The Wilderness Center
2020 Native Plant Sale
Woodland Plants

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


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 song birds 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.
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.
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 ‘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.
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.
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.