

Introducing Native Plants into Your Traditional Garden

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WHAT'S GROWING IN VIRGINIA?

- Friendly non-native plants
 - Cultivated crops and garden plants
- Unfriendly non-native plants
 - Invasives
- Native plants

What is an invasive plant?

- Introduced from another region
- Spreads like wildfire
- Takes up resources
 - Food, water, space
- Does not contribute to the environment

Virginia Invasive Plant Species List – Virginia Department of Conservation and Recreation

<https://www.dcr.virginia.gov/natural-heritage/document/nh-invasive-plant-list-2014.pdf>

A CASE FOR PLANTING VIRGINIA NATIVES

Native Plants – What are They?

Occur naturally in a region, ecosystem or habitat without human introduction.

- Thrive in soils, moisture and weather of their native areas
- Contribute to their native ecosystems

Native Plants - Where?

In nature

Replace cultivated landscape

Populate an underused area

Create a forest garden or a meadow

Reclaim a recently disrupted area

Replace a lawn

Mix with other garden plants

For pollinators and other wildlife

For beauty and interest

Native Plants – Why?

Requires – no fertilizer

- fewer pesticides than lawns

- less water than lawns

Help prevent erosion – deep roots

Provide shelter and food for wildlife

Promote biodiversity

Beautiful – increase scenic value

Deep Roots of Native Plants

Survival

Draws moisture & nutrients from deep in the soil

Enhances ability to store food and water

Erosion control

Increases infiltration of rainwater into groundwater aquifer

Reduces runoff and flooding

Soil building

Decay – natural compost

Mychorrizal associations

Habitat: Nature Friendly

Attracting Wildlife

Beauty in Nature or in the Garden

Not always the same in the garden as in nature

Selecting a Few for Your Garden

Color

Size and shape

Sun or shade

Habits: how it behaves in your garden

Growth

Reproduction

Persistence

Sturdiness

Bloom time & length

Longevity

Water requirement

Habitat: Nature friendly

Attracting bees, butterflies & birds

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BEAUTIFUL BLOOMING VIRGINIA NATIVE PLANTS

New York Ironweed – *Vernonia noveboracensis*
Goldenrod (fireworks) – *Solidago rugosa*
Jack-in-the Pulpit – *Arisaema triphyllum*
Dutchman’s Breeches – *Dicentra cucullaria*
Trout Lily - *Erythronium umbilicatum*
Bloodroot – *Sanguinaria canadensis*
Pink Lady Slipper - *Cypripedium acaule*
Wild Ginger - *Asarum canadense*
Mayapple - *Podophyllum peltatum*
Turk’s-cap Lily - *Lilium superbum*
Wild Geranium – *Geranium maculatum* - VNPS 2020 Wildflower of the year
Tall Thimbleweed - *Anemone virginiana*
Eastern Red Columbine – *Aquilegia canadensis*
Mistflower – *Conoclinium coelestinum*
Cardinal Flower – *Lobelia cardinalis*
Great Blue Lobelia – *Lobelia siphilitica*
Common Milkweed – *Asclepias syriaca*
Butterflyweed – *Asclepias tuberosa*
Dwarf Crested Iris – *Iris cristata*
Lyreleaf Sage – *Salvia lyrata*
Solomon’s Seal – *Polygonatum biflorum*
Wild Quinine – *Parthenium integrifolium*
Blue-eyed Grass – *Sisyrinchium angustifolium*
Green and Gold – *Chrysogonum virginianum*
Maryland Golden Aster – *Chrysopsis mariana*
Black-eyed Sysan – *Rudbeckia hirta*
Common Violet – *Viola sororia*
Adam’s Needle – *Yucca filamentosa*

More Exotic Perennials:

Rattlesnake Master – *Eryngium yuccifolium*
Downy Rattlesnake Plantain – *Goodyera pubescens*

Shrubs / Bushes

Beautyberry - *Callicarpa americana*
Black Chokeberry - *Aronia melanocarpa*
Common Winterberry - *Ilex verticillate*
Button Bush – *Cephalanthus occidentalis*

Vines

Passion Vine – *Passiflora incarnate*
Coral Honeysuckle – *Lonicera sempervirens*

Trees

Loblolly Pine - *Pinus taeda*
Eastern Red Cedar - *Juniperus virginiana*
Flowering Dogwood - *Cornus florida*
American Holly - *Ilex opaca*
Southern Red Oak - *Quercus falcata*
Tulip-Poplar - *Liriodendron tulipifera*

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EDIBLE VIRGINIA NATIVE PLANTS

Wild Strawberries - *Fragaria virginiana*
Wild Rice - *Zizania aquatica*
Ramps – *Allium tricoccum*
Nodding Onions - *Allium cernuum*
Prickly Pear - *Opuntia humifusa*
Cattails - *Typha latifolia*
Elderberry – *Sambucus canadensis*
Lowbush Blueberry - *Vaccinium pallidum*
Norton Grapes - *Vitis aestivalis*
Common Persimmons - *Diospyros virginiana*
Pawpaw - *Asimina triloba*
American Wild Plum - *Asimina triloba*
Black Walnut - *Juglans nigra*
Shagbark Hickory – *Juglans nigra*

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RESOURCES: PLANTS AND INFORMATION

Native Plants for Virginia's Capital Region -

<https://static1.squarespace.com/static/58e25c41e6f2e17ea4cb7766/t/5c1eab014fa51a050542e00d/1545513736345/Native+Plants+for+Virginia%27s+Capital+Region+Guide.pdf>

Lady Bird Johnson's Wildflower Farm - <https://www.wildflower.org/plants-main>

Virginia Plant Atlas - <http://www.vaplantatlas.org>

Virginia Native Plant Society - <https://vnps.org>

Virginia Wildflowers - <https://www.facebook.com/search/top?q=virginia%20wildflowers>

Where to Get Native Plants

Lewis Ginter Spring and Fall Plant Sales

GPMGA Spring Garden Fest

Local nurseries

If they don't have a section for natives, ask them to get some.

Local native plant specialists

Online

Best of all -- from friends!

Don't be afraid to invite native plants into your garden.

You will enjoy the rewards.

Beauty of the flowers

Increased wildlife, especially pollinators

Contribution to soil health

Personal satisfaction

Hal Mann's Recipe for Going Native

Get rid of invasive plants

Stop using pesticides

Slowly start replacing non-natives - Start small, but start

Engage your neighbors

Observe and enjoy your garden

Final Review: Why We Should Plant Natives

Low Maintenance

Don't need to be watered (once established)

Don't need fertilizer

Mostly perennials

Ecological Services

Food and habitat for wildlife

Deep roots build soil, cleans water

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