



## INGREDIENTS FOR A HEALTHY NATIVE MEADOW

- 1) **Diversity attracts diversity**; to attract a wide range of wildlife, offer a wide range of the following:
  - Bloom times (aim for May through October)
  - Plant heights (maximize vertical space by using short, medium & tall species – *build up* by using very tall plants, like sky-scrapers utilize space in crowded cities)
  - Flower colors (different animals are attracted to different colors – butterflies prefer blue, pink and purple, bees, wasps & beetles like white and yellow and hummingbirds look for red, orange and pink)
  - Most native wildflowers are perennials, but there are a *few* native annuals you can use for 1<sup>st</sup> year color & cover: Partridge Pea, Annual Sunflower, Annual Gaillardia & Jewel Weed
  - Diverse plant groups (move beyond black-eyed susans and purple coneflowers – mix it up with milkweeds, mints, legumes, goldenrods, violets, wild geranium, cup plant, etc.)
- 2) **Use native grasses/sedges**; a healthy meadow should be 30%-70% native grasses. They provide shelter, vertical structure, caterpillar food and an important seed source for birds and mammals.
- 3) **Provide plant species eaten by caterpillars**; a great way to bring moths and butterflies into your meadow is to provide food for their larval stage

## SUGGESTED PLANT LIST FOR A NATIVE MEADOW

**Include at least one species from each of these nine important meadow plant groups:**

1. Goldenrods (Solidago sp.) – deer resistant
2. Asters (Aster sp.) – deer resistant
3. Milkweeds (Asclepias sp.) – deer resistant
4. Mints (Penstemon sp. – spring bloomer, Monarda sp., Scutellaria sp., Salvia sp., Pycnanthemum sp., Blephilia sp., Agastache sp.) – deer resistant
5. Eupatoriums (Eupatorium sp.)
6. Ray-flower Composites, Sunflowers, Susans, Sneezeweeds and Coneflowers (Helianthus sp., Heliopsis sp. Rudbeckia sp., Helenium sp., Echinacea sp., Ratibida sp.)
7. Blazing Stars (Liatris sp.)
8. Evening Primroses and Sundrops (Oenothera sp.)
9. Legumes/Pea Family (Cassia/Senna sp., Desmodium sp., Chamaecrista sp., Baptisia sp.)

**If possible, adding a few of the following unique species will greatly increase your meadow's wildlife value and variety of bloom times:**

- Cup Plant (Silphium perfoliatum)
- Wild Lupine (Lupinus perennis)
- New York Ironweed (Vernonia noveboracensis)
- Pasture Rose (Rosa carolina) & Virginia Rose (Rosa virginiana)
- Turtlehead (Chelone glabra)
- Downy Phlox (Phlox pilosa) & Wild Sweet William (Phlox maculata)

## Audubon at Home in Northern Virginia



- Wild Strawberry (*Fragaria virginiana*)
- Common Dogbane (*Apocynum cannabinum*)
- Nodding Onion (*Allium cernuum*) or Meadow Garlic (*Allium canadense*) – [spring bloomer](#)
- Wild Columbine (*Aquilegia canadensis*) – [spring bloomer](#)
- Violets (*Viola* sp.) – [spring bloomer](#)
- Wild Geranium (*Geranium maculatum*) – [spring bloomer](#)
- Golden Alexanders (*Zizia aurea* & *aptera*) – [spring bloomer](#)
- Golden Ragwort/Golden Groundsel (*Senecio aureus*) – [spring bloomer](#)

Use *at least 4 species of the following Native Grasses*; select several from each season group to ensure the essential structure, shelter & food grasses provide on a year-round basis:

### Warm-season species

- Little Bluestem (*Schizachyrium scoparium*)
- Big Bluestem (*Andropogon gerardii* & *furcatus*)
- Side-oats Grama (*Bouteloua curtipendula*)
- Indian Grass (*Sorghastrum nutans*)
- Purple Top Grass (*Tridens flavus*)

### Cool-season species

- Deer Tongue (*Panicum/Dichanthelium clandestinum*)
- Bottle Brush Grass (*Hystrix patula*)
- River Oats (*Chasmanthium latifolia*)
- Wild Ryes (*Elymus* sp.)
- Sedges (*Carex* sp.)

## SEED AND PLANT SOURCES

(be sure to *also* look into local native plant sales – this area has at least ½ dozen each year)

### Local Native Plant Nurseries:

NATURE BY DESIGN – container plants  
300 Calvert Avenue  
Alexandria, VA 22301  
703-683-GROW (4769)  
[www.nature-by-design.com](http://www.nature-by-design.com)

EARTH SANGHA – container plants  
10123 Commonwealth Blvd.  
Fairfax, VA 22032  
(703) 764-4830  
[www.earthsangha.org](http://www.earthsangha.org)

CHESAPEAKE NATIVES – seeds, plugs, containers  
Takoma Park, MD  
(301) 270-4534  
[www.chesapeakenatives.org](http://www.chesapeakenatives.org)

## Audubon at Home in Northern Virginia



### **Mail-order Nurseries:**

ERNST CONSERVATION SEEDS – seeds and plugs  
9006 Mercer Pike  
Meadville, PA 16335  
1 (800) 873-3321  
FAX (814) 336-5191  
[www.ernstseed.com](http://www.ernstseed.com)

PRAIRIE MOON NURSERY, Winona, MN – seeds  
1 (866) 417-8156, [www.prairiemoon.com](http://www.prairiemoon.com)

NORTH CREEK NURSERIES - plugs  
388 North Creek Road  
Landenberg, PA 19350  
(610) 255-0100  
FAX (610) 255-4762  
Email [order@northcreeknurseries.com](mailto:order@northcreeknurseries.com)  
[www.northcreeknurseries.com](http://www.northcreeknurseries.com)