



# Recommended Native Wildflowers & Grasses for Naturalization Projects & Gardens in the Upper Thames River Watershed



The following herbaceous plant species are native to southwestern Ontario and are suitable for planting in the Upper Thames River watershed (Middlesex, Oxford and Perth Counties). These plants are adapted to the local climate and insect life and are hardier than non-native or horticultural species. All species listed may be available at nurseries that sell native plants (see "Southwestern Ontario Nurseries that Sell Native Plants & Seeds" at [www.thamesriver.on.ca](http://www.thamesriver.on.ca)).

(R) – Rare in Ontario (S1 to S3 ranking), mainly due to habitat loss (A) – Aggressive and able to spread rapidly

## Full Sun, Moist to Dry Soil (Meadows, Prairies)



### Flowering Herbaceous Plants

<i>Asclepias syriaca</i>	Common Milkweed
<i>Asclepias tuberosa</i>	Butterfly Milkweed
<i>Aster ericoides</i>	Heath Aster
<i>Aster laevis</i>	Smooth Aster
<i>Aster novae-angliae</i>	New England Aster
<i>Aster oolentangiensis</i>	Sky Blue Aster
<i>Coreopsis lanceolata</i>	Lance-leaved Coreopsis
<i>Desmodium canadense</i>	Showy Tick-trefoil
<i>Euphorbia corollata</i>	Flowering Spurge
<i>Fragaria virginiana</i>	Wild Strawberry
<i>Helenium autumnale</i>	Sneezeweed
<i>Helianthus divaricatus</i>	Woodland Sunflower (A)
<i>Helianthus giganteus</i>	Tall Sunflower (A)
<i>Heliopsis helianthoides</i>	False Sunflower, Sweet Ox-Eye (A)
<i>Lespedeza capitata</i>	Round-headed Bush-clover
<i>Lobelia siphilitica</i>	Great Lobelia
<i>Mentha arvensis</i>	Wild Mint
<i>Monarda fistulosa</i>	Wild Bergamot
<i>Oenothera biennis</i>	Common Evening-primrose

<i>Penstemon digitalis</i>	Foxglove Beard-tongue
<i>Penstemon hirsutus</i>	Hairy Beardtongue
<i>Pycnanthemum virginianum</i>	Virginia Mountain-mint
<i>Ratibida pinnata</i>	Grey-headed Coneflower (R)
<i>Rudbeckia hirta</i>	Black-eyed Susan
<i>Solidago nemoralis</i>	Gray Goldenrod
<i>Solidago patula</i>	Rough-leaved Goldenrod
<i>Solidago rugosa</i>	Rough-stemmed Goldenrod
<i>Verbena stricta</i>	Hoary Vervain
<i>Vernonia gigantea (altissima)</i>	Tall Ironweed (R)
<i>Veronicastrum virginicum</i>	Culver's Root (R)

### Grasses

<i>Andropogon gerardii</i>	Big Bluestem
<i>Calamagrostis canadensis</i>	Canada Bluejoint
<i>Elymus canadensis</i>	Canada Wild Rye
<i>Panicum virgatum</i>	Switch Grass
<i>Schizachyrium scoparium</i>	Little Bluestem
<i>Sorghastrum nutans</i>	Indian Grass

## Full Sun, Wet Soil (Wetlands)



### Herbaceous Plants

<i>Asclepias incarnate</i>	Swamp Milkweed
<i>Bidens cernua</i>	Nodding Bur-marigold, Beggar's Ticks
<i>Caltha palustris</i>	Marsh Marigold
<i>Chelone glabra</i>	Turtlehead
<i>Eupatorium maculatum</i>	Joe-Pye-Weed
<i>Eupatorium perfoliatum</i>	Boneset
<i>Impatiens capensis</i>	Spotted Jewelweed
<i>Iris versicolor</i>	Blue-flag Iris
<i>Lobelia cardinalis</i>	Cardinal Flower
<i>Lobelia siphilitica</i>	Great Lobelia
<i>Lycopus americanus</i>	Cut-leaved Water Horehound
<i>Lysimachia ciliata</i>	Fringed Loosestrife
<i>Lysimachia thyrsoiflora</i>	Tufted Loosestrife
<i>Mimulus ringens</i>	Square-stemmed Monkey-flower
<i>Monarda fistulosa</i>	Wild Bergamot Bee-balm
<i>Oenothera biennis</i>	Common Evening-primrose
<i>Penstemon digitalis</i>	Foxglove Beardtongue
<i>Penstemon hirsutus</i>	Hairy Beardtongue
<i>Pycnanthemum virginianum</i>	Virginia Mountain-mint
<i>Rudbeckia laciniata</i>	Green-headed Coneflower
<i>Sisyrinchium montanum</i>	Common Blue-eyed Grass
<i>Thalictrum pubescens</i>	Tall Meadow-rue
<i>Verbena hastata</i>	Blue Vervain
<i>Vernonia giganteum (altissima)</i>	Tall Ironweed (R)

### Sedges and Rushes

<i>Carex bebbii</i>	Bebb's Sedge
<i>Carex arctata</i>	Drooping Wood Sedge
<i>Carex stipata</i>	Awl-fruited Sedge
<i>Carex comosa</i>	Bottlebrush Sedge
<i>Carex vulpinoidea</i>	Fox Sedge
<i>Eleocharis obtuse</i>	Blunt Spike-rush
<i>Juncus balticus</i>	Baltic Rush
<i>Juncus torreyi</i>	Torrey's Rush
<i>Scirpus pungens</i>	Common Three-square Bulrush

### Grasses

<i>Calamagrostis canadensis</i>	Canada Bluejoint
<i>Glyceria striata</i>	Fowl Manna Grass
<i>Leersia oryzoides</i>	Rice Cut Grass
<i>Poa palustris</i>	Fowl Meadow Grass
<i>Spartina pectinata</i>	Prairie Cord Grass

### Aquatics (Pond Plants)

<i>Alisma plantago-aquatica</i>	Water Plantain
<i>Calla palustris</i>	Water Arum, Wild Calla
<i>Elodea canadensis</i>	Waterweed
<i>Lemna spp.</i>	Duckweed
<i>Nymphaea odorata</i>	Sweet-scented White Water Lily
<i>Polygonum amphibium</i>	Water Smartweed
<i>Rumex orbiculatus</i>	Great Water Dock
<i>Sagittaria latifolia</i>	Arrowhead, Duck Potato, Wapato
<i>Sparganium eurycarpum</i>	Large-fruited Burreed
<i>Typha latifolia</i>	Common Cattail (A)

## Full to Partial Shade, Moist Soil (Forest interior)



### Flowering Herbaceous Plants

<i>Actaea rubra</i>	Red Baneberry	<i>Polygonatum pubescens</i>	Solomon's Seal
<i>Actaea pachypoda</i>	White Baneberry	<i>Sanguinaria canadensis</i>	Bloodroot
<i>Anemone quinquefolia</i>	Wood Anemone	<i>Solidago caesia</i>	Blue-stemmed Goldenrod
<i>Aquilegia canadensis</i>	Wild Columbine	<i>Solidago flexicalis</i>	Zig-zag Goldenrod
<i>Arisaema triphyllum</i>	Jack-in-the-Pulpit	<i>Thalictrum dioicum</i>	Early Meadow Rue
<i>Asarum canadense</i>	Wild Ginger	<i>Tiarella cordifolia</i>	Foam Flower
<i>Aster lateriflorus</i>	Calico Aster	<i>Viola spp.</i>	Violets
<i>Geranium maculatum</i>	Wild Geranium		
<i>Hepatica acutiloba</i>	Hepatica	<b>Ferns</b>	
<i>Lilium michiganese</i>	Michigan Lily	<i>Athyrium filix-femina</i>	Lady Fern
<i>Maianthemum racemosum</i>	False Solomon's Seal	<i>Matteuccia struthiopteris</i>	Ostrich Fern
<i>Podophyllum peltatum</i>	Mayapple	<i>Onoclea sensibilis</i>	Sensitive Fern

### Notes

- Lists compiled by UTRCA staff in 2011.
- Many additional native species that occur locally are not listed here because they are hard to source from nurseries.
- Horticultural varieties of native plants from commercial nurseries are often acceptable as single plantings in urban gardens, but not for naturalization or reforestation projects.
- Unknown plants and cultivated varieties should not be used in naturalization projects.

### Additional Information at [www.thamesriver.on.ca](http://www.thamesriver.on.ca)

- Recommended Native Trees, Shrubs and Vines for Naturalization Projects in the Upper Thames River Watershed
- Tallgrass Prairie Plant Species Native to Middlesex, Oxford & Perth
- Gardening with Native Plants
- Aggressive Non-Native Plants
- Southwestern Ontario Nurseries that Sell Native Plants & Seeds
- Regionally Rare Plants in Middlesex County

### Helpful References

- *Grow Wild: Native Plant Gardens in Canada*. Lorraine Johnson. Random House.
- *Newcomb's Wildflower Guide*. Lawrence Newcomb. Little, Brown and Company.
- North American Native Plant Society, [www.nanps.org](http://www.nanps.org)
- *Planting the Seed: A Guide to Establishing Prairie and Meadow Communities in Southern Ontario*. Environment Canada, 2000. Kim Delaney, Paul Morris, Gail Rhynard, Lindsay Rodger and P. Allen Woodliffe. Copies can be obtained from Tallgrass Ontario, [www.tallgrassontario.org](http://www.tallgrassontario.org)

The following nurseries sell some or specialize in locally native plants. List compiled by UTRCA staff, 2015.

Name & Address	Phone	Email & Website	Plant Types Carried	Retail/Wholesale
<b>The Blooming Bog</b> 22049 Hyde Park Road N, Ilderton	519-666-0132	isa@bloomingbog.com <a href="http://www.bloomingbog.com">www.bloomingbog.com</a>	Some aquatics, herbaceous	Retail
<b>Moore Water Gardens</b> 4683 Sunset Road, Port Stanley	519-782-4052	moorewg@execulink.com <a href="http://www.moorewatergardens.com">www.moorewatergardens.com</a>	Some native aquatics	Retail
<b>Nith River Native Plants</b> 4265 Wilmot-Easthope Road, New Hamburg	519-831-0953	nithriverplants@hotmail.com <a href="http://www.nithriverplants.com">www.nithriverplants.com</a>	Herbaceous, seeds, trees, shrubs	Retail
<b>Ontario NativeScape</b> - a division of Rural Lambton Stewardship Network 6890 Baseline Road, Wallaceburg	519-809-5759	Jlozon.rlsn@gmail.com <a href="http://www.ontarionativescape.com">www.ontarionativescape.com</a>	Herbaceous, seeds	Retail
<b>Ontario Seed Company Ltd.</b> 16 King Street South, Waterloo	519-886-2990 519-886-0557	seeds@osceeds.com <a href="http://www.osceeds.com">www.osceeds.com</a>	Herbaceous seeds	Retail
<b>Sassafras Farms</b> 120 Canby Street, Port Robinson	905-658-8907	cdiraddo@sassafrasfarms.ca <a href="http://www.sassafrasfarms.ca">www.sassafrasfarms.ca</a>	Herbaceous, trees, shrubs, seeds	Retail + Wholesale
<b>St. Williams Nursery &amp; Ecology Centre</b> 885 Highway 24 West, St. Williams	519-586-9116 1-866-640-8733	sales@stwilliamsnursey.com <a href="http://www.stwilliamsnursery.com">www.stwilliamsnursery.com</a>	Herbaceous, seeds, trees, shrubs	Wholesale
<b>Verbinnen's Nursery Ltd.</b> 1504 Brock Road, Dundas (Hamilton)	905-659-7072	bernard@verbinnens.com <a href="http://www.verbinnens.com">www.verbinnens.com</a>	Trees, shrubs, herbaceous	Wholesale
<b>Windover Nurseries</b> 3662 Petrolia Line, Petrolia	519-882-0120	windover@ebtech.net <a href="http://www.windovernurseries.com">www.windovernurseries.com</a>	Several native trees, shrubs, plants	Retail + Wholesale