

Herbivores using your yard as a salad bar? This list contains SOME of the plants growing & thriving right in our own 02806 yard right alongside lots of hungry herbivores with no fencing, no sprays, and no exclusion of any of our hungry, wild friends!

Botanical Name	Common Name
<b><u>Achillea millefolium</u></b>	<b>Yarrow</b>
<b><u>Actaea racemosa</u></b>	<b>Black Cohosh</b>
<b><u>Actaea rubra</u></b>	<b>Red Baneberry</b>
<b><u>Actaea pachypoda</u></b>	<b>Dolls Eyes</b>
<b><u>Aesculus paiva</u></b>	<b>Red buckeye (tree)</b>
<b><u>Aesculus parviflora</u></b>	<b>bottlebrush buckeye</b>
<b><u>Agastache foeniculum</u></b>	<b>Anise hyssop</b>
<b><u>Agastache nepetoides</u></b>	<b>New England Native Giant yellow hyssop</b>
<b><u>Agastache scrophulariifolia</u></b>	<b>Giant purple hyssop</b>
<b><u>Ageratina altissima</u></b>	<b>Snakeroot</b>
<b><u>Allium cernuum</u></b>	<b>Nodding Onion</b>
<b><u>Ammophila breviligulata</u></b>	<b>American beach grass</b>
<b><u>Amsonia hubrichtii</u></b>	<b>Thread-leaf bluestar - midwest native</b>
<b><u>Amsonia tabernaemontana</u></b>	<b>Eastern Bluestar</b>
<b><u>Anaphalis margaritacea</u></b>	<b>Pearly everlasting</b>
<b><u>Anemone canadensis</u></b>	<b>Canada anemone</b>
<b><u>Anemone cylindrica</u></b>	<b>Thimbleweed</b>
<b><u>Anemone virginiana</u></b>	<b>Tall Thimbleweed</b>
<b><u>Antennaria plantaginifolia</u></b>	<b>Pussytoes</b>
<b><u>Apocynum cannabinum</u></b>	<b>Hemp Dogbane</b>
<b><u>Apios americana</u></b>	<b>American Groundnut</b>
<b><u>Aquilegia canadensis</u></b>	<b>Red Columbine</b>

<b><u>Aralia nudicaulis</u></b>	<b>Wild Sasparilla</b>
<b><u>Asarum canadense</u></b>	<b>Wild Ginger</b>
<b><u>Asclepias incarnata</u></b>	<b>Swamp Milkweed</b>
<b><u>Asclepias purpurascens</u></b>	<b>Purple Milkweed</b>
<b><u>Asclepias syriaca</u></b>	<b>Common Milkweed</b>
<b><u>Asclepias tuberosa</u></b>	<b>Butterfly Milkweed</b>
<b><u>Asclepias verticillata</u></b>	<b>Whorled Milkweed</b>
<b><u>Asimina triloba</u></b>	<b>PawPaw</b>
<b><u>Aster ericoides</u></b>	<b>Heath Aster</b>
<b><u>Aster lateriflorum</u></b>	<b>Calico Aster</b>
<b><u>Aster oblongifolius</u></b>	<b>Aromatic Aster</b>
<b><u>Aster oblong 'Twilight Sky'</u></b>	<b>Mt Cuba Introduction Aromatic Aster</b>
<b><u>Aster spectabilis</u></b>	<b>Showy Aster</b>
<b><u>Baccharis halimifolia</u></b>	<b>Groundsel Tree - Sea Myrtle - male &amp; female</b>
<b><u>Baptisia alba</u></b>	<b>False White Indigo</b>
<b><u>Baptisia australis</u></b>	<b>Blue Indigo</b>
<b><u>Baptisia tinctoria</u></b>	<b>Wild Indigo (New England Native)</b>
<b><u>Blephilia ciliata</u></b>	<b>Downy Wood Mint</b>
<b><u>Bouteloua curtipendula</u></b>	<b>Side-oats Gramma</b>
<b><u>Calamintha nepata "Montrose White"</u></b>	<b>non-native long blooming perennial herb</b>
<b><u>Calamintha nepata 'Blue Cloud'</u></b>	<b>non-native long blooming perennial herb</b>
<b><u>Callicarpa americana</u></b>	<b>American Beautyberry</b>
<b><u>Calycanthus floridus</u></b>	<b>Carolina Allspice - Eastern Sweetshrub</b>
<b><u>Carex appliachia</u></b>	<b>Appalachian Sedge</b>
<b><u>Carex cherokeensis</u></b>	<b>Cherokee Sedge</b>
<b><u>Carex pennsylvanica</u></b>	<b>Pennsylvania Sedge</b>
<b><u>Carex vulpinoides</u></b>	<b>Fox Sedge</b>
<b><u>Carex woodii</u></b>	<b>Pretty Sedge</b>

<b><u>Cephalanthus occidentalis</u></b>	<b>Buttonbush (protect when small)</b>
<b><u>Cercis canadensis 'Ruby Falls'</u></b>	<b>Deep purple foliage weeping redbud</b>
<b><u>Cercis canadensis</u></b>	<b>Eastern Redbud</b>
<b><u>Chamaecyparis Thyroides 'Andel conica'</u></b>	<b>Atlantic White Cedar cultivar</b>
<b><u>Chasmanthium latifolium</u></b>	<b>Northern Sea Oats</b>
<b><u>Chasmanthium laxum</u></b>	<b>Slendar Wood Oats</b>
<b><u>Chelone glabra</u></b>	<b>White Turtlehead</b>
<b><u>Chelone lyonii 'Hot lips'</u></b>	<b>Pink Turtlehead (cultivar)</b>
<b><u>Chelone obliqua</u></b>	<b>Rose Turtlehead</b>
<b><u>Chionanthus virginicus</u></b>	<b>Fringe Tree</b>
<b><u>Cimicifuga racemosa</u></b>	<b>Black Cohosh</b>
<b><u>Clematis virginiana</u></b>	<b>Virginia virgin's-bower</b>
<b><u>Clethra alnifolia</u></b>	<b>Summersweet - Sweet Pepperbush</b>
<b><u>Clethra alnifolia 'Hummingbird'</u></b>	<b>Summersweet - Sweet Pepperbush - dwarf</b>
<b><u>Clethra alnifolia 'Ruby Spice'</u></b>	<b>Suumersweet - Sweet Pepperbush - dwarf pink</b>
<b><u>Collinsonia canadensis</u></b>	<b>Horsebalm</b>
<b><u>Comptonia peregrina</u></b>	<b>Sweetfern</b>
<b><u>Conoclinium coelestinum</u></b>	<b>Blue Mist Flower</b>
<b><u>Coreopsis 'Moonbeam'</u></b>	<b>Threadleaf Coreopsis dwarf glowing cultivar</b>
<b><u>Coreopsis verticillata 'Zagreb'</u></b>	<b>Threadleaf Coreopsis dwarf cultivar</b>
<b><u>Coreopsis verticillata 'Firefly'</u></b>	<b>Threadleaf Coreopsis vibrant dwarf cultivar</b>
<b><u>Cornus fl. 'Cherokee Brave'</u></b>	<b>Flowering Dogwood - deep pink</b>
<b><u>Cornus fl. "Cherokee Princess"</u></b>	<b>Flowering Dogwood - white</b>
<b><u>Cornus racemosa</u></b>	<b>Gray Dogwood</b>
<b><u>Cornus sericea</u></b>	<b>Red Twig Dogwood</b>
<b><u>Cornus sericea 'Flaviramea'</u></b>	<b>Yellow Twig Dogwood</b>
<b><u>Cunila organoides</u></b>	<b>American dittany</b>

<b><u>Delphinium exaltatum</u></b>	<b>Tall Larkspur</b>
<b><u>Deschamsia cespitosa</u></b>	<b>Tufted Hair Grass</b>
<b><u>Deschamsia flexuosa</u></b>	<b>Wavy Hair Grass</b>
<b><u>Dicentra eximia</u></b>	<b>Wild Bleeding Heart</b>
<b><u>Diervilla lonicera</u></b>	<b>Bush Honesuckle</b>
<b><u>Eragrostis spectabilis</u></b>	<b>Purple Lovegrass</b>
<b><u>Erigeron philadelphicus</u></b>	<b>Philadelphia fleabane</b>
<b><u>Erigeron pulchellus Fleabane</u></b>	<b>Robins plantain</b>
<b><u>Eryngium yuccifolium</u></b>	<b>Rattlesnake master</b>
<b><u>Eupatorium coelestinum</u></b>	<b>Blue Mistflower</b>
<b><u>Eupatorium dubium</u></b>	<b>Coastal Joe Pye</b>
<b><u>Eupatorium hyssopifolium</u></b>	<b>Hyssop leaved boneset</b>
<b><u>Eupatorium rugosum</u></b>	<b>White Snakeroot</b>
<b><u>Euthamia caroliniana</u></b>	<b>Grass-leaved Goldenrod</b>
<b><u>Fern adiantum pedatum</u></b>	<b>Maidenhair Fern</b>
<b><u>Fern athyrium felix-femina</u></b>	<b>Lady Fern</b>
<b><u>Fern Dennstaedtia punctilobula</u></b>	<b>Hay-scented Fern</b>
<b><u>Fern Matteuccia struthiocarpus</u></b>	<b>Ostrich Fern</b>
<b><u>Fern onoclea sensibilis</u></b>	<b>Sensitive Fern</b>
<b><u>Fern osmunda cinnamomea</u></b>	<b>Cinnamon Fern</b>
<b><u>Fern osmunda regalis</u></b>	<b>Royal Fern</b>
<b><u>Fern polystichum acrostichoides</u></b>	<b>Christmas Fern</b>
<b><u>Fern thelypteris noveboracensis</u></b>	<b>New York Fern</b>
<b><u>Fothergilla x Intermedia 'Mount Airy'</u></b>	<b>Witch Alder</b>
<b><u>Fothergilla gardenii</u></b>	<b>Dwarf witch alder</b>
<b><u>Fothergilla gardenii 'Blue Elf'</u></b>	<b>Blue leaved dwarf witch alder</b>
<b><u>Fragaria virginiana</u></b>	<b>Wild Strawberry</b>
<b><u>Gaultheria procumbens</u></b>	<b>Wintergreen</b>
<b><u>Geum fragaroides</u></b>	<b>Barren Strawberry</b>
<b><u>Gillenia trifoliata</u></b>	<b>Bowman's root</b>

<b><u>Hamamelis vernalis</u></b>	Vernal witch hazel (protect when small)
<b><u>Helenium autumnale</u></b>	Sneezeweed
<b><u>Heliopsis helianthoides</u></b>	Early Sunflower
<b><u>Hibiscus coccineus</u></b>	Scarlet Rose Mallow (Hibiscus)
<b><u>Hibiscus moscheutos</u></b>	Swamp Rose Mallow (Hibiscus)
<b><u>Hypericum prolificum</u></b>	St. Johns Wort
<b><u>Ilex glabra</u></b>	Inkberry
<b><u>Ilex opaca-female</u></b>	American Holly - female
<b><u>Ilex opaca-male</u></b>	American Holly - male
<b><u>Impatiens capensis</u></b>	Jewelweed
<b><u>Iris cristata</u></b>	Iris - dwarf crested
<b><u>Iris versicolor</u></b>	Blue Flag Iris
<b><u>Juncus effusus</u></b>	Soft Rush
<b><u>Juniperus virginiana 'grey owl'</u></b>	Dwarf blue-gray juniper
<b><u>Lavendula 'Provence'</u></b>	Lavender - not native
<b><u>Lavendula ang. 'sensational'</u></b>	Lavender - not native
<b><u>Lavendula phenomenal</u></b>	Very winter hardy, fragrant lavender
<b><u>Leucothoe axillaris</u></b>	Coastal Dog-hobble
<b><u>Lobelia cardinalis</u></b>	Cardinal Flower
<b><u>Lobelia inflata</u></b>	Indian Tobacco
<b><u>Lobelia siphilitica</u></b>	Blue Lobelia
<b><u>Lonicera sempervirens</u></b>	Coral Honeysuckle
<b><u>Lupinus perennis</u></b>	Sundial Lupine
<b><u>Magnolia virginiana</u></b>	Sweet Bay Magnolia
<b><u>Meehania cordata</u></b>	Meehan's Mint
<b><u>Mentha avensis</u></b>	Wild Mint
<b><u>Monarda bradburnia</u></b>	Eastern Beebalm
<b><u>Monarda citriodora</u></b>	Lemon Beebalm
<b><u>Monarda didyma 'Jacob Cline'</u></b>	Scarlet Beebalm cultivar
<b><u>Monarda fistulosa</u></b>	Wild Bergamot

<b><u>Monarda fistulosa "claire grace"</u></b>	<b>Wild Bergamot cultivar</b>
<b><u>Monarda fistulosa 'Purple Rooster'</u></b>	<b>Rich purple - more dwarf variety</b>
<b><u>Monarda media</u></b>	<b>Purple Bergamot</b>
<b><u>Monarda punctata</u></b>	<b>Spotted Beebalm</b>
<b><u>Myrica Gale</u></b>	<b>Sweetgale</b>
<b><u>Myrica pensylvanica</u></b>	<b>Northern Bayberry</b>
<b><u>Nepata 'Walker's Low'</u></b>	<b>Catmint</b>
<b><u>Oenothera biennis</u></b>	<b>Evening Primrose</b>
<b><u>Oligoneuron rigidum</u></b>	<b>Stiff flat-topped goldenrod - very rare</b>
<b><u>Opuntia humifusa</u></b>	<b>Eastern Prickly Pear Cactus</b>
<b><u>Packera aurea</u></b>	<b>Golden Groundsel</b>
<b><u>Packera obovata</u></b>	<b>Roundleaf Groundsel</b>
<b><u>Panicum virgatum</u></b>	<b>Switch grass</b>
<b><u>Panicum virgatum 'Heavy Metal'</u></b>	<b>Switch grass cultivar</b>
<b><u>Panicum virg 'Shenandoah'</u></b>	<b>Showy switchgrass cultivar</b>
<b><u>Parthenocissus quinquefolia</u></b>	<b>Virginia Creeper</b>
<b><u>Pinus strobus Cultivars</u></b>	<b>Dwarf White Pines</b>
<b><u>Podophyllum peltatum</u></b>	<b>American may apple</b>
<b><u>Polemonium reptans</u></b>	<b>Jacob's-ladder</b>
<b><u>Ptelea trifoliata</u></b>	<b>Hop tree</b>
<b><u>Prunus maritima</u></b>	<b>Beach Plum</b>
<b><u>Pycnanthemum incanum</u></b>	<b>Mountain Mint</b>
<b><u>Pycnanthemum muticum</u></b>	<b>Clustered Mountain Mint</b>
<b><u>Pycnanthemum tenuifolium</u></b>	<b>Narrow-leaved mountain-mint</b>
<b><u>Pycnanthemum virginianum</u></b>	<b>Virginia mountain-mint</b>
<b><u>Rhus aromatica 'Gro-low'</u></b>	<b>Fragrant Sumac - low growing cultivar</b>
<b><u>Rudbeckia triloba</u></b>	<b>Brown-eyed susan</b>
<b><u>Salix discolor</u></b>	<b>Pussy willow</b>
<b><u>Salvia azurea 'Nekan'</u></b>	<b>Perennial Autumn Garden Sage</b>
<b><u>Schizachyrium scoparium</u></b>	<b>Little Bluestem</b>

<b><u>Scutellaria incana</u></b>	<b>Hoary Skullcap</b>
<b><u>Scutellaria lateriflora</u></b>	<b>Mad Dog Skullcap</b>
<b><u>Scutellaria serrata</u></b>	<b>Showy skullcap</b>
<b><u>Senna hebecarpa</u></b>	<b>Wild Senna</b>
<b><u>Sisyrinchium atlanticum</u></b>	<b>Blue Eyed Grass</b>
<b><u>Solidago bicolor</u></b>	<b>Silverod</b>
<b><u>Solidago caesia</u></b>	<b>Blue-stem Goldenrod</b>
<b><u>Solidago 'Fireworks'</u></b>	<b>Solidago rugosa cultivar</b>
<b><u>Solidago flexicaulis</u></b>	<b>Zig Zag Goldenrod</b>
<b><u>Solidago graminifolia</u></b>	<b>Grass Leaf Goldenrod</b>
<b><u>Solidago juncea</u></b>	<b>Early Goldenrod</b>
<b><u>Solidago nemoralis</u></b>	<b>Gray Goldenrod</b>
<b><u>Solidago odora</u></b>	<b>Sweet Goldenrod - Anise Scented Goldenrod</b>
<b><u>Solidago puberula</u></b>	<b>Downy Goldenrod</b>
<b><u>Solidago rugosa</u></b>	<b>Rough leaf goldenrod</b>
<b><u>Solidago sempervirens</u></b>	<b>Seaside goldenrod</b>
<b><u>Solidago speciosa</u></b>	<b>Showy goldenrod</b>
<b><u>Sorghastrum nutans</u></b>	<b>Indian grass</b>
<b><u>Spiraea alba / latifolia</u></b>	<b>Meadowsweet</b>
<b><u>Spiraea tomentosa</u></b>	<b>Steeplebush</b>
<b><u>Sporobolus heterolepis</u></b>	<b>Northern Dropseed</b>
<b><u>Thalictrum dioicum</u></b>	<b>Early Meadow Rue</b>
<b><u>Thalictrum pubescens</u></b>	<b>King of the Meadow</b>
<b><u>Tiarella cordifolia</u></b>	<b>Foam Flower</b>
<b><u>Triadenum virginicum</u></b>	<b>Marsh St. Johns Wort</b>
<b><u>Tridens flavus</u></b>	<b>Purpletop aka Grease Grass</b>
<b><u>Vaccinium corymbosum</u></b>	<b>Highbush Blueberry</b>
<b><u>Vaccinium Varieties Assorted</u></b>	<b>Assortment of Blueberry Varieties</b>
<b><u>Verbena hastata</u></b>	<b>Blue Vervain</b>

<b><u>Verbena urticifolia</u></b>	<b>White Vervain</b>
<b><u>Vernonia 'Iron Butterfly'</u></b>	<b>Ironweed cultivar - dwarf with fine foliage</b>
<b><u>Vernonia "nofo butterfly"</u></b>	<b>Unique Long Island Ironweed Selection</b>
<b><u>Vernonia noveboracensis</u></b>	<b>New York ironweed</b>
<b><u>Viburnum dentatum</u></b>	<b>Arrowwood Viburnum</b>
<b><u>Viola labradorica</u></b>	<b>Labrador Violets</b>
<b><u>Viola sororia</u></b>	<b>Common Violet</b>
<b><u>Viola walteri 'Silver Gem'</u></b>	<b>Interesting cultivar of a native violet</b>
<b><u>Waldsteinia fragarioides</u></b>	<b>Barren strawberry</b>
<b><u>Zizia aurea</u></b>	<b>Golden Alexanders</b>