The Wilderness Center
2020 Native Plant Sale
Woodland Plants

Sun/Prairie species
Shade/Woodland species
Vines, Shrubs and Trees
Black Cohosh (Baneberry)

Actaea racemosa (Cimifuga racemosa)

Height: 4-6 feet
Spread: 2-3 feet
Bloom time: July-August
Light: partial to full shade
Soil: medium to moist

Wildlife Value: Nectar source for woodland insects.

Note: Somewhat deer resistant.
Red Baneberry
Actaea rubra

Height: 1-2 feet
Spread: 1-2 feet
Bloom time: June
Light: partial to full shade
Soil: medium to moist

Wildlife Value: Berries are toxic to humans but eaten by birds.

Note: Somewhat deer resistant.
Maidenhair Fern

*Adiantum pedatum*

Height: 12-18”
Spacing: 18”
Light: Light shade to full shade
Soil: Medium to wet soils with loamy, sandy, or organic types.

Note: Excellent in rock and shade gardens
White Snakeroot
*Ageratina altissima*

Height: 1-2 feet
Spread: 12-18 inches
Bloom time: July-September
Light: Partial to full shade
Soil: Dry to medium

Wildlife Value: Nectar source for pollinators.

Note: Can grow under black walnut trees.
Columbine
Aquilegia canadensis

Height: 1-3 feet
Spread: 1 foot
Bloom time: April-June
Light: partial to full shade
Soil: Dry to medium

Wildlife Value: Nectar source for hummingbirds, the plant’s only known pollinator.

Note: Will self-sow to spread.
Jack in the Pulpit

Arisaema triphyllum

Height: 1-2 feet
Spread: 8 inches
Bloom time: April-May
Light: Full to part shade
Soil: Medium to wet

Wildlife Value: Red berries are food for small mammals.

Note: May self sow to form a nice colony.
Goatsbeard
*Aruncus dioicus*

Height: 3-5 feet  
Spread: 3 feet  
Bloom Time: May to June  
Light: Full sun to light shade  
Soil: Medium

Wildlife Value: Butterfly nectar source.

Note: Can tolerate partial shade well.  
Formerly *A. sylvestris*
Wild Ginger
*Asarum canadense*

Height: 6-12 inches  
Spread:  6 inches  
Bloom time: April-May  
Light: partial to full shade  
Soil: Dry to medium.

Wildlife value: The small red/brown flowers provide early pollen for native bees and flies.

Note: Nice groundcover once established.
Poke Milkweed

*Asclepias exaltata*

Height: 2 to 6 feet  
Spread: 12 inches  
Bloom time: June to August  
Light: partial to full shade  
Soil: Medium

Wildlife value: Like all milkweeds, a must for monarch caterpillars.

Note: Can hybridize with common milkweed.
Tall Bellflower
*Campanula americana*

Height: 2–5 feet  
Spread: 1 foot  
Bloom Time: July–September  
Light: Partial sun to shade  
Soil: Medium to moist soil with rich, organic content.

Wildlife Value: Butterflies and hummingbirds.

Note: A self-sowing biennial.
Pennsylvania (Oak) Sedge
Carex pensylvanica

Height: 6-12 inches
Spread: 1 foot
Bloom Time: April–June
Light: Partial to full shade
Soil: Dry to medium

A popular lawn alternative for shady areas. Requires well drained soil.
Blue Cohosh
*Caulophyllum thalictroides*

Height: 2–4 feet  
Spread: 1 foot  
Bloom Time: April–June  
Light: Partial sun to shade  
Soil: Medium

Wildlife Value: Birds eat the berries.

Note: Blue-green, tall foliage in the spring woodland garden.
Golden Star ‘Superstar’

*Chrysogonum virginianum* ‘Superstar’

Height: 8 inches  
Spread: 12 inches  
Bloom time: April–June  
Light: Partial to full shade  
Soil: Medium to moist

Note: A native groundcover. Flowers bloom in spring and fall. Tends to die down in heat of summer. This cultivar provides a thick groundcover.
Virgin’s Bower (aka Woodbine)
*Clematis virginiana*

- **Height:** 9-15 feet long
- **Spread:** 12 to 20 feet
- **Bloom time:** June-July
- **Light:** Full sun to part shade
- **Soil:** Medium to wet soil

**Wildlife value:** Native bees. Birds eat seeds.

**Note:** Excellent ground cover. Showy fragrant flowers. Adds interest to the fall landscape with its silky, feather-like silvery seed heads.
Tall Blue Larkspur
*Delphinium exaltatum*

Height: 3–5 feet
Spread: 1 foot
Bloom time: July–August
Light: Partial to full shade
Soil: Dry to medium

Wildlife Value: Hummingbirds love it!
Wild Bleeding Heart

*Dicentra exima*

Height: 12-16 inches  
Spread: 1 foot  
Bloom time: May-July  
Light: partial to full shade  
Soil: medium moisture, rich organic soil

Wildlife Value: Nectar source for native bumblebees.

Note: Lacy foliage and delicate flowers.
Mistflower
Eupatorium coelestinum

Height: 1-3 feet
Spread: 1-2 feet
Bloom Time: July - October
Light: Partial shade to full sun
Soil: Medium

Wildlife Value: A nectar source for butterflies.

Note: Grows well in part shade but can tolerate full sun with adequate moisture.
Wild Geranium
*Geranium maculatum*

Height: 1-2 feet
Spread: 1-2 feet
Bloom time: April-June
Light: Part sun to shade
Soil: Medium, tolerates drier conditions.

Wildlife Value: Butterflies, songbirds, and beneficial insects.
Woodland Sunflower

*Helianthus strumosus*

Height: 3-5 feet
Spread: 2 feet
Bloom Time: August–October
Light: sun to light shade
Soil: Medium to moderately dry

Wildlife value: Butterflies use nectar and songbirds eat seeds.

Note: Adds color to the late summer woodland garden. An aggressive spreader (rhizomes) for natural areas.
**Hepatica**
*Hepatica acutiloba*

Height: 6–9 inches  
Spread: 8 inches  
Bloom time: March–April  
Light: partial to full shade  
Soil: medium/wet

Wildlife Value: Early spring flowers for woodland insects.

Note: Leaves provide interest after flowers are gone.
Alum Root ‘Marvelous Marble’
*Heuchera americana* ‘Marvelous Marble’

Height: 9–12 inches  
Spread: 12–18 inches  
Bloom Time: June–July  
Light: Partial sun to full shade  
Soil: Medium to dry

Wildlife Value: Early spring flowers for woodland insects.  
Note: Excellent ground cover. Attractive leaves of deep green with reddish purple veins. White flowers good for cutting.
Goldenseal

*Hydrastis canadensis*

- **Height:** 12 inches
- **Spread:** 8-12 inches
- **Bloom time:** May-June
- **Light:** partial to full shade
- **Soil:** medium to moist

**Wildlife Value:** Nectar source for woodland insects.

The over collection of the root for medicinal use has led to steep reductions in native populations.
Virginia Bluebells
*Mertensia virginica*

Height: 1-2 feet  
Spread: 1 foot  
Bloom time: April-May  
Light: partial to full shade  
Soil: Medium to wet.

Wildlife value: Early nectar source for native bees.

Note: Flowers open blue and turn pink as they age. Expands slowly to form clumps. Leaves die back by June
Sensitive Fern

*Onoclea sensibilis*

Height: 2-3 feet
Spread: 1-2 feet
Light: full sun to full shade
Soil: medium to wet

Note: Fertile spore producing frond is dark brown at maturity with a bead like formation at the top.
Cinnamon Fern
*Osmunda cinnamomea*

Height: 3-5 feet  
Spread: 3 feet  
Light: sun to full shade  
Soil: prefers moist areas, but does well in medium soils.

Note: Fuzzy stems and spore producing fronds give this fern its name. Slow to establish, but worth the wait. Does not spread rapidly.
Wild Blue Phlox
*Phlox divaricata*

Height: 1-2 feet  
Spread: 1 foot  
Bloom time: May-June  
Light: partial sun to full shade  
Soil: Medium to wet

Wildlife value: Hummingbirds and early spring native bees and butterflies.

Note: Adaptable and mixes well with ferns and other spring wildflowers.
Wild Blue Phlox ‘Blue Moon’  
*Phlox divaricata ‘Blue Moon’*

Height: 12-18 inches  
Spread: 1 foot  
Bloom time: May-June  
Light: partial to full shade  
Soil: Medium

Wildlife Value: Hummingbirds and early spring native bees and butterflies.

Note: Nativar selected for fuller flower petals.  
Picture from North Creek Nurseries.
Wild Blue Phlox ‘May Breeze’
*Phlox divaricata ‘May Breeze’*

Height: 12-18 inches  
Spread: 1 foot  
Bloom time: May-June  
Light: partial to full shade  
Soil: Medium

Wildlife Value: Hummingbirds and early spring native bees and butterflies.

Note: Nativar with very light blue flowers.
Mayapple  
*Podophyllum peltatum*

Height: 12-18 inches  
Spread: 1 foot  
Bloom time: May-June  
Light: partial to full shade  
Soil: Medium to dry

Wildlife value: Supports many spring pollinators.

Note: May form colonies.
Jacob’s Ladder
*Polemonium reptans*

Height: 1-2 feet
Spread: 12–18 inches
Bloom time: May-June
Light: full sun to shade
Soil: Medium

Wildlife value: Native bees.

Note: A shade garden favorite with beautiful blooms and interesting leaves.
Christmas Fern  
*Polystichum acrostichoides*

Height: 1-2 feet  
Spread: 12-18 inches  
Light: Partial sun to full shade  
Soil: Dry to medium, well drained soils

Note: Good ground cover. Hardy. Evergreen leaves give this fern its name.
Bloodroot
Sanquinaria canadensis

Height: 6–9 inches
Spread: 6–8 inches
Bloom time: March–April
Light: Partial to full shade
Soil: Medium to wet

Wildlife value: A harbinger of spring! One of the first blooms providing nectar and pollen for native bees.

Note: Leaves produce a red sap when bruised. Leaves can grow fairly large by midsummer.
Wild Stonecrop
*Sedum ternatum*

Height: 6-12 inches
Spread: 6-8 inches
Bloom time: May to June
Light: Full sun to partial shade
Soil: Medium to moist

Note: Makes a nice groundcover in damp rocky soils
Round-leaf Ragwort
*Senecio obovatus*

Height: 1-2 feet  
Spread: 1 foot  
Bloom time: April-May  
Light: full shade.  
Soil: Medium to wet

Wildlife value: Early blooms for native pollinators.

Note: Evergreen foliage. Spreads by stolons to form a groundcover.
Fire Pink  
Silene virginica

Height: 1-2 feet  
Spread: 1 foot  
Bloom time: April-June  
Light: Part shade to sun  
Soil: Dry to medium  

Wildlife value: Hummingbirds.

Note: The bright crimson pink flowers can bloom for a month or longer.
Heart-leaved Aster
Symphotrichum cordifolius

Height: 2–3 feet
Spread: 1–2 feet
Bloom time: August–September
Light: Light to partial shade
Soil: Dry to medium

Wildlife value: Attracts butterflies, bees and beneficial insects.

Note: Large Heart-shaped leaves.
Foamflower
*Tiarella cordifolia*

Height: 10-12 inches  
Spread: 1 foot  
Bloom time: May-June  
Light: Partial to full shade  
Soil: Medium

Wildlife value: Native bees.

Note: White flowers bloom over attractive, heart shaped leaves. Bronze fall and winter color.
Red Trillium

Trillium erectum

Height: 12-18 inches
Spread: 1 foot
Bloom time: April-May
Light: partial to full shade
Soil: medium to wet, rich soil

Wildlife Value: Native bees

Note: Will possibly self sow if it thrives in its place.
Large-flowered Trillium

*Trillium grandiflorum*

- **Height:** 12-18 inches
- **Spread:** 1 foot
- **Bloom time:** April-May
- **Light:** partial to full shade
- **Soil:** medium to wet, rich soil

**Wildlife Value:** Native bees

**Note:** Our official state wildflower! Will possibly self-sow if it thrives in its place.
Large-flowered Bellwort
*Uvularia grandiflora*

Height: 1-2 feet
Spread: 10-12 inches
Bloom Time: May-June
Light: Partial shade
Soil: Medium to wet

Wildlife Value: Nectar a pollen source for native bees.
Note: May form colonies with rhizome root system. Protect from deer.
Golden Alexanders
_Zizia aurea_

Height: 1-2 feet  
Spread: 1-3 feet  
Bloom time: May-July  
Light: Full sun to full shade  
Soil: Medium to wet with clay, loamy or sandy soils.

Wildlife Value: Plants are an excellent food source for Eastern Black Swallowtail butterfly larvae, so don’t kill the caterpillars!

Note: Bright accent for a spring garden and the foliage stays looking good all summer. Good in clay soils.