Southborough Open Space Preservation Commission

Winter Sow Workshop 2024 Seeds

IMAGE	SCIENTIFIC NAME/	PLANT	NECTAR	SUN	SOIL				.00	MT	IME			BUME	LEBE
	COMMON NAME	TYPE	OR POLLEN			arly A			/lid J	L	ate	0	B. fervid	B. vagan	
	Agastache scrophulariaefolia	Herb. Perenn	Nectar	Sun, Shade	Dry, Med, Wet									~	✓
	Purple giant hyssop	5-6 ft tal other na						le	to I	bur	nb	le b	e	es an	d
	Anaphalis margartiacea*	Herb. Perenn	Nectar	Full- Part	Dry, Med										
	Pearly Everlasting	1-3 ft tal lady butt		spread	, larval	ho	st t	0 \$	skiļ	ppe	ers	an	d	painte	ed
	Aquilegia canadenis*	Herb. Perenn	Nectar	Part - shade	Dry, Med, Wet										
	Red Columbine	up to 3ft tall, special value to bumble bees, other long tong insects and hummingbirds. It likes moisture but needs to ha well drained soil.													
	<i>Asclepias exaltata</i> Poke milkweed	Herb. Perenn	Nectar	Full- Part	Dry, Med										~
	Foke mikweed	3-4 ft tal native be humming	ees, and	milkwe	ed spe	cia	list	s, a	attı	rac	ts I	but	ter	flies	
	Asclepias incarnata	Herb. Perenn	Nectar	Full- Part	Dry, Med										~
	Swamp milkweed	3-4 ft tal native be hummin	ees, and	nilkwe	ed spe	cia	list	s, a	atti	rac	ts I	but	ter	flies	
Contraction of the second	Asclepias purpurascens	Herb. Perenn	Nectar	Full- Part	Dry, Med, Wet										~
	<i>Purple</i> milkweed	3-4 ft tal native be hummin	ees, and	milkwe	ed spe	cia	list	s, a	atti	rac	ts l	but	ter	flies	

IMAGE	SCIENTIFIC NAME/	PLANT	NECTAR	SUN	SOIL	BLOOM TIME BUME								
	COMMON NAME	TYPE	OR POLLEN				arly		Mid	_	ate	B.	В.	
	A / '	l l a ala		E. II	Dura	м	AM	J	J	Α	S O	fervid	vagan	
	Asclepias	Herb.	Nectar	Full-	Dry									
	tuberosa	Perenn		Part										
and the second of the	Butterfly milkweed	3-4 ft tal		•	-									
		native b			•								and	
		hummin	gbirds, h	ost for I	monarc	h b	outte	rfly	' ca	ter	oillar	S		
and the second	Asclepias	Herb.	Nectar	Full-	Med,								✓	
	verticillata	Perenn		Part	Dry									
A REAL PROPERTY OF	i ol clomata													
	Mborlad	4.0.00.0	. ·			Ļ		Ļ				<u> </u>		
	Whorled	1-3 ft tal			to native	e b	ees,	at	trad	CIS	outte	ertiles,	nost	
	milkweed	for mona	arch cate	erpillars										
	Astragalus	Herb.	Nectar	Full-	Med,							 ✓ 	✓	
	canadensis	Perenn		Part	Dry									
	Correcte Milleretek													
	Canada Milkvetch	1-4 ft tal	I											
STEP S														
	Pontinia tinataria	Herb.	Nectar	Full-	Dry,									
	Baptisia tinctoria		Neclai	Part	Med,							•		
		Perenn		i art	Wet									
	Yellow wild indigo					L	ĽĻ	Ļ				<u> </u>		
		2 ft tall, :			•									
		other na					es, i	າວຣ	St to	or tr	oste	a eitin	and	
		wild indi	go ausky		aterpilla	rs						_		
A CARE	Blephilia ciliata	Herb.	Nectar	Part	Dry								 ✓ 	
		Perenn												
1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	Downy Wood Mint													
		Forms a	dump 1	2 ft bio	l nh and (de		 to 1	 5ft		
		ronns a	ciump i	-2 it mg	ji anu c	וווכ	y spi	ea	us	up	ιο τ.	SIL		
AND A REAL PROPERTY OF														
	Carex	Grass	Host	Full-	Med,									
A REAL AND A	vulpinoidea*		Plant	Part	Wet									
		1-3 ft tal		le un to	2ft Co	<u> </u>		n r		l t fo		<u> </u> dicula		
	Brown Eav Sadaa	canader	•	•		-		-					115	
	Brown Fox Sedge	Canauer	1515 (110		пу). по	51	pian		טו	ulle	i ille:	5.		
								_						
	Cercis	Tree	Nectar	Part	Med,								 ✓ 	
	canadensis			Sun	Dry									
	Eastern Redbud	15-30 ft	tree soo	acial val	l Lie to n	L ativ			 :	1		1		
			acc, spe			auv		.03	,					
L	L	I												

IMAGE	SCIENTIFIC NAME/	PLANT	NECTAR	SUN	SOIL			BLC		1 TIN			BUME	BLEBE
	COMMON NAME	TYPE	OR POLLEN				arly A N	1 J	Mi	_	La A		B. fervid	B. vagan
	Chamerion	Herb.	Nectar	Full	Med,				+	5 /	`	5 0	Terviu	vagan
		Perenn	Nootai	i an	Dry									•
1	angustfolium				2.9									
A CARLER OF	Fireweed	2-5 ft tal	l with a s	spread o	of 1-3 ft									
	Chasmanthium	Grass	Host	Full-	Med,									
	latifolium		Plant	Part	Wet									
	Indian Oatgrass or	2-4 ft tal	l with a s	spread o	ı of 1-3 f∈	et	Lai	 va	ul h	ost	b	ant	for	
	Sea Oats	Pepper		•							1			
	_					, 				_	_			
	Chelone glabra	Herb.	Nectar	Full-	Med, Wet									
		Perenn		Part	vvel									
	White Turtlehead													
		2-4 ft tal	I, 18-36"	spread	, specia	al v	alue	e to	o n	ativ	/e	bee	S	
							<u> </u>							
	Cirsium pumilum	Herb.	Nectar	Full	Dry,									
and the second sec		Biennial			Med									
	Pasture Thistle													
		1-3 ft tal	l, specia	l value t	to nativ	e b	ees	, a	ttra	acts	s b	utte	rflies,	
13		birds en												
	Desmodium	Herb.	Nectar	Full-	Dry,									
	canadense	Perenn	rtootar	Part	Med									•
						Ļ								
	Showy tick trafail	2-4 ft tal		•	•									
	Showy tick trefoil	attracts				-								
CARLANS POSSA		blue, silv will stick	-				-		-			-		eeus
					-				113					
	Doellingeria	Herb. Perenn	Nectar	Full- Part	Med, Wet									
A CALL	umbellata	Feleilli		Fan	vvel									
	Flat topped aster													
	Fragractic	Grass	[Full	Med,				Т				1	
A DESCRIPTION OF THE PARTY OF T	Eragrostis			i uli	Dry									
	spectabilis*				Bry									
and the second	Purple Lovegrass	1-2 ft tal	I, 1-2 ft s	spread,										
MILLING AN														
and the second														

IMAGE	SCIENTIFIC NAME/	PLANT	NECTAR	SUN	SOIL		BLOOM TIME				IE		BUME	BLEBE
	COMMON NAME	TYPE	OR POLLEN				arly		Mie	_	Lat		B.	В.
	Europhaniuma	Llorb		E II	Mad	M	Α	<u>vi</u> [.	J .	JA	1	s o	fervid	vagan
	Eupatorium perfoliatum*	Herb. Perenn	Nectar	Full- Part	Med, Wet									
	Boneset	4-6 ft tal	l, 3-4 ft s	pread,	special	va	lue	to	nat	ive	b	ees		
	Thoroughwort			-										
	Eutrochium	Herb.	Nectar	Full-	Med,									✓
	fistulosum	Perenn		Part	Wet									
	Hollow Joe-Pye Weed	5-7 ft tal native be					t ne	cta	ar s	our	ce	, att	racts	
	Eutrochium	Herb.	Nectar	Full-	Med,									
	maculatum	Perenn		Part	Wet									•
	Spotted Joe-Pye	5 ft tall, 3				nt n	ect	ar	sou	rce	e, a	attra	cts na	ative
	weed	bees, bu												
	Eutrochium	Herb.	Nectar	Part	Dry,									 ✓
	purpureum	Perenn			Med, Wet									
	Purple Joe-Pye	4-6 ft tal		•									ecial	
	weed	value to	native b	ees, att	racts bu	utte	erflie	es	anc	l bi	rd	S		
	Gentiana	Herb.	Nectar	Full-	Med,									
	andrewsii*	Perenn		Part	Wet .									
	Bottle Gentian		l, 12-18"			ai v		e to		um.			es.	
	Gentiana clausa	Herb. Perenn	Nectar	Full- Part	Med, Wet								~	~
5 Age	Closed gentian	1-2 ft tal	l, 12-18"	spread	, specia	al v	alu	e to	o bi	Jm	ble	e be	es. It	is a
		slow gro	wing pla	nt to es	tablish.									
He De Ar	Hypericum	Herb. Perenn	Pollen	Full- Part	Med									✓
	ascyron													
	Great St. John's- wort	2-6 ft tal	l, specia	l value t	to bumt	ble	bee	es						

IMAGE	SCIENTIFIC NAME/	PLANT	NECTAR	SUN	SOIL			BLOOM TIM						BUME	BLEBE				
	COMMON NAME	TYPE	OR POLLEN				arly		_	lid	<u> </u>	ate	_	B. fervid	B.				
		Shrub	Pollen	Full -	Dry,	м	AI	VI	J	J	Α	5	0	Tervia	vayan				
	Hypericum	Shiub	FUIEII	Part	Med										×				
	prolificum			i art	ivieu														
		2 2 ft tol		1 2 ft				+	h h					0.000					
	Shrubby St.		l, spread tive bee:		•			. 10	מכ	un	IDI	e D	ee	sanc	1				
State And a	John's Wort			s, attrac		71 111	63												
	Hypericum	Herb.	Pollen	Full-	Dry,										\checkmark				
	punctatum	Perenn		Part	Med														
	, ,					Ļ	Ļ												
×	Spotted St. John's-	2.5 ft tal	l, specia	value t	o bumb	ble	bee	s											
	wort																		
		Herb.		Full-	Dm	<u> </u>						_							
	Liatris novae-	Perenn		Part	Dry, Med														
	angliae			ran	wica														
S CONST OF																			
The Marson	Northern Blazing		all, sprea	ad 10-14	4" spec	ial	val	ue	e to	na	ativ	ve k	e	es ar	nd				
	Star	butterflie	es																
	Lobelia cardinalis	Herb.	Nectar	Full-	Med,										✓				
		Perenn		Part	Wet														
No.	Cardinal Flower																		
		2-5 ft tall, 12-18" spread, special value to bumble b										be	es an	d					
		other native bees, attracts birds and hummingbirds																	
	Labalia ainhilitiaa	Herb.	Nectar	Full-	Med,	<u> </u>													
	Lobelia siphilitica	Perenn	Neclai	Part	Wet										×				
	'Alba'			i art	WCL														
		0.0.6.4-1													-1				
	White lobelia -	2-3 ft tal		•	-									es an	a				
	variety of Great	otherna	tive bees	s, attrac		a	ia i	IU		1111	gpi	rus	5						
	Blue																		
											 ,								
C.P.	Lobelia siphilitica	Herb.	Nectar	Full-	Med,										\checkmark				
		Perenn		Part	Wet														
A CONTRACTOR	Blue lobelia																		
		2-3 ft tal		•	•									es an	d				
A A A A A A A A A A A A A A A A A A A		other na	tive bees	s, attrac	ts birds	s ar	nd h	nui	mn	nin	gbi	rds	6						
	Lupinus perennis	Herb.	Nectar	Full-	Med,									✓	✓				
		Perenn		Part	Dry														
414 414 414 414 414 414 414 414 414 414	Wild Lupine																		
		1-3 ft tal	l, larval h	nost nla	nt to the	_ - F		ter	d F	: fi	L n h	 utta	rf	lv an	d of				
			/alue to i	-			, 00		а L					'y an					
		Special '																	

IMAGE	SCIENTIFIC NAME/	PLANT	NECTAR	SUN	SOIL	BLOOM TIME								BUME	LEBE				
	COMMON NAME	TYPE	OR POLLEN				arly	_	Mi	_	La A	ate		B. fervid	B. vagan				
	Mimulus ringens	Herb.	Nectar	Full-	Med,				-	J	^	3							
		Perenn	Nootai	Part	Wet									•	•				
	Allegheny monkey-	2 ft tall,													acts				
	flower	butterflie			more ch	nec	kers	sp	ot a	an	d c	om	nm	on					
		buckeye	caterpil	lars															
	Monarda didyma	Herb.	Nectar	Full-	Med,									✓	✓				
		Perenn		Part	Wet														
Contraction of the second	Scarlet bee balm	2-4 ft tal	24-36"	spread	attrac	ts t	L_L ามm	mi	ina	bir	ds	an	d						
		butterflie		-					-					ative					
		bees	-, -																
		11.5	NI	E. II	Dura			-	_	_	_	_	_		•				
A A DE	Monarda fistulosa	Herb. Perenn	Nectar	Full-	Dry, Med,									~	~				
		Perenin		Part	Wet														
	Wild bergamot	4 ft tall,	12_18" ຄ	nread a		L hu	<u> </u>	n	- nhi	rde	2 2	nd		uttorfl					
		special v							-						105,				
La Mer San				sambio	5000 u	i i G	oun	,	na		0 0		0						
	Monarda fistulosa	Herb.	Nectar	Full-	Dry,			Τ						✓	~				
	RUBA (Purple)	Perenn		Part	Med,									·	·				
title and and and					Wet														
The state of	Wild bergamot - with	∕l ft tall ⊤	12_18" د	nread a	l attracte	L hu		n	- nhi	rde	2 2	nd	 bu	uttorfl					
	possible Fistulosa	special v											d butterflies, es						
	and Didyma seeds	opeolar		sambre	5000 a		ound	-	na		0 0		0						
	, ,																		
	Penstemon	Herb.	Nectar	Full-	Dry,									<	✓				
	digitalis	Perenn		Part	Med,														
					Wet														
	Foxglove	3-5 ft tal	l, 12-18"	spread	, specia	al v	alue	e to	o b	un	nbl	e b	ee	es an	d				
	beardtongue	other na			ts hum	mir	ngbi	d	s. l	_0\	vel	y w	hi	te flo	wers				
Mar A	, con atongao	and stur	ining fall	foliage															
								_			,								
35 m 10	Penstemon	Herb.	Nectar	Full-	Dry,									✓	✓				
The states	hirsutus	Perenn		Shade	Med,														
Charles Para					Wet														
CHARTER DES	Northeastern	1.5 ft tal	l, 10-12"	spread	, specia	al v	alue	to	o b	un	nbl	e b	ee	es an	d				
	beardtongue	other na			ts hum	mir	ngbi	d	s, ł	າວອ	st f	or	Ba	Itimo	re				
	g	checkers	spot cate	erpillars															
	Physocia	Herb.	Nectar	Full-	Med,			Т											
di la	Physostegia	Perenn	nectal	Part	Wet									•	•				
	virginiana					Ĺ													
		4 ft tall,			good ne	ecta	ar so	u	rce	, a	ttra	acts	s b	outter	flies				
	Obedient plant	and hum	imingbir	us															
6 1																			

IMAGE	SCIENTIFIC NAME/	PLANT	NECTAR	SUN	SOIL									BUMB	LEBE
	COMMON NAME	TYPE	OR POLLEN				Early		∣ N J	/lid J		ate	O f	B. ervid	B. vagan
	Pseudognaphalium	Annual		Full-	Med,									5. mu	Jugan
	macounii*			Part	Wet										
		Annual g	l arowing i	in to 3f	t tall 1 is	L ste	L d a		L rar	L e ir	רם אר				
	Rabbit Tabacco		gi e tring t			0.0	ac			0 11		., ,			
And the second second	Schizachyrium	Grass		Full-	Med,										
	scoparium			Part	Dry										
	Little bluestem	dense 1								•	nal	teria	als	for	
		native b	ees and	larval h	ost to n	nar	ו עו	mo	othe	5					
	Scutellaria	Herb.	Nectar	Full-	Med,	<u> </u>		Г							
14	lateriflora	Perenn	1.0000	Part	Wet									•	•
		4 0 4 4-1			-										
	Mad dog skullcap	1-3 ft tai	l, 12-18"	spread	, attrac	ts r	າສເ	IVE	e De	ees	5				
	Solidago caesia*	Herb.	Nectar	Full -	Dry			1							
		Perenn	and	Part	Diy										
	Blue-stem	Pollen Image: Pollen Up to 3ft tall. Relatively small goldenrod and is not aggre													
	goldenrod	Up to 3f	t tall. Rel	atively	small g	old	en	roc	l a	nd	is r	not	ag	gres	sive.
	goldolliod														
	Solidago odora	Herb.	Nectar	Full -	Med,										~
MARCHINE REALIZED		Perenn	and Pollen	Part	Wet										
	Licorice goldenrod	Support		ies and	at risk	L bei	L es								
			battorn		arnon		00								
	Solidago	Herb.	Nectar	Part	Med		Γ								✓
	speciosa	Perenn	and												
			Pollen												
17.445	Showy goldenrod	3 ft tall,			special	val	ue	to	na	tiv	e b	ees	s, a	ttrac	sts
C States		butterflie	es and bi	rds											
			111	F U	N.4 - 1		1	<u> </u>	-			-			
MAN MARA	Sorghastrum	Grass	Host	Full - Shade	Med, Wet										
	nutans			0.1000	VV CL										
	 Indian grass	3-8 ft tall, special value to bumble bees for nesting n								ma	ateria	als,			
	Indian grass	larval ho										-			
L	1	I													

IM	AGE	SCIENTIFIC NAME/	PLANT	NECTAR	SUN	SOIL									BUME	BLEBE
		COMMON NAME	TYPE	OR POLLEN				arly A M	J	lid J	La		B. fervid	B. vagan		
		Spiraea alba	Shrub	Pollen	Full- Part	Med, Wet				•	~		 ✓ 	√		
		White Meadowsweet	3-6 ft tal butterflie	•	-					ve	bee	es, a	ttract	S		
	e. 39	Spiraea tomentosa	Shrub	Pollen	Full- Part	Wet							~	~		
		Steeplebush	2-3 ft tal butterflic caterpilla	es and bi	•									S		
		Symphyotrichum Iateriflorum	Herb. Perenn	Nectar	Full- Part	Med, Wet, Dry										
	**	Calico Aster	1-3 ft tall, 18-36" spread, special value to native bees, attra butterflies, has a shorter nectar tube than other asters											acts		
		Zizia aperta	Herb. Perenn	Nectar and Pollen	Full- Part	Med										
		Heart leafed zizia	up to 3 f	t tall									<u> </u>			
		<i>Zizia aurea</i> Golden alexander	Herb. Perenn	Nectar and Pollen	Full- Part	Med										
			1-3 ft tal butterflie	l, 12-24" es, host f	•	-						bee	s, attr	acts		

* Not on Dr. Gegear's Plant List

Special Thanks To:

Freddie Gillespie for her continued dedication to education and protection of our environment Dr. Robert Gegear for his continued research and accessiblity to the Southboroough community The many volunteers from the Native Plant Gardens of Southborough facebook group who's dedication to collect, clean and package the seeds made this program possible. Graciously edited and designed by Emily van Nort ~ www.evannort.com