plants emerge in late May.

Soil and Sun: Prefers moist or wet soil. Grows in full sun or partial shade.

Planting: Cut small lines in plug. Add some compost to soil. Place plants 1-2 feet apart. Keep moist. Do not move plants as they have a long tap root.



Butterfly Milkweed, *Asclepias tuberosa* (Milkweed family, Apocynaceae)

GREEN

Description: Grows 1-2 feet high. Bright orange clusters of flowers appear in July-August. Plants emerge in late May.

Soil and Sun: Does well in poor, dry soil, and sandy areas. Full sun.

Planting: Cut small lines in plug but do not disturb tap root. Place plants 1 foot apart. Water until established then keep dry. Do not transplant.



Wild Bergamot, *Monarda fistulosa* (Mint family, Lamiaceae)

BLONDSTICK

Description: Grows 2-4 feet high. Lavender pink clusters appear in July. Leaves may get powdery mildew if plants are overcrowded.

Soil and Sun: Dry to medium well-drained soil; tolerates poor soil. Sun to partial shade.

Planting: Cut vertical lines in plug and add some compost to the soil. Space plants 1 foot apart. Water until established. Easily grown from seed.



Other good native plants for pollinators

- Common Milkweed *Asclepias syriaca*
- Joe-pye Weed/Boneset/Snakeroot, *Eupatorium* spp.
- Narrow-leaf Meadowsweet, *Spiraea alba*
- Purple/Pallid Coneflower, *Echinacea* spp.
- False/Wood Sunflowers, *Helianthus /Heliopsis* spp.
- Coneflower/Black-eyed Susan, *Rudbeckia* spp.
- Blazing Star, *Liatris* spp.
- Ironweed, *Vernonia* spp.
- Virgin's Bower, *Clematis virginiana*
- Goldenrods, *Solidago* spp.
- Culver's Root, *Veronicastrum virginicum*
- Hemp Dogbane, *Apocynum cannabinum*
- Cup Plant/Compass Plant/Prairie Dock, *Silphium* spp

Reference books

Pollinators of Native Plants, Heather Holm

Bringing Nature Home: How You Can Sustain Wildlife with Native Plants, Updated and Expanded: Douglas W. Tallamy

Websites and links

<https://hnpnc.com/site/>

<https://www.uoguelph.ca/oac/news/meet-ontarios-pollinators>

<https://www.uoguelph.ca/oac/news/helping-ontarios-pollinators-things-you-can-do>

www.illinoiswildflowers.info – great for detailed info on pollinators

<http://www.wildflowersofontario.ca/colours.html>

<https://inthezonegardens.ca/>

<http://cwf-fcf.org/en/explore/gardening-for-wildlife/?src=site-map>

<https://ontarionature.org/which-wild-pollinators-are-in-decline-and-why/>

<https://ontarionature.org/campaigns/pollinators/>

<https://www.ontario.ca/page/pollinator-health>

<https://guelph.ca/living/house-and-home/healthy-landscapes/landscape-planning/sample-garden-designs/recommended-plants-pollinator-garden/>

<https://www.torontomastergardeners.ca/gardeningguides/pollinator-garden-a-toronto-master-gardeners-guide/>

<https://cvc.ca/wp-content/.../04/17-uo-nativeplantsforpollinators-booklet-v8-web.pdf>

Conserving Native Pollinators in Ontario - Feed The Bees (PDF)

Wildlife Gardens

<https://ofnc.ca/programs/fletcher-wildlife-garden>

<https://www.uoguelph.ca/arboretum/>

<https://davidsuzuki.org/queen-of-green/create-pollinator-friendly-garden-birds-bees-butterflies/>

