

PERENNIALS

Achillea millefolium, Yarrow
Actaea racemosa, Black Bugbane
Amsonia tabernaemontana, Blue Star Flower
Anemone canadensis, Meadow Anemone
Aquilegia canadensis, Canadian Columbine
Aruncus dioicus, Goat's Beard
Asclepias incarnata, Milkweed
Symphotrichum novae-angliae,
New England Aster
Symphotrichum oblongifolium,
Aromatic Aster
Symphotrichum ericoides,
White Heath Aster
Baptisia spp., False Indigo
Boltonia asteroides, Bolton's Aster
Caltha palustris, Yellow Marsh Marigold
Chelone lyoniana, Pink Turtlehead
Chelone glabra, White Turtlehead
Comptonia peregrina, Sweet Fern
Coreopsis grandiflora, Tickseed
Coreopsis verticillata, Tickseed
Dicentra eximia, Fringed Bleeding Heart
Echinacea purpurea, Coneflower
Conoclinium coelestinum, Blue Mist Flower
Eutrochium maculatum, Joe Pye Weed
Ageratina altissima, White Snakeroot
Filipendula rubra, Queen of the Prairie
Gaillardia spp., Blanket Flower
Gentiana spp., Bottle Gentian
Geranium maculatum,
Wild Geranium, Cranesbill

Monarch caterpillars feed exclusively on the leaves of milkweed, the only host plant for this iconic butterfly species. Without it, they cannot survive.

Milkweeds that are native to New Hampshire:
Swamp Milkweed
Purple Milkweed
Common Milkweed
Asclepias tuberosa

Gillenia spp., Bowman's Root
Helenium spp., Sneezeweed
Helianthus spp., Sunflower
Heliopsis spp., False Sunflower, Oxeye
Heuchera americana
Heuchera villosa
Iris versicolor, Harlequin Blueflag Iris
Liatris spicata, Blazing Star, Gayfeather
Lobelia cardinalis, Cardinal Flower
Lobelia siphilitica, Great Blue Cardinal Flower
Mertensia virginica, Virginia Bluebells
Monarda spp., Bee-Balm
Penstemon digitalis, Foxglove Beardtongue
Phlox divaricata,
Woodland/Wild Blue Phlox
Phlox paniculata, Tall Phlox
Physostegia virginiana, Obedient Plant
Polemonium reptans, Jacob's Ladder
Pycnanthemum muticum, Mountain Mint
Rudbeckia spp., Black-eyed Susan
Sisyrinchium spp., Blue-eyed Grasses
Solidago spp., Goldenrod
Thermopsis villosa, Carolina Lupine
Veronicastrum virginicum, Culver's Root
Vernonia noveboracensis,
New York Ironweed
Xanthorhiza simplicissima, Yellowroot

TREES

Acer rubrum, Swamp Maple
Acer saccharum, Sugar Maple
Amelanchier spp., Shadbush, Serviceberry
Betula nigra, River Birch
Carpinus caroliniana, American Hornbeam
Chionanthus virginicus, White Fringe Tree
Cercis canadensis, Eastern Redbud
Cornus alternifolia, Pagoda Dogwood
Hamamelis virginiana, American Witchhazel
Liriodendron tulipifera, Tulip Tree
Morus rubra, Red Mulberry
Magnolia virginiana, Sweetbay Magnolia
Nyssa sylvatica, Black Tupelo, Black Gum
Picea glauca, White Spruce
Pinus strobus, White Pine
Prunus maritima, Beach Plum
Quercus bicolor, Swamp White Oak
Quercus rubra, Red Oak
Thuja occidentalis, Cedar

GROUNDCOVERS

Asarum canadense, Canadian Wild Ginger
Arctostaphylos uva-ursi, Bearberry
Chrysogonum virginianum, Green-and-Gold
Cornus canadensis, Creeping Dogwood
Gaultheria procumbens, American Wintergreen
Juniperus horizontalis, Creeping Juniper
Phlox subulata, Creeping Phlox
Phlox stolonifera, Creeping Phlox
Podophyllum peltatum, Mayapple
Sedum ternatum, Woodland Stonecrop
Tiarella cordifolia, Foamflower
Waldsteinia fragarioides,
Appalachian Barren Strawberry

CLIMBERS

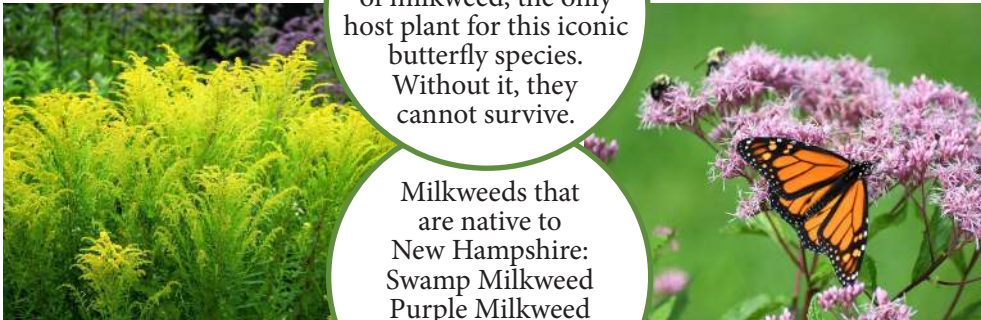
Parthenocissus quinquefolia,
Virginia Creeper
Wisteria frutescens, Wisteria
Campsis radicans, Trumpet Vine
Lonicera sempervirens, Honeysuckle
Aristolochia macrophylla, Dutchman's Pipe



The continental U.S. lost a staggering 150 million acres of habitat and farmland to urban sprawl, and that trend isn't slowing.



Native oak trees support more than 530 species of caterpillars whereas ginkgos, a commonly planted landscape tree from Asia, host only 5. When it takes more than 6,000 caterpillars to raise one brood of chickadees, you can see the value of planting even just one native plant!"
-- Entomologist and Author Doug Tallamy



SHRUBS

Aronia melanocarpa, Chokeberry
Cornus serica, Red Twig Dogwood
Corylus americana, American Filbert
Calycanthus floridus, Carolina All-spice
Cephalanthus occidentalis, Buttonbush
Clethra alnifolia, Summersweet
Gaylussacia baccata, Black Huckleberry
Hydrangea arborescens, Smooth Hydrangea
Ilex verticillata, Winterberry
Ilex glabra, Inkberry
Juniperus communis, Common Juniper
Juniperus virginiana, Eastern Red Cedar
Kalmia latifolia, Mountain Laurel
Lindera benzoin, Northern Spicebush
Myrica gale, Sweetgale
Myrica pensylvanica, Northern Bayberry
Physocarpus opulifolius, Common Ninebark
Rhododendron maximum, Rosebay
Rhododendron viscosum, Swamp Azalea
Rhus aromatica, Fragrant Sumac
Salix discolor, Pussy Willow
Salix candida, Sageleaf Willow
Sambucus canadensis, Elderberry
Vaccinium angustifolium, Lowbush Blueberry
Vaccinium corymbosum, Highbush Blueberry
Vaccinium macrocarpon, Cranberry
Vaccinium vitis-idea, Lingonberry
Viburnum dentatum, Arrowwood
Viburnum lentago, Nannyberry
Viburnum nudum, Smooth Witherod

FERNS

Athyrium felix-femina, Lady Fern
Dennstaedtia punctilobula,
Eastern Hayscented Fern
Dryopteris marginalis, Marginal Wood Fern
Matteuccia struthiopteris, Ostrich Fern
Osmunda cinnamomea, Cinnamon Fern
Polystichum acrostichoides, Christmas Fern

GRASSES

Carex pensylvanica, Pennsylvania Sedge
Chasmanthium spp., Northern Sea Oats
Panicum virgatum, Switchgrass
Schizachyrium scoparium, Little Blue Stem

ROSES

Rosa virginiana, Virginia Rose
Rosa carolina, Carolina Rose

A Guide to Native Plants



The seeds and buds of Birch are highly prized by birds like American goldfinches, nuthatches, and orioles. The tree also hosts 411 species of butterfly and moth caterpillars.

The American Filbert, a.k.a American Hazelnut, hosts more than 130 species of butterfly and moth.

The Serviceberry hosts 124 types of caterpillars, and feeds 36 bird species including Swainson's thrush, brown thrasher and Northern flicker.

Willows are among the first trees after long winters to flower and provide nectar from long, tube-shaped catkins for pollinators like native bees.

Using native plants in your garden is beneficial for so many reasons. Namely, they provide vital habitat for regional wildlife and ecosystems, and are evolved to survive in our region's climate with far fewer maintenance needs, such as watering, fertilizing, and insect control. And in addition to that, they're beautiful.

Native in the context of this brochure means plants indigenous to only New England (New Hampshire, Massachusetts, Maine, Vermont, Connecticut, Rhode Island). Included are the plants' common names, botanical names, and multiple native species are denoted by spp. following their names.

The Goal

As more and more people use native plants in their gardens and landscaping, we begin to chain critical ecosystems and habitats back together, better supporting the natural systems evolved to thrive in our region.