











Audubon at Home Top 10 Plant Lists – Deer Resistant Wildflowers

(No plant is deer proof, but the following tend to be browsed less or tolerate browsing; where deer populations are high, physical barriers or repellents may be needed.)

Name	Image	Features, Size	Wildlife Value	Moisture, pH, Sunlight	Habitat/Other Notes
<p>Common Milkweed (<i>Asclepias syriaca</i>)</p>	 <p style="font-size: small;">Albert F.W. Vick, Lady Bird Johnson Wildflower Center</p>	<p>Showy pale purple flowers in rounded clusters, late spring to mid-summer</p> <p>Contains cardiac glycosides distasteful to deer and other vertebrate herbivores</p> <p>4 – 6 ft.</p>	<p>Host plant to monarch butterfly caterpillar and other milkweed specialist insects</p> <p>Pollen and nectar source</p> <p>Butterfly attractor</p>	<p>Dry soil</p> <p>Full sun</p>	<p>Fields, roadsides</p> <hr/> <p>Other milkweeds for our region include swamp milkweed (<i>A. incarnata</i>) for moist to wet soils and butterflyweed (<i>A. tuberosa</i>), a shorter species (see under Top 10 Wildflowers)</p>
<p>Wild Blue Indigo (<i>Baptisia australis</i>)</p> <p>AKA: false blue indigo</p>	 <p style="font-size: small;">© William S. Justice William S. Justice @ USDA-NRCS PLANTS Database</p>	<p>Shrub-like wildflower with showy blue, irregular flowers, mid-spring to early summer</p> <p>Attractive foliage</p> <p>Tolerates poor soils</p> <p>3 – 5 ft.</p>	<p>Nectar and pollen source, caterpillar host plant</p>	<p>Dry to moist soil</p> <p>pH -- neutral</p> <p>Full to part sun</p>	<p>Open woods, streambanks, floodplains</p>
<p>Cardinal Flower (<i>Lobelia cardinalis</i>)</p>	 <p style="font-size: small;">Henry Domke, Lady Bird Johnson Wildflower Center</p>	<p>Showy red, irregular flowers, summer to mid-fall</p> <p>Biennial</p> <p>2 – 4 ft.</p>	<p>Pollen and nectar source, seeds</p> <p>Hummingbird attractor</p>	<p>Moist to wet (does not tolerate drying)</p> <p>pH – moderately acidic to slightly alkaline</p> <p>Full to part sun</p>	<p>Wetlands, riparian areas</p> <hr/> <p>Also great blue lobelia (<i>Lobelia siphilitica</i>)</p>

<p>Wild Bergamot (<i>Monarda fistulosa</i>)</p> <p>AKA: horsemint</p>	 <p>John Hixson, Lady Bird Johnson Wildflower Center</p>	<p>Pink to purple flowers, early to late summer</p> <p>Tolerates heat, varied soil conditions, some drought; deer resistant</p> <p>Perennial</p> <p>Easy to grow; can be aggressive</p> <p>1½ - 5 ft.</p>	<p>Nectar and pollen source</p> <p>Hummingbird & butterfly attractor</p>	<p>Dry to moist soil</p> <p>pH – moderately acidic to moderately alkaline</p> <p>Full sun to part shade</p>	<p>Wood edges, fields, thickets, roadsides</p>
<p>Golden Ragwort (<i>Packera aurea</i> [fmrly <i>Senecio aureus</i>])</p> <p>AKA: golden groundsel</p>	 <p>Stefan Bloodworth, Lady Bird Johnson Wildflower Center</p>	<p>Showy yellow composite flowers, spring through summer)</p> <p>Can serve as ground cover</p> <p>Heat tolerant</p> <p>Can be aggressive</p> <p>½ -- 2½ ft.</p>	<p>Nectar and pollen source</p> <p>Low cover</p>	<p>Moist soil, tolerates seasonal flooding, some dryness</p> <p>Neutral to acidic</p> <p>Full sun to part shade</p>	<p>Moist fields, woods, floodplains, roadsides</p>
<p>Beardtongue (<i>Penstemon digitalis</i>)</p> <p>AKA tall white or foxglove beardtongue</p>	 <p>Sally & Andy Wasowski, Lady Bird Johnson Wildflower Center</p>	<p>White to faintly purple flowers, late spring to mid-summer</p> <p>Tolerates poor drainage and dry shade</p> <p>2 – 5 ft.</p>	<p>Pollen and nectar source</p> <p>Attracts hummingbirds</p>	<p>Dry to moist soil</p> <p>pH – neutral to acidic</p> <p>Full to part-sun</p>	<p>Open woods, meadows</p>

<p>Woodland Phlox (<i>Phlox divaricata</i>) AKA: wild blue phlox, wild sweet William</p>	 <p>Stefan Bloodworth, Lady Bird Johnson Wildflower Center</p>	<p>Blue, lavender, white flowers, spring to early summer</p> <p>Tolerates a range of soil types</p> <p>1 ½ ft.</p>	<p>Pollen and nectar source</p> <p>Butterfly attractor</p>	<p>Moist soil</p> <p>pH -- neutral to acidic</p> <p>Part to full shade</p>	<p>Rich woods, bluffs</p> <hr/> <p>Creeping phlox (<i>Phlox stolonifera</i>) is another option</p>
<p>Narrow-leaved Mountain Mint (<i>Pycnanthemum tenuifolium</i>)</p>	 <p>Sally & Andy Wasowski, Lady Bird Johnson Wildflower Center</p>	<p>Clusters of small, irregular white to lavender flowers with purple spots, mid- to late-summer</p> <p>Attractive foliage with silvery bloom</p> <p>Can spread aggressively</p> <p>3 ft.</p>	<p>Nectar and pollen source</p> <p>Attracts butterflies, native bees and wasps</p>	<p>Dry to moist soils</p> <p>pH -- neutral to acid</p> <p>Full sun to part shade</p>	<p>Upland wood, fields, thickets</p> <hr/> <p>Also, Big-leaved Mountain Mint (<i>Pycnanthemum muticum</i>) and Hoary Mountain Mint (<i>Pycnanthemum incanum</i>), for drier, full shade sites</p>
<p>Gray Goldenrod (<i>Solidago nemoralis</i>)</p> <p>AKA: dwarf, old-field, one-sided goldenrod</p>	 <p>Sally & Andy Wasowski, Lady Bird Johnson Wildflower Center</p>	<p>Yellow flowers, early summer through fall</p> <p>Lower growing, less aggressive than many other goldenrods</p> <p>Tolerates poor soils</p> <p>½ -- 3 ft.</p>	<p>Pollen and nectar source, seeds</p> <p>Attracts butterflies, birds</p>	<p>Dry soil</p> <p>pH -- neutral to slightly alkaline</p> <p>Full to part sun</p>	<p>Fields, open woods, roadsides</p> <hr/> <p>Goldenrods in general are relatively deer resistant – see AAH Top 10 Plant Lists – Wildflowers for more species</p>

<p>New England Aster (<i>Symphyotrichum novae-angliae</i>)</p>	 <p>Stefan Bloodworth, Lady Bird Johnson Wildflower Center</p>	<p>Showy violet flowers, late summer to mid-fall</p> <p>Tolerates drier soil and seasonal flooding</p> <p>1 – 6 ft.</p>	<p>Pollen and nectar source, caterpillar host plant</p> <p>Attracts butterflies</p>	<p>Moist soil</p> <p>pH -- acidic</p> <p>Full to part sun</p>	<p>Open woods, seasonal wetlands, meadows, streambanks, disturbed areas</p>
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Sources:

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