

Southborough Open Space Preservation Commission

Winter Sow Workshop 2024 Seeds







IMAGE	SCIENTIFIC NAME/ COMMON NAME	PLANT TYPE	NECTAR OR POLLEN	SUN	SOIL	BLOOM TIME					BUMBLEBEE				
						Early		Mid		Late	B. fervid	B. vagan			
						M	A	M	J	J			A	S	O
	<i>Agastache scrophulariaefolia</i> Purple giant hyssop	Herb. Perenn	Nectar	Sun, Shade	Dry, Med, Wet									✓	✓
5-6 ft tall, 18-24" spread, special value to bumble bees and other native bees, attracts butterflies															
	<i>Anaphalis margaritacea</i> * Pearly Everlasting	Herb. Perenn	Nectar	Full- Part	Dry, Med										
1-3 ft tall, 12-24" spread, larval host to skippers and painted lady butterflies.															
	<i>Aquilegia canadensis</i> * Red Columbine	Herb. Perenn	Nectar	Part - shade	Dry, Med, Wet										
up to 3ft tall, special value to bumble bees, other long tongued insects and hummingbirds. It likes moisture but needs to have well drained soil.															
	<i>Asclepias exaltata</i> Poke milkweed	Herb. Perenn	Nectar	Full- Part	Dry, Med										✓
3-4 ft tall, 12-24" spread, special value to bumble bees, other native bees, and milkweed specialists, attracts butterflies and hummingbirds, host for monarch butterfly caterpillars															
	<i>Asclepias incarnata</i> Swamp milkweed	Herb. Perenn	Nectar	Full- Part	Dry, Med										✓
3-4 ft tall, 12-24" spread, special value to bumble bees, other native bees, and milkweed specialists, attracts butterflies and hummingbirds, host for monarch butterfly caterpillars															
	<i>Asclepias purpurascens</i> Purple milkweed	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet										✓
3-4 ft tall, 12-24" spread, special value to bumble bees, other native bees, and milkweed specialists, attracts butterflies and hummingbirds, host for monarch butterfly caterpillars															








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						M	A	M	J	J	A	S	O									
	<i>Asclepias tuberosa</i> Butterfly milkweed	Herb. Perenn	Nectar	Full- Part	Dry																✓	
3-4 ft tall, 12-24" spread, special value to bumble bees, other native bees, and milkweed specialists, attracts butterflies and hummingbirds, host for monarch butterfly caterpillars																						
	<i>Asclepias verticillata</i> Whorled milkweed	Herb. Perenn	Nectar	Full- Part	Med, Dry																✓	
1-3 ft tall, special value to native bees, attracts butterflies, host for monarch caterpillars																						
	<i>Astragalus canadensis</i> Canada Milkvetch	Herb. Perenn	Nectar	Full- Part	Med, Dry																✓	✓
1-4 ft tall																						
	<i>Baptisia tinctoria</i> Yellow wild indigo	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet																✓	✓
2 ft tall, 24-36" spread, special value to bumble bees and other native bees, attracts butterflies, host for frosted elfin and wild indigo duskywing caterpillars																						
	<i>Blephilia ciliata</i> Downy Wood Mint	Herb. Perenn	Nectar	Part	Dry																✓	
Forms a clump 1-2 ft high and only spreads up to 1.5ft																						
	<i>Carex vulpinoidea</i> * Brown Fox Sedge	Grass	Host Plant	Full- Part	Med, Wet																	
1-3 ft tall, spreads up to 2ft. Companion plant for Pedicularis canadensis (Wood Betony). Host plant for butterflies.																						
	<i>Cercis canadensis</i> Eastern Redbud	Tree	Nectar	Part Sun	Med, Dry																✓	
15-30 ft tree, special value to native bees																						








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						M	A	M	J	J	A	S			O			
	<i>Chamerion angustifolium</i> Fireweed	Herb. Perenn	Nectar	Full	Med, Dry					Y	Y						✓	
		2-5 ft tall with a spread of 1-3 ft																
	<i>Chasmanthium latifolium</i> Indian Oatgrass or Sea Oats	Grass	Host Plant	Full- Part	Med, Wet						Y	Y						
		2-4 ft tall with a spread of 1-3 feet. Larval host plant for Pepper and salt skipper butterfly																
	<i>Chelone glabra</i> White Turtlehead	Herb. Perenn	Nectar	Full- Part	Med, Wet						Y	Y	Y					✓
		2-4 ft tall, 18-36" spread, special value to native bees																
	<i>Cirsium pumilum</i> Pasture Thistle	Herb. Biennial	Nectar	Full	Dry, Med						Y	Y	Y					
		1-3 ft tall, special value to native bees, attracts butterflies, birds enjoy the seed over the winter. Caution as it is sharp																
	<i>Desmodium canadense</i> Showy tick trefoil	Herb. Perenn	Nectar	Full- Part	Dry, Med						Y	Y						✓
		2-4 ft tall, 12-24" spread, special value to bumble bees, attracts butterflies and hummingbirds, host for eastern tailed blue, silver-spotted skipper and hoary edge caterpillars. Seeds will stick to clothing, plant away from paths or consider																
	<i>Doellingeria umbellata</i> Flat topped aster	Herb. Perenn	Nectar	Full- Part	Med, Wet						Y	Y	Y					
	<i>Eragrostis spectabilis*</i> Purple Lovegrass	Grass		Full	Med, Dry						Y							
		1-2 ft tall, 1-2 ft spread,																








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	<i>Eupatorium perfoliatum</i> * Boneset Thoroughwort	Herb. Perenn	Nectar	Full- Part	Med, Wet													
4-6 ft tall, 3-4 ft spread, special value to native bees																		
	<i>Eurochium fistulosum</i> Hollow Joe-Pye Weed	Herb. Perenn	Nectar	Full- Part	Med, Wet													✓
5-7 ft tall, 36-48" spread, excellent nectar source, attracts native bees, butterflies, and birds																		
	<i>Eurochium maculatum</i> Spotted Joe-Pye weed	Herb. Perenn	Nectar	Full- Part	Med, Wet													✓
5 ft tall, 36-48" spread, excellent nectar source, attracts native bees, butterflies, and birds																		
	<i>Eurochium purpureum</i> Purple Joe-Pye weed	Herb. Perenn	Nectar	Part	Dry, Med, Wet													✓
4-6 ft tall, 36-48" spread, excellent nectar source, special value to native bees, attracts butterflies and birds																		
	<i>Gentiana andrewsii</i> * Bottle Gentian	Herb. Perenn	Nectar	Full- Part	Med, Wet													
1-4 ft tall, 12-18" spread, special value to bumble bees.																		
	<i>Gentiana clausa</i> Closed gentian	Herb. Perenn	Nectar	Full- Part	Med, Wet													✓
1-2 ft tall, 12-18" spread, special value to bumble bees. It is a slow growing plant to establish.																		
	<i>Hypericum ascyron</i> Great St. John's- wort	Herb. Perenn	Pollen	Full- Part	Med													✓
2-6 ft tall, special value to bumble bees																		








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	<i>Hypericum prolificum</i> Shrubby St. John's Wort	Shrub	Pollen	Full - Part	Dry, Med												✓			
		2-3 ft tall, spread 1-3 ft, special value to bumble bees and other native bees, attracts butterflies																		
	<i>Hypericum punctatum</i> Spotted St. John's- wort	Herb. Perenn	Pollen	Full- Part	Dry, Med													✓		
		2.5 ft tall, special value to bumble bees																		
	<i>Liatris novae- angliae</i> Northern Blazing Star	Herb. Perenn		Full- Part	Dry, Med															
		12-42" tall, spread 10-14" special value to native bees and butterflies																		
	<i>Lobelia cardinalis</i> Cardinal Flower	Herb. Perenn	Nectar	Full- Part	Med, Wet														✓	
		2-5 ft tall, 12-18" spread, special value to bumble bees and other native bees, attracts birds and hummingbirds																		
	<i>Lobelia siphilitica</i> 'Alba' White lobelia - variety of Great Blue	Herb. Perenn	Nectar	Full- Part	Med, Wet														✓	
		2-3 ft tall, 12-18" spread, special value to bumble bees and other native bees, attracts birds and hummingbirds																		
	<i>Lobelia siphilitica</i> Blue lobelia	Herb. Perenn	Nectar	Full- Part	Med, Wet														✓	
		2-3 ft tall, 12-18" spread, special value to bumble bees and other native bees, attracts birds and hummingbirds																		
	<i>Lupinus perennis</i> Wild Lupine	Herb. Perenn	Nectar	Full- Part	Med, Dry														✓	✓
		1-3 ft tall, larval host plant to the Frosted Elfin butterfly and of special value to native bees																		








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						M	A	M	J	J	A	S	O	fervid	vagan								
	<i>Mimulus ringens</i> Allegheny monkey flower	Herb. Perenn	Nectar	Full- Part	Med, Wet																✓	✓	
2 ft tall, 12-24" spread, special value to bumble bees, attracts butterflies, host for Baltimore checkerspot and common buckeye caterpillars																							
	<i>Monarda didyma</i> Scarlet bee balm	Herb. Perenn	Nectar	Full- Part	Med, Wet																	✓	✓
2-4 ft tall, 24-36" spread, attracts hummingbirds and butterflies, special value to bumble bees and other native bees																							
	<i>Monarda fistulosa</i> Wild bergamot	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet																	✓	✓
4 ft tall, 12-18" spread, attracts hummingbirds and butterflies, special value to bumble bees and other native bees																							
	<i>Monarda fistulosa</i> <i>RUBA (Purple)</i> Wild bergamot - with possible <i>Fistulosa</i> and <i>Didyma</i> seeds	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet																	✓	✓
4 ft tall, 12-18" spread, attracts hummingbirds and butterflies, special value to bumble bees and other native bees																							
	<i>Penstemon digitalis</i> Foxglove beardtongue	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet																	✓	✓
3-5 ft tall, 12-18" spread, special value to bumble bees and other native bees, attracts hummingbirds. Lovely white flowers and stunning fall foliage																							
	<i>Penstemon hirsutus</i> Northeastern beardtongue	Herb. Perenn	Nectar	Full- Shade	Dry, Med, Wet																	✓	✓
1.5 ft tall, 10-12" spread, special value to bumble bees and other native bees, attracts hummingbirds, host for Baltimore checkerspot caterpillars																							
	<i>Physostegia virginiana</i> Obedient plant	Herb. Perenn	Nectar	Full- Part	Med, Wet																	✓	✓
4 ft tall, 12-18" spread, good nectar source, attracts butterflies and hummingbirds																							













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	<i>Pseudognaphalium macounii</i> <i>Rabbit Tobacco</i>	Annual	Nectar	Full-Part	Med, Wet												
Annual growing up to 3ft tall. Listed as rare in MA																	
	<i>Schizachyrium scoparium</i> Little bluestem	Grass		Full-Part	Med, Dry												
dense 18-24" tall mounds, provides nesting materials for native bees and larval host to many moths																	
	<i>Scutellaria lateriflora</i> Mad dog skullcap	Herb. Perenn	Nectar	Full-Part	Med, Wet											✓	✓
1-3 ft tall, 12-18" spread, attracts native bees																	
	<i>Solidago caesia</i> [*] Blue-stem goldenrod	Herb. Perenn	Nectar and Pollen	Full - Part	Dry												
Up to 3ft tall. Relatively small goldenrod and is not aggressive.																	
	<i>Solidago odora</i> Licorice goldenrod	Herb. Perenn	Nectar and Pollen	Full - Part	Med, Wet												✓
Supports butterflies and at risk bees																	
	<i>Solidago speciosa</i> Showy goldenrod	Herb. Perenn	Nectar and Pollen	Part	Med												✓
3 ft tall, 12-24" spread, special value to native bees, attracts butterflies and birds																	
	<i>Sorghastrum nutans</i> Indian grass	Grass	Host	Full - Shade	Med, Wet												
3-8 ft tall, special value to bumble bees for nesting materials, larval host to Pepper and Salt Skipper butterfly																	

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	<i>Spiraea alba</i> White Meadowsweet	Shrub	Pollen	Full-Part	Med, Wet														✓	✓
		3-6 ft tall, 24" spread, special value to native bees, attracts butterflies, host for Spring Azure butterfly																		
	<i>Spiraea tomentosa</i> Steeplebush	Shrub	Pollen	Full-Part	Wet														✓	✓
		2-3 ft tall, 24" spread, special value to native bees, attracts butterflies and birds, host for New England buck moth caterpillars																		
	<i>Symphyotrichum lateriflorum</i> Calico Aster	Herb. Perenn	Nectar	Full-Part	Med, Wet, Dry															
		1-3 ft tall, 18-36" spread, special value to native bees, attracts butterflies, has a shorter nectar tube than other asters																		
	<i>Zizia aurea</i> Heart leafed zizia	Herb. Perenn	Nectar and Pollen	Full-Part	Med															
		up to 3 ft tall																		
	<i>Zizia aurea</i> Golden alexander	Herb. Perenn	Nectar and Pollen	Full-Part	Med															
		1-3 ft tall, 12-24" spread, special value to native bees, attracts butterflies, host for black swallowtail caterpillars																		

* Not on Dr. Gegear's Plant List

Special Thanks To:

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