



Royal  
Botanical  
Gardens

2024

# PLANT PROFILES

ROYAL BOTANICAL GARDENS  
SEED LIBRARY

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# ANNUALS

**COMMON NAME:** Eyeball Plant



**SCIENTIFIC NAME:**

***Acmella oleracea***

**FAMILY:** Asteraceae

**TYPE:** Annual herb

**ZONE:** 9

**HEIGHT:** 30-38cm, (12-15")

**SPREAD:** 30-45 cm, (12-18")

**BLOOM COLOUR:** Gold/red inflorescences

**BLOOM TIME:** Summer to fall

**SUN:** Full

**WATER:** Normal

**TOLERATES:** resistant to disease, insects and rabbits

**ATTRACTS:** Fireflies

## **GROWING FROM SEED:**

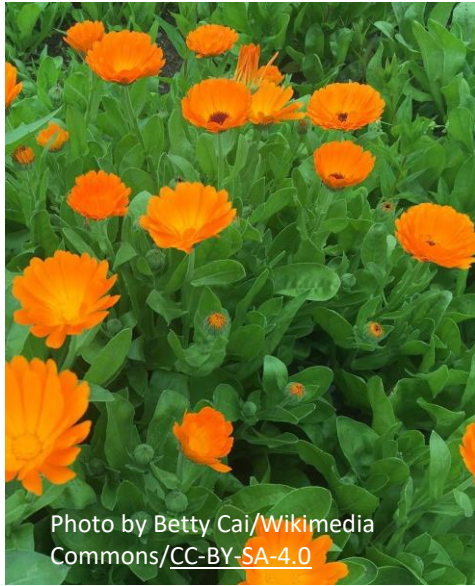
Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

## **OTHER:**

Used both in culinary and medicinal uses. Jamba oil or extract used as a flavoring agent. Other common names it goes by are toothache plant, paracress or buzz buttons.

## COMMON NAME: Pot Marigold



### SCIENTIFIC NAME:

*Calendula officinalis*

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial (treat as an annual)

**ZONE:** 2 - 9

**HEIGHT:** 30.5 - 60cm (1' -2')

**SPREAD:** 30.5 - 60cm (1' -2')

**BLOOM COLOUR:** orange, yellow

**BLOOM TIME:** late spring

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** rabbit, black walnut

**ATTRACTS:** butterflies

**GROWING FROM SEED:** Start seed indoors 6-8 weeks before the last frost date or sow directly in the garden just before last frost date. When all danger of frost has passed, and seedlings have at least two sets of true leaves, harden them off by placing them outdoors in a sheltered location for an hour or so per day, gradually increasing the time over the course of a week. Young plants may be pinched back to encourage compact bushy growth. Deadhead spent flowers to promote additional bloom. If plants begin to languish in prolonged hot summer weather, cut back to promote fall flowering.

### OTHER:

Although perennial, it is commonly treated as an annual in colder regions where its' winter survival is poor, and in hot summer locations where it also does not survive. Self seeds.

**COMMON NAME: African foxglove**



**SCIENTIFIC NAME:**

***Ceratotheca triloba***

**FAMILY:** Pedaliaceae

**TYPE:** Annual

**ZONE:** 10-11

**HEIGHT:** 90-120 cm (36"-48")

**SPREAD:** 38-45 cm (15"-18")

**BLOOM COLOUR:** lavender, pink, white

**BLOOM TIME:** mid summer – mid fall

**SUN:** full sun to partial shade

**WATER:** dry - medium

**TOLERATES:** dry soil, deer

**ATTRACTS:** bees, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant out after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

**OTHER:**

Foliage and stems have a peanut butter scent when bruised. Fertilize in spring. Grow as a woodland border plant or as a back border. Pairs well with tall cosmos.

**COMMON NAME: Leafy Goosefoot**



Photo (cropped) by: WildBoar /  
[Wikimedia Commons](#) / Public Domain

**SCIENTIFIC NAME:**

*Chenopodium foliosum*

**FAMILY:** Amaranthaceae

**TYPE:** annual

**ZONE:** 4 to 9

**HEIGHT:** 40 – 50 cm (16 – 20")

**SPREAD:** 30 – 45 cm (12 – 18 ")

**BLOOM COLOUR:** red to light purple

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** dry or moist well drained soil

**ATTRACTS:** N/A

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Erect stems hold triangular edible leaves with a mild spinach flavour. Wind pollinated subtle flowers are replaced with small, vibrant red edible berries. Good for herb, vegetable or container gardens. The plant can be used to make a gold/green dye.

**COMMON NAME: Golden Tickseed**



**SCIENTIFIC NAME:**

***Coreopsis tinctoria***

**FAMILY:** Asteraceae

**TYPE:** Annual

**ZONE:** 3 – 9

**HEIGHT:** 60cm - 120cm (2' - 4')

**SPREAD:** 30cm - 45cm (1' – 1.5')

**BLOOM COLOUR:** Yellow rays with reddish-brown center

**BLOOM TIME:** summer into fall

**SUN:** Full sun

**WATER:** Dry to Medium

**TOLERATES:** Deer, drought, clay or dry or shallow-rocky soil

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Native to in western Canada. Flowerheads produced on long branching stems. Dead head to promote additional blooms and to prevent self-seeding.

**COMMON NAME: Orange Cosmos**



**SCIENTIFIC NAME:**

***Cosmos sulphureus***

**FAMILY:** Asteraceae

**TYPE:** annual

**ZONE:** 2 - 9

**HEIGHT:** 120 - 180 cm (2 - 6ft)

**SPREAD:** 30 - 90 cm (1 - 3 ft)

**BLOOM COLOUR:** orange

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, poor soil, heat

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Plants will grow too tall in rich soil and flop over. To prolong bloom, deadhead by cutting stem back to first leaf below the flower head. Bushier plants can be produced by pinching out the top of the stem when seedlings have produced 2-3 sets of leaves.

**COMMON NAME: California Poppy**



Photo by Evelyn Simak/geograph/CC BY-SA 2.0

**SCIENTIFIC NAME:**

*Eschscholzia californica*

**FAMILY:** Papaveraceae

**TYPE:** Herbaceous perennial (Canada treated as annual)

**ZONE:** 7-8

**HEIGHT:** 15-30cm (12-15")

**SPREAD:** 15-20cm (6-8")

**BLOOM COLOUR:** Orange to orange/yellow

**BLOOM TIME:** Summer

**SUN:** Full

**WATER:** Dry to medium

**TOLERATES:** Drought, deer, rabbits, salt, heat, poor soil

**ATTRACTS:** Bees, butterflies, humming birds

**GROWING FROM SEED:**

Do best if sown directly in garden in spring after last frost. Planting depth about 6mm. Germination takes place in 2-3 weeks.

You can start inside 2-3 weeks ahead of frost but they do not like to be transplanted.

**OTHER:**

California Poppy' is native to southwestern United states and northern Mexico. Grows naturally on hillsides, roads and open areas

**COMMON NAME: Pineapple Helenium**



**SCIENTIFIC NAME:**

***Helenium aromaticum***

**FAMILY:** Asteraceae

**TYPE:** annual in our zone

**ZONE:** 9

**HEIGHT:** 40 - 50 cm (16 - 24")

**SPREAD:** 30 cm (1 ft)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** medium

**TOLERATES:** unknown

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Pom-pom type flowers with a pineapple scent. Can be used as cut flowers. Native herb of Chile.



**COMMON NAME: Orange Jewelweed**

**Native**



**SCIENTIFIC NAME:**

***Impatiens capensis***

**FAMILY:** Balsaminaceae

**TYPE:** annual

**ZONE:** 7 - 9

**HEIGHT:** 60 – 150 cm (2 – 5 ft)

**SPREAD:** 45 – 75 cm (1.5 – 2.5 ft)

**BLOOM COLOUR:** orange

**BLOOM TIME:** spring to summer

**SUN:** part or full shade

**WATER:** medium

**TOLERATES:** heavy shade, clay soil, wet soil

**ATTRACTS:** birds, Hummingbirds, butterflies

**GROWING FROM SEED:**

These seeds do best with natural fluctuation of temperatures. Sow outdoors in the fall. Seeds should be kept cool and dry until then. Seeds may be sown directly in the ground or a method known as “winter sowing” be used. Go to <https://www.rbg.ca/winter-sowing-part-one/> for instructions.

**OTHER:**

Also called Spotted Touch-me-not. Suitable for wet, boggy areas such as around ponds. Will aggressively self-seed and form large clumps if left. No serious insect or disease problems.

**COMMON NAME: Flax**



**SCIENTIFIC NAME:**

***Linum usitatissimum***

**FAMILY:** Linaceae

**TYPE:** Annual

**ZONE:** 6 - 9

**HEIGHT:** 60 - 90 cm (24-36")

**SPREAD:** 20 - 25cm (8-10")

**BLOOM COLOUR:** Blue

**BLOOM TIME:** summer

**SUN:** Full sun

**WATER:** medium

**TOLERATES:** dry conditions once established

**ATTRACTS:** bees, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

This plant is the source of fibres used to make linen textiles and paper, edible seeds high in omega-3 fatty acids, and linseed oil, used to make inks, paint, soap and linoleum. The species name, *L. usitatissimum*, means "most useful" in Latin.

**COMMON NAME: Lemon Beebalm**



Photo (cropped) by: Nadiatalent /  
Wikimedia Commons / CC BY-SA

**SCIENTIFIC NAME:**

***Monarda citriodora***

**FAMILY:** Lamiaceae

**TYPE:** annual

**ZONE:** 4 to 9

**HEIGHT:** 30 – 75 cm (12 – 30")

**SPREAD:** 30 cm (12")

**BLOOM COLOUR:** lavender to pink

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** medium to dry, or moist but very well drained

**TOLERATES:** deer, rabbits and drought

**ATTRACTS:** hummingbirds, butterflies and bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Showy tubular flowers on sturdy stems. Lemon scented leaves can be used for teas or salads. Excellent for herb or cottage gardens. Watering encourages longer/additional blooms. Self-sows freely.

**COMMON NAME: Love-in-a-mist**



**SCIENTIFIC NAME:**

***Nigella damascena***

**FAMILY:** Ranunculaceae

**TYPE:** annual

**ZONE:** 3-8

**HEIGHT:** 20-50 cm (8"-20")

**SPREAD:** 20-40cm (8"-18")

**BLOOM COLOUR:** mix of blue and white

**BLOOM TIME:** Summer

**SUN:** Full

**WATER:** Medium

**TOLERATES:** Different soil conditions, slightly dry conditions

**ATTRACTS:** Bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Leaves are finely cut and thread like. Seeds are held in egg shaped, horned capsules which can have ornamental uses when dried. Will readily self-seed.

**COMMON NAME:** Corn Poppy



Photo (cropped) by Ulleo/Pixnio /CCO

**SCIENTIFIC NAME:**

*Papaver rhoeas*

**FAMILY:** Papaveraceae

**TYPE:** annual

**ZONE:** 6-8

**HEIGHT:** 30-61 cm (12-24 in)

**SPREAD:** 15-30 cm (6 -12 in)

**BLOOM COLOUR:** Red

**BLOOM TIME:** late spring

**SUN:** full sun

**WATER:** medium to wet soil/good drainage

**TOLERATES:** dry sandy soil, deer

**ATTRACTS:** bees, beetles, butterflies, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

The corn poppy is also the source of a red dye used to colour some wines and medicines. Prolific self-seeder. Seeds can stay in soil for years, with germination occur when soil is disturbed.

**COMMON NAME: Breadseed Poppy**



**SCIENTIFIC NAME:**

***Papaver somniferum***

**FAMILY:** Papaveraceae

**TYPE:** annual

**ZONE:** 5 - 9

**HEIGHT:** 60 - 90 cm (2 - 3')

**SPREAD:** 25 - 30 cm (.75 - 1')

**BLOOM COLOUR:** red

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** medium

**TOLERATES:** poor, infertile soil

**ATTRACTS:** butterflies, bees, other pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Flowers are followed by ornamental seed pods that are prized for floral arrangements. Pods are also full of tiny seeds which are rich in oil, carbohydrates, calcium and protein. Deadhead to avoid self-seeding.

**COMMON NAME: Scarlet Sage**



Photo (cropped) by: Carol Foil /  
[Flickr.com](https://www.flickr.com/photos/cfoil/) / CC BY-NC-ND 2.0 DEED

**SCIENTIFIC NAME:**

***Salvia coccinea***

**FAMILY:** Lamiaceae

**TYPE:** annual

**ZONE:** 4 to 9

**HEIGHT:** 60 – 90 cm (24 – 36")

**SPREAD:** 30 – 60 cm (12 – 24")

**BLOOM COLOUR:** Scarlet red

**BLOOM TIME:** mid-summer to frost

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** deer, occasional drought

**ATTRACTS:** hummingbirds, butterflies and bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Light is needed for germination; do not cover seeds with soil or apply just a light dusting. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost - cover with burlap or cotton.

**OTHER:**

Showy tubular flowers sit on 12" spikes above bushy foliage. Good cut flower suited to walkways, informal or butterfly gardens. Self-sows easily. Birds may eat seeds after blooming is done.

**COMMON NAME: Milk Thistle**



Photo (cropped) by Dinesh Valke/flickr /CC BY-SA 2.0

**SCIENTIFIC NAME:**

***Silybum marianum***

**FAMILY:** Asteraceae

**TYPE:** annual

**ZONE:** 5 - 9

**HEIGHT:** 90 – 150 cm (3 – 5 ft)

**SPREAD:** 90 – 120 cm (3 – 4 ft)

**BLOOM COLOUR:** purple-pink

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** medium

**TOLERATES:** shade, poor soil

**ATTRACTS:** bees, flies and butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost but will flower the second year.

**OTHER:**

Aggressively self-seeds and somewhat invasive so deadhead flowers after blooming to avoid spread. Stems and leaves have spiny thorns making removal and disposal time-consuming. Seed extracts have medicinal properties, also used to treat mushroom poisoning. Seeds can be ground to make a tea.



**COMMON NAME: French Marigold**



**SCIENTIFIC NAME:**

***Tagetes patula***

**FAMILY:** Asteraceae

**TYPE:** Annual

**ZONE:** n/a

**HEIGHT:** 15-30cm (6-12")

**SPREAD:** 15-22cm (6-9")

**BLOOM COLOUR:** Yellow, orange, dark red

**BLOOM TIME:** Summer to fall

**SUN:** Full sun

**WATER:** Medium

**TOLERATES:** Heat, clay soil, deer

**ATTRACTS:** Butterflies, hummingbirds

**GROWING FROM SEED:**

Sow indoors 6-8 weeks before last frost date, just covering the seeds with vermiculite at a soil temperature of 21-25°C. Germination time is 4-14 days. Before planting after last frost, harden off by introducing gradually to the outdoors over 4 - 7 days. May also direct sow into the garden after last frost date, but bloom time will be later.

**OTHER:**

Good cut flower (fragrant). Petals are edible, and the essential oil is used in perfume. Native to Mexico and Guatemala.

**COMMON NAME: Purple-top Vervain**



**SCIENTIFIC NAME:**

***Verbena bonariensis***

**FAMILY:** Verbenaceae

**TYPE:** annual

**ZONE:** 8 - 9

**HEIGHT:** 60 – 120 cm (2 – 4 ft)

**SPREAD:** 45 – 90 cm (1.5 - 3 ft)

**BLOOM COLOUR:** Lavender to purple rose

**BLOOM TIME:** Mid-Summer to Late Fall

**SUN:** Full sun

**WATER:** Medium

**TOLERATES:**, heat, drought, deer, rabbit resistant

**ATTRACTS:** butterflies, bees, hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost

**OTHER:**

Erratic germination rate which is often low. Self-seeds. Provides a colourful accent in the garden and is a butterfly magnet. The cut flowers are long lasting.

# VEGETABLES and HERBS

COMMON NAME: **Dill**



SCIENTIFIC NAME:

*Anethum graveolens*

FAMILY: Apiaceae

TYPE: annual herb

ZONE: 2 - 11

HEIGHT: 90 - 150 cm (3 - 5')

SPREAD: 60 - 90 cm (2 - 3')

BLOOM COLOUR: yellow

BLOOM TIME: late summer

SUN: full sun

WATER: medium

TOLERATES: deer

ATTRACTS: bees, wasps, butterflies

## GROWING FROM SEED:

Seedlings are sometimes difficult to transplant so may be best to direct sow in the garden after last frost. To start indoors sow in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

**OTHER:** Leaves of this culinary herb have the best flavour around the time the flowers first open. However, leaves can be cut any time after the plant is a few inches high. Host plant for larvae of black swallowtail butterfly. Readily reseeds.

**COMMON NAME:** Serbian Heirloom Pepper

Heirloom



**SCIENTIFIC NAME:**

*Capsicum annuum* 'Beaver Dam'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 15 - 20 days in warm moist flats

**DAYS TO MATURITY:** 60 days green, 80 days red ripe

**DIRECT SOW:** Not recommended, start indoors early as they require a long growing season.

**PLANT SPACING:**

**between plants:** 30-60 cm (12-24")

**between rows:** 30-60 cm (12-24")

**FRUIT SIZE:** 15-23 cm (6-9") in length, 6 cm (2.5") at shoulder

**SUN:** full sun (8-10 hours)

**WATER:** moist, will tolerate dry conditions

**STARTING SEEDS INDOORS:**

Start seeds indoors about 8 to 12 weeks prior to last frost date. Sow seeds in well moistened, sterile seed-starting mix with just a dusting of soil on top of the seeds. Ideal temperature for germination is 24-30°C (75-85°F). Gradually acclimatize outdoors for at least a week before transplanting after risk of frost has passed. May need a trellis or cage because of the size of the fruit.

**OTHER:**

'Beaver Dam' mature from lime green to deep red and range from 500-1000 scoville units of heat. Sweeter as fruit ripens. These crunchy peppers will keep 1-2 weeks when stored fresh and unwashed in the refrigerator.

**COMMON NAME: Hot Cayenne Pepper**



**SCIENTIFIC NAME:**

***Capsicum annuum* 'Bottle Rocket'**

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 15 - 20 days in warm moist flats

**DAYS TO MATURITY:** 60 - 80 days

**DIRECT SOW:** Not recommended, start indoors early as they require a long growing season.

**PLANT SPACING:**

**between plants:** 40 cm (16")

**between rows:** 60 cm (24")

**FRUIT SIZE:** 8-10 cm (3-4") in length, 1.25 cm (.5") diameter

**SUN:** full sun (8-10 hours)

**WATER:** normal

**STARTING SEEDS INDOORS:**

Start seeds indoors about 8 to 12 weeks prior to last frost date. Sow seeds in well moistened, sterile seed-starting mix with just a dusting of soil on top of the seeds. Ideal temperature for germination is 24-30°C (75-85°F).

Gradually acclimatize outdoors for at least a week before transplanting after risk of frost has passed.

**OTHER:**

Bottle Rocket' are slightly sweet and have medium heat. These peppers are perfect for salsa, hot sauce and pepper flakes (their thin skin is easy to dry). Harvest during the hottest part of the day

**COMMON NAME: Spicy Mini Bell Pepper**



**SCIENTIFIC NAME:**

*Capsicum annuum* 'Chili Pie'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 14 - 18 days

**DAYS TO MATURITY:** 60 – 80 days

**DIRECT SOW:** Not recommended. Start indoors early as they require a long growing season

**PLANT SPACING:**

**between plants:** 60 cm (24 in.)

**between rows:** 60 – 75 cm (24 – 36 in.)

**FRUIT SIZE:** 5 - 6.5 cm (2 - 2.5")

**SUN:** full sun

**WATER:** average to evenly moist

**STARTING SEEDS INDOORS:**

Start seeds indoors 6 to 8 weeks prior to target transplant date. Keep temperatures above 18°C (65°F) although a warmer temperature of 27°C (80°F) is desirable.

Transplant to garden when night temperatures are over 10°C (50°F).

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Start as small sweet green peppers that turn spicy as they ripen to red. A mini bell pepper.

Heat (Pungency) is mild (100 to 2500 Scoville Units).

Each plant yields 25 to 30 fruit.

**COMMON NAME:** Fresno Pepper



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**SCIENTIFIC NAME:**

*Capsicum annuum* 'Flaming Flare'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 15 - 20 days in warm moist flats

**DAYS TO MATURITY:** 67 days green, 75 days red ripe

**DIRECT SOW:** Not recommended, start indoors early as they require a long growing season.

**PLANT SPACING:**

**between plants:** 60 cm (24")

**between rows:** 60 cm (24")

**FRUIT SIZE:** 8.5 cm (3.5") in length, 2.5 cm (1") at shoulder

**SUN:** full sun (8-10 hours)

**WATER:** frequently (average to evenly moist)

**STARTING SEEDS INDOORS:**

Start seeds indoors about 8 to 12 weeks prior to last frost date. Sow seeds in well moistened, sterile seed-starting mix with just a dusting of soil on top of the seeds. Ideal temperature for germination is 24-30°C (75-85°F).

Gradually acclimatize outdoors for at least a week before transplanting after risk of frost has passed.

**OTHER:**

'Flaming Flare' are spicy and sweet and range from 500-1000 scoville units of heat. Late harvest will have the higher heat. These peppers are perfect for chili. When harvesting, cut rather than pull from branch.

**COMMON NAME: Hungarian Pepper**



**SCIENTIFIC NAME:**

***Capsicum annuum* 'Hungarian Wax'**

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 15 - 20 days in warm moist flats

**DAYS TO MATURITY:** 58 days yellow, 85 days red ripe

**DIRECT SOW:** Not recommended, start indoors early as they require a long growing season.

**PLANT SPACING:**

**between plants:** 30-40 cm (12-16")

**between rows:** 30-40 cm (12-16")

**FRUIT SIZE:** 10-15 cm (4-6") in length, 5 cm (2") in width

**SUN:** full sun (8-10 hours)

**WATER:** normal to moist, water freely in dry weather

**STARTING SEEDS INDOORS:**

Start seeds indoors about 8 to 12 weeks prior to last frost date. Sow seeds in well moistened, sterile seed-starting mix with just a dusting of soil on top of the seeds. Ideal temperature for germination is 24-30°C (75-85°F).

Gradually acclimatize outdoors for at least a week before transplanting after risk of frost has passed.

**OTHER:**

'Hungarian Wax' is usually harvested before maturity when still yellow. It ranges from 1000-15000 Scoville units of heat. Their sweet hot flavor is popular in mole sauces. Can be grown in a container. Matures to orang and then red colour if left on the plant.



**COMMON NAME: Sweet Japanese Pepper**



Photo by yomi955 (cropped) /  
Wikimedia / CC BY 2.0

**SCIENTIFIC NAME:**

*Capsicum annuum* 'Manganji'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 – 10 days

**DAYS TO MATURITY:** 80 - 90 days

**DIRECT SOW:** Not recommended, start indoors early as they require a long growing season and will not germinate in cool soil

**PLANT SPACING:**

**between plants:** 35 – 45 cm (14 - 18")

**between rows:** 35 – 45 cm (14 - 18")

**FRUIT SIZE:** 12 - 15 cm (4.5 - 6") in length

**SUN:** full sun

**WATER:** medium

**STARTING SEEDS INDOORS:**

Start seeds indoors about 6 to 8 weeks prior to last spring frost date. Sow seeds on surface in well moistened, sterile seed-starting mix and cover with a sprinkle of soil. Ideal temperature for germination is 24-30°C (75-85°F). Cover seeds with plastic and keep in south-facing window. Mist the soil to keep it moist. Transplant when soil temperature is above 16°C (60°F). Set a small tomato cage over the plant to support its growth. Harvest peppers as soon as they ripen to keep the plant producing.

**OTHER:** These peppers will ripen to bright red but are normally used when young and green. Can be roasted, fried, grilled or stuffed. Excellent source of vitamins A and C. They typically run about 100 SHU (Scoville Heat Units) compared to jalapeno that average 5000 SHU. Flavour is sweet and earthy.

**COMMON NAME: Cayenne Pepper**



Photo courtesy of All American Select (AAS)

**SCIENTIFIC NAME:**

***Capsicum annuum* 'Red Ember'**

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 4-7 days, temperature depended

**DAYS TO MATURITY:** 55 days to green, 75 to red /mature

**DIRECT SOW:** Recommend to start indoors early as peppers need a long growing season. They need warm soil to germinate in as they are slow to grow.

**PLANT SPACING:**

**between plants:** 15 – 45 cm, (12 – 18")

**between rows:** 60 – 90 cm, ( 24 – 36")

**FRUIT SIZE:** 10 – 11.25 cm, (4 – 4.5") , rounded ends on fruit

**SUN:** Full sun

**WATER:** Normal

**STARTING SEEDS INDOORS:**

Start seeds indoors at least 8 weeks early by March. Plant in moist media and put in a warm place, 27 – 32°C, (80 -90°F)

Transplant to garden after damage of frost and soil has warmed up in the spring.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

This hot pepper is earlier to mature than others. It was the AAS winner in 2018. It tastes sweet and moderately spicy, excellent for powdery flakes, hot sauces and in stir fries.

**COMMON NAME: Macedonian Pepper**

**HERITAGE**



**SCIENTIFIC NAME:**

***Capsicum annuum* 'Rhezha Macedonian'**

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 - 10 days

**DAYS TO MATURITY:** 80 -90 days

**DIRECT SOW:** Recommend to start indoors early as peppers need a long growing season. They need warm soil to germinate in as they are slow to grow.

**PLANT SPACING:**

**between plants:** 45 - 60 cm (18 - 24")

**between rows:** 45 - 60 cm (18 - 24")

**FRUIT SIZE:** 13 - 18 cm long 5 - 7")

**SUN:** full sun

**WATER:** normal

**STARTING SEEDS INDOORS:**

Start seeds indoors at least 8 weeks early by March. Plant in moist media and put in a warm place, 27 – 32°C, (80 -90°F)

Transplant to garden after damage of frost and soil has warmed up in the spring.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** The surface is covered in thin raised beige lines called 'corking'. They grow in clusters. The heat level increases with drying, making a good chili powder. They are sweet with a nutty flavour when fresh.

**COMMON NAME: Chili Pepper**



**SCIENTIFIC NAME:**

*Capsicum annuum* 'Super Chili'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7-14 days

**DAYS TO MATURITY:** 75-85 days

**DIRECT SOW:** Not recommended, start indoors early as they require a long growing season.

**PLANT SPACING:**

**between plants:** 30cm-45cm, (12"-18")

**between rows:** 60cm, (24")

**FRUIT SIZE:** 5cm – 7.5cm, (2"-3")

**SUN:** Full sun

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors early in March, 6-8 weeks before last frost date (May10th). Start in a potting medium and keep warm 25C-29C, (78F-85F). Transplant to bigger pots as seedlings grow.

Transplant to garden after May 24<sup>th</sup> once soil and air temperature is warm.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Makes an excellent ornamental plant in garden or container. Fruit points above the foliage. Produces an abundance of fruit. The more you pick the more you get, cut fruit from stem instead of pulling. Very prolific plant.

**COMMON NAME:** Bell Pepper



**SCIENTIFIC NAME:**

*Capsicum annuum* 'Sweet Chocolate'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 6 -15 days

**DAYS TO MATURITY:** 60 - 90

**DIRECT SOW:** Recommended to start indoors as peppers need a long growing season. Soil temperature needs to be warm for germinating and growing.

**PLANT SPACING:**

**between plants:** 30 - 60 cm (12 - 24")

**between rows:** 90 - 120 cm (36 - 48")

**FRUIT SIZE:** medium 8 - 10 cm (3 - 4")

**SUN:**

**WATER:** water deeply but do not waterlog

**STARTING SEEDS INDOORS:**

Start seeds indoors at least 6-8 weeks before last frost. Plant in moist media and put under bright lights. Keep above 18°C (65°F) with preference being 27 -32°C, (80 – 90°F). Recommended to put tray on warm surface as well.

Transplant to garden once danger of frost is over and air and soil temperature are warm.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Turns from dark green to a dark brown as the pepper matures. Interior wall is red. It has thick flesh with a sweet taste, useful as a fresh vegetable or for stuffed and baked peppers. Frequent harvesting prompts further fruit production.

**COMMON NAME:** Bonney Pepper

**Heirloom**



**SCIENTIFIC NAME:**

***Capsicum chinense* 'Scotch Bonnet'**

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 10 -15 days in warm moist flats

**DAYS TO MATURITY:** 90 - 120 days

**DIRECT SOW:** Sow to depth of 2.5-5 cm (1-2") when soils is warm and danger of frost is passed.

**PLANT SPACING:** (shrub)

**between plants:** 45-60 cm (18-24")

**between rows:** 75 cm (30")

**FRUIT SIZE:** 4-5 cm (1.5-2") length, 2.5-5 cm (1-2") diameter

**SUN:** full sun (8-10 hours)

**WATER:** uniformly moist

**STARTING SEEDS INDOORS: (recommend direct sowing to avoid root transplant shock)**

Start seeds indoors in 4" nursery pots only 3-4 weeks before they will be planted outside. Thin to one seedling per container.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

"Scotch Bonnet" is a very hot, sweet, tropical-flavoured pepper used in many Caribbean dishes. The fruit ages from green to red with multiple shades in between as it matures. Pick green to increase harvest.

**COMMON NAME:** Peruvian Wild Pepper

**Heirloom**



**SCIENTIFIC NAME:**

*Capsicum chinense* 'AJI Charapita Hot'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 10 -15 days in warm moist flats

**DAYS TO MATURITY:** 110 - 140 days

**DIRECT SOW:** Sow to depth of 2.5-5 cm (1-2") when soils is warm and danger of frost is passed.

**PLANT SPACING:** (bushy)

**between plants:** 60 cm (12")

**between rows:** 60 cm (12")

**FRUIT SIZE:** small 5-8 mm (1/4") in diameter

**SUN:** full sun (8-10 hours)

**WATER:** average, do not overwater

**STARTING SEEDS INDOORS: (recommend direct sowing to avoid root transplant shock)**

Start seeds indoors in 4" nursery pots only 3-4 weeks before they will be planted outside. Thin to one bean seedling per container.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days. When plants are 5-10 cm (3-4") tall, mulch with grass or straw to prevent weeds.

**OTHER:**

"AJI Charapita Hot' plants produce hundreds of sweet, fruity pea-size peppers and can be a potted houseplant. These medium-heat peppers can be crushed and added to soups, meat dishes and rice.

**COMMON NAME:** Bird's Eye Pepper



**SCIENTIFIC NAME:**

*Capsicum frutescens 'Piri Piri'*

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 15 - 20 days in warm moist flats

**DAYS TO MATURITY:** 110-120 days to red ripe

**DIRECT SOW:** Not recommended, start indoors early as they require a long growing season.

**PLANT SPACING:**

**between plants:** 40 cm (16")

**between rows:** 40 cm (16")

**FRUIT SIZE:** 2-4 cm (.75-1.5") in length

**SUN:** full sun (8-10 hours)

**WATER:** moist, can dry out between watering

**STARTING SEEDS INDOORS:**

Start seeds indoors about 8 to 12 weeks prior to last frost date. Sow seeds in well moistened, sterile seed-starting mix with just a dusting of soil on top of the seeds. Ideal temperature for germination is 24-30°C (75-85°F).

Gradually acclimatize outdoors for at least a week before transplanting after risk of frost has passed.

**OTHER:**

'Piri Piri' is a very hot pepper ranging from 50,000-175,000 scoville units of heat making them significantly hotter than Jalapenos. It can be grown in a container and used fresh, dried or ground into powders. It is also used for pickling and making hot sauces.



**COMMON NAME:** Cilantro



**SCIENTIFIC NAME:**

*Coriandrum sativum*

**FAMILY:** Apiaceae

**DAYS TO GERMINATION:** 5 - 7 days

**DAYS TO MATURITY:** 40 -45 days

**DIRECT SOW:**

Plant in spring after threat of frost. Does best in spring since summer temperatures can promote early flowering. Sow in succession for continuous crop.

**PLANT SPACING:**

**between plants:** 30 cm (12")

**between rows:** 30 cm (12")

**FRUIT SIZE:** leaf size varies

**SUN:** full sun

**WATER:** medium requirements

**STARTING SEEDS INDOORS:**

Start seeds indoors 6 weeks before last frost or anytime through to August to maintain a supply. Sow 5 cm (2") deep in a seed starting mix and keep at 15 - 20°C.

Transplant to garden 10 - 12 days after germination.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

If growing the plant for seeds leave the flowers on until seed pods are brown. Fewer leaves are produced after flowering starts and they are less tasty.

**COMMON NAME: Heirloom Winter Squash**

**Heirloom**



Photo by D. Blaine (cropped)  
/Wikimedia Commons / CC BY 2.0

**SCIENTIFIC NAME:**

***Cucurbita maxima* 'Boston Marrow'**

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 5 – 10 days

**DAYS TO MATURITY:** 90 – 105 days

**DIRECT SOW:** Recommend to direct sowing, once danger of frost is past and soil and air temperature are warm. Usually around June 1<sup>st</sup>. Sow at a depth of 2.5 cm ( 1" ).

**PLANT SPACING:**

**between plants:** 45 – 60 cm, ( 18" - 24" )

**between rows:** 45 – 90 cm, ( 18" – 36" )

**FRUIT SIZE:** 7.0 kg – 9.0 kg, ( 15 – 20 lbs )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS: (recommend direct sowing to avoid root shock)**

Start seeds indoors, 4 weeks before last frost date. Plant in compostable pots to avoid disturbing roots. Transplant to garden in June, plant in rich soil, loamy soil. Needs space to grow. Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

This squash has been around pre 1831. It is excellent for areas where the summer is short and cool. The skin colour is a vivid orange when mature. Keeps well in storage.

**COMMON NAME: Hybrid Winter Squash**



Photo(cropped) by DC/ [Wikimedia commons/](#)  
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**SCIENTIFIC NAME:**

***Cucurbita maxima* 'Buttercup'**

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 7 – 10 days

**DAYS TO MATURITY:** 95 – 100 days

**DIRECT SOW:** Recommend to direct sow once danger of frost is passed. Sow at a depth of 2.5 cm, ( 1" ). Give it lots of space to grow.

**PLANT SPACING:**

**between plants:** 45 cm – 60 cm , ( 18" – 24" )

**between rows:** 180 cm, ( 6' )

**FRUIT SIZE:** 1.4 kg – 2.4 kg , ( 3lbs – 5 lbs )

**SUN:** Full sun

**WATER:** Average

**STARTING SEEDS INDOORS: ( recommend to direct sow to avoid root damage)**

Start seeds indoors 4 weeks early before last frost date Start seeds in a compostable pot to prevent root damage.

Transplant to garden after danger of frost around June 1<sup>st</sup>. Needs lots of space to grow.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Skin is a dark green. The flesh is sweet, dark orange, dense and dry. It keeps well in a cool storage place for several months.

**COMMON NAME: Peanut Pumpkin**

**HEIRLOOM**



**SCIENTIFIC NAME:**

*Cucurbita maxima 'Galeux d'Eysines'*

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 7 – 14 days

**DAYS TO MATURITY:** 91 – 100 days

**DIRECT SOW:** Direct sow into the garden after danger of frost around third week of May. The ground has warmed up to 18°C (65°F) is ideal. Plant 4 – 6 seeds in hills of soil.

**PLANT SPACING:**

**between plants:** 1.20 – 1.50 m, ( 4' – 5')

**between rows:** 2.4 – 3.0 m, ( 8' – 10')

**FRUIT SIZE:** 5 – 9 kg, ( 12 – 20 lbs)

**SUN:** Full

**WATER:** Average

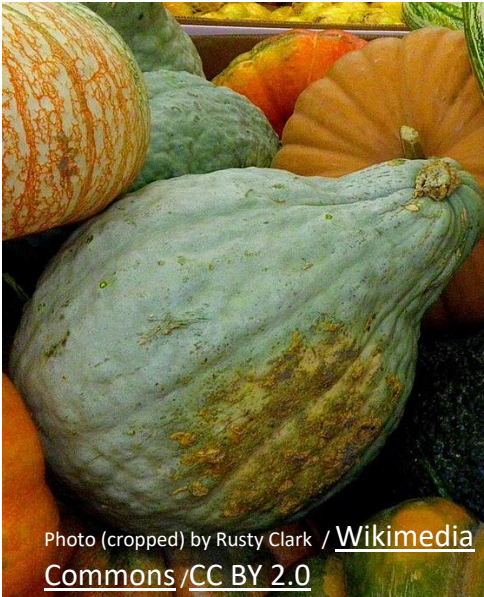
**STARTING SEEDS INDOORS: (direct sowing is recommended)**

Start seeds indoors the first week of May in a moist soil mixture. Cover and put in sunlight.

Transplant to garden after all danger of frost has passed and true leaves have appeared. Usually June Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Skin colour is salmon-peach colour when ripe and covered with pebbly bumps. These are caused by the flesh sugars leeching through the skin. It is great to use for soups. It has a deep orange flesh when opened up.

**COMMON NAME: Hybrid Green Hubbard**



**SCIENTIFIC NAME:**

***Cucurbita maxima* 'Hubbard'**

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 5 – 10 days

**DAYS TO MATURITY:** 90 – 100 days

**DIRECT SOW:** Recommend to direct sow once danger of frost has passed. Usually around June 1<sup>st</sup>. Plant 2.5 cm ( 1" ) deep. Soil should be rich and loamy. Needs lots of space to grow.

**PLANT SPACING:**

**between plants:** 25 cm – 45 cm, ( 10" – 18" )

**between rows:** 60 cm – 90 cm, ( 24" - 36" )

**FRUIT SIZE:** 4.5kg – 6.8kg, ( 10 lbs – 15lbs )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS: ( recommend direct sowing to prevent root damage)**

Start seeds indoors 4 weeks before last frost date. Plant in compostable pots to avoid root damage.

Transplant to garden around June 1<sup>st</sup>. Needs lot of space to grow.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

This squash keeps well in storage through the winter. Great for soups, steamed and baking.

**COMMON NAME: Hybrid Warty Pumpkin**



Photo courtesy of Royal Botanical Gardens, Canada

**SCIENTIFIC NAME:**

*Cucurbita maxima 'Popcorn'*

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 7 – 10 days

**DAYS TO MATURITY:** 90 – 120 days

**DIRECT SOW:** Recommended to direct sow once danger of frost is past. Usually around June 1<sup>st</sup>. Plant at a depth of 2.5 cm, ( 1" ). Needs a lot of room to grow.

**PLANT SPACING:**

**between plants:** 45 cm – 60 cm, ( 18" – 24" )

**between rows:** 150 cm – 180 cm, ( 5' -6' )

**FRUIT SIZE:** 8.2 kg, ( 18 lbs)

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS: ( recommend direct sowing to avoid root damage)**

Start seeds indoors 4 weeks early in compostable pots to avoid root damage. Put in warm, sunny place. Transplant to garden after danger of frost usually June 1<sup>st</sup>. Needs space to grow.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

The cream coloured warts look like popcorn. Used mainly as an ornamental pumpkin. Not a lot of taste as a vegetable.

**COMMON NAME:** Cinderella Pumpkin

**HERITAGE (French)**



Photo by Lisa Brettschneider / [Flickr](#) /  
[CC BY-NC 2.0](#)

**SCIENTIFIC NAME:**

*Cucurbita maxima* 'Rouge Vif d'Etampes'

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 5 – 10 days

**DAYS TO MATURITY:** 90 – 120 days

**DIRECT SOW:** Start indoors or direct sow after last frost when soil has warmed to 20°C.

**PLANT SPACING:**

**between plants:** 76cm (36")

**between rows:** Recommend 6 sq m per plant

**FRUIT SIZE:** 7 - 11kg (15 to 25lbs)

**SUN:** Full sun

**WATER:** Medium (water at soil level)

**STARTING SEEDS INDOORS: (recommend direct sowing to avoid root shock)**

Start seeds indoors in seed starting mix mid to late March. 18°C required for germination.

Transplant to garden after there is no chance of frost and night-time temperatures above 10°C.

Harden off plants first by introducing gradually to outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Ornamental due to vibrant colour and unique shape. Standard pumpkin for French soup stocks. Stores well over the winter.

**COMMON NAME:** Shamrock Squash

**HERITAGE** (Australian)



Photo (cropped): Mary Jane Duford /  
homefortheharvest / CC0 1.0

**SCIENTIFIC NAME:**

*Cucurbita maxima* 'Triamble'

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 7 - 14 days

**DAYS TO MATURITY:** 110-130 days

**DIRECT SOW:** Sow 3 seeds 2cm (1") deep in each spot and later thin to strongest one. Optimal soil temperature for germination: 25-35°C (68-95°F).

**PLANT SPACING:**

**between plants:** 90-120cm (36-48")

**between rows:** 120-180cm (48-72")

**FRUIT SIZE:** 3.5 - 5.5 kg (8 - 12 lb)

**SUN:** full sun

**WATER:** water at base of plant

**STARTING SEEDS INDOORS: (recommend direct sowing to avoid root shock)**

Start seeds indoors 3 weeks before last frost. Place 2 - 3 seeds per pot and thin to strongest.

Transplant to garden once the soil temperature is at least 21°C (70°F)

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Hard grey coloured skin, wavy look with 3 lobes. Keeps long time, rich dry nutty flavour. Small seed cavities in each of the three lobes.



**COMMON NAME:** French Cheese Pumpkin

**Heirloom**



**SCIENTIFIC NAME:**

*Cucurbita moschata* 'Fairytale'

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 7 – 14 days

**DAYS TO MATURITY:** 100 - 110 days

**DIRECT SOW:** Two weeks past frost, turn dirt or replace dirt with fresh soil. Create mounds roughly 18 – 24" wide and 8" high. Sow 4 seeds per mound at a depth of 1" under topsoil.

**PLANT SPACING:**

**between plants:** 1.5 – 2.4 m (5 – 8')

**between rows:** 1.5 – 2.4 m (5 – 8')

**FRUIT SIZE:** 30 - 45 cm (12 - 18"), 7 - 9 kg (15 - 20 lb)

**SUN:** full sun

**WATER:** daily until germination, and then water deeply twice a week at the base, not on the leaves

**STARTING SEEDS INDOORS:** Direct sow is recommended.

Indoors, start seeds about 3 to 4 weeks before night temperatures have warmed. Sow seeds in single pots and provide seedlings with good ventilations, strong light and even moisture. Ideal temperature for germination is 24-30°C (75-85°F). Transplant when soil temperature is above 18°C (65°F).

**OTHER:** Best to plant at the edge of the garden. At maturity, the vines of this plant can reach a length of 3 m (10') and produces pumpkins that can weigh up to 9 kg (20 lbs). When pumpkins are established, place straw under the fruit to prevent from touching the ground. Pumpkins will store well for 3 months. This variety can be eaten raw and does well cooked in most pumpkin recipes.

## COMMON NAME: U.S. Heirloom Squash



Photo courtesy of  
Royal Botanical Gardens, Canada

### SCIENTIFIC NAME:

*Cucurbita moschata* 'Long Island Cheese'

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 3 - 10 days

**DAYS TO MATURITY:** 100 - 110 days

**DIRECT SOW:** Two weeks past frost, turn dirt or replace dirt with fresh soil. Create mounds roughly 30 cm (12") wide and 20 cm (8") high. Sow 5 – 6 seeds per mound at a depth of 1" under topsoil.

### PLANT SPACING:

**between plants:** 45– 75 cm (18 – 30")

**between rows:** 1 m (3')

**FRUIT SIZE:** 30 - 45 cm (12 - 18"), 2.5 - 4.5 kg, (6 - 10 lb)

**SUN:** full sun

**WATER:** daily until germination, and then water deeply twice

### STARTING SEEDS INDOORS: (recommend direct sowing to avoid root shock)

Start indoors (3 seeds in flats or 2-4" pots) about 3 to 4 weeks before last frost and plant outside 2 weeks after last frost. Provide seedlings with good ventilations, strong light and even moisture. Ideal temperature for germination is 24-30°C (75-85°F). Transplant when soil temperature is above 18°C (65°F).

**OTHER:** Best to plant at the edge of the garden. At maturity, the vines can reach a length of 2 m (6') and produces pumpkins that can weigh up to 2.7-4.5 kg (6-10 lbs). When pumpkins are established, place straw under the fruit to prevent from touching the ground. Pumpkins will store well for 3 months. Has stringless, deep orange flesh that does well in pies.

**COMMON NAME: Honeynut Squash**



Photo(cropped) by MJ / [Wikimedia Commons](#) / [CC BY-SA 4.0](#)

**SCIENTIFIC NAME:**

*Cucurbita moschata x Cucurbita maxima*

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:**

**DAYS TO MATURITY:** 110 days

**DIRECT SOW:** Recommend to direct sow once danger of frost is passed. Sow at a depth of 2.5 cm, ( 1" ).

**PLANT SPACING:**

**between plants:** 1 m (3 ft)

**between rows:** 1 m (3 ft)

**FRUIT SIZE:** 12 cm (5") long

**SUN:** full sun

**WATER:** average

**STARTING SEEDS INDOORS: ( recommend to direct sow to avoid root damage)**

Start seeds indoors 4 weeks early before last frost date Start seeds in a compostable pot to prevent root damage.

Transplant to garden after danger of frost around June 1<sup>st</sup>. Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

This is a hybrid mini butternut squash. Grows on a compact bush plant. Colour is green, turning tan and then burnt orange colour. Flesh has sweet, rich flavour.

**COMMON NAME: Romaine Lettuce**



Photo(cropped) by Fructibus / [Wikimedia Commons](#) / [CC0](#)

**SCIENTIFIC NAME:**

***Lactuca sativa var. longifolia***

**FAMILY:** Asteraceae

**DAYS TO GERMINATION:** 7 - 10 days

**DAYS TO MATURITY:** 65 - 85 days

**DIRECT SOW:** After danger of frost has passed, plant seeds 1.3 cm in moist well drained soil

**PLANT SPACING:**

**between plants:** 20 cm (8")

**between rows:** 45 cm (18")

**FRUIT SIZE:** 15 -20 cm (6 - 8")

**SUN:** full sun to part shade

**WATER:** regular water to prevent bitter taste

**STARTING SEEDS INDOORS:**

Start seeds indoors about 6 - 8 weeks before last frost date.

Transplant to garden after danger of frost. Leaves should be 2.5 - 5 cm (1-2") tall.

Harden off the plants by reducing water and introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Can be sown in late summer for fall crop. Also known as Cos lettuce. More resistant to slugs and snails than regular lettuce. Also slower to bolt. Variety of these seeds is unknown. For single harvest pull head out of ground or take 6-8 leaves at a time for prolonged harvest.

**COMMON NAME: Lovage**



**SCIENTIFIC NAME:**

***Levisticum officinale***

**FAMILY:** Apiaceae

**DAYS TO GERMINATION:** up to 20 days

**DAYS TO MATURITY:** 85 - 95 days

**DIRECT SOW:** once soil is above 16°C (60°F); cover lightly  
Can be sown in spring or early fall.

**PLANT SPACING:**

**between plants:** 90cm (36")

**between rows:** 90cm (36")

**FRUIT SIZE:** usually just the smaller younger leaves harvested

**SUN:** full sun or partial shade in hot summers

**WATER:** medium, keep moist

**STARTING SEEDS INDOORS:**

Start seeds indoors 5-6 weeks before last frost date. Only use fresh seed (up to 1 year old).

Transplant to garden once seedlings have 2 sets of true leaves and risk of frost has passed.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Leaves, roots and seeds are edible and are used in many European cuisines. Flavour and smell are reminiscent of parsley or celery. Leaves turn bitter if soil is allowed to dry out. Plant is toxic to cats and dogs.

**COMMON NAME: Bitter Melon**



Photo (cropped) by H. Zell /  
Wikimedia Commons / CC BY-SA 3.0

**SCIENTIFIC NAME:**

***Momordica charantia***

**FAMILY:** Cucurbitaceae

**DAYS TO GERMINATION:** 7 – 14 days

**DAYS TO MATURITY:** 90 – 120 days

**DIRECT SOW:** When danger of frost has passed, create holes about ¾" deep. Soak seeds in warm water overnight. Drop two or 3 seeds in the soil and cover with a loose layer of soil. Water the area well.

**PLANT SPACING:**

**between plants:** 30 – 60 cm (12 - 24 in.)

**between rows:** 60 – 75 cm (24 – 36 in.)

**FRUIT SIZE:** 15 - 25 cm (6 -10 in.)

**SUN:** full sun

**WATER:** medium, do not like wet soil

**STARTING SEEDS INDOORS:**

Start seeds indoors about 2 weeks prior to last spring frost date. Pre-soak the seeds in warm water for 24 hours. Sow seeds in a soil-less mix and keep temperatures around 21°C (70°F) or higher. Transplant to garden when night temperatures are over 20°C (68°F).

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Best to grow this vine on a support structure (fence or trellis). Bitter melon can climb to heights of 5m (16 ft.) Flowers appear during June to July, fruit during September to November. Pruning will redirect nutrients and energy towards more flowers and fruit.

**COMMON NAME: Thai Basil**



**SCIENTIFIC NAME:**

*Ocimum basilicum 'Thai'*

**FAMILY:** Lamiaceae

**DAYS TO GERMINATION:** 5 – 10 days

**DAYS TO MATURITY:** 75 days

**DIRECT SOW:** Direct sow end of May or first of June at a depth of 4mm ( 3/16" ).

**PLANT SPACING:**

**between plants:** 25 cm ( 10" )

**between rows:** 30 cm ( 12" )

**FRUIT SIZE:** Harvest the leaves as they mature for use.

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 4 – 6 weeks early before last frost day. Plant in compostable pots and place in a warm, sunny location.

Transplant to garden once danger of frost has passed the end of May or first of June.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

The leaves have a lemony, fresh and slight spicy taste. The stems and inflorescences are a beautiful purple colour. Pinch back terminal growth to encourage branching and prevent bolting.

## COMMON NAME: Scarlet Runner Beans



### SCIENTIFIC NAME:

*Phaseolus coccineus*

**FAMILY:** Fabaceae

**DAYS TO GERMINATION:** 7 - 14 days

**DAYS TO MATURITY:** approximately 65 days

**DIRECT SOW:** after last frost when soil has warmed to 18°C,  
plant 5cm (2") deep

### PLANT SPACING:

**between plants:** 7 – 10cm (3 – 4")

**between rows:** use support poles or trellis and plant around it

**FRUIT SIZE:** 25 - 30cm (10 – 12") pods

**SUN:** full sun

**WATER:** well-watered in dry periods. Mulch.

### **STARTING SEEDS INDOORS: Not recommended due to disruption of root growth.**

Can start seeds indoors 4 weeks before planting out. Keep at 15-20°C.

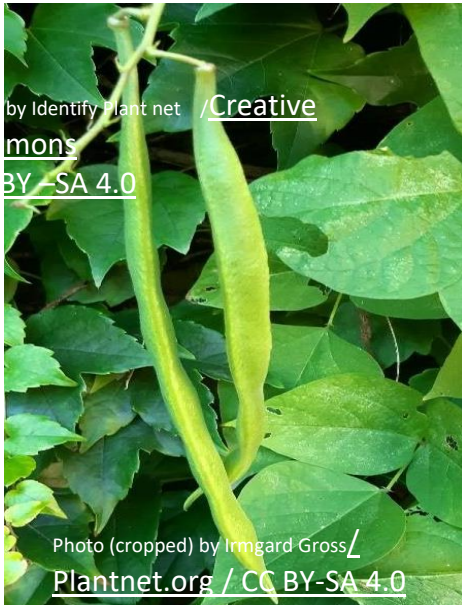
Transplant to garden two weeks after last frost date.

Harden off the plants by introducing gradually to outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Sometimes used as an ornamental plant due to the abundance of scarlet-coloured flowers. Removing pods increased flower production. For seed saving allow pods to stay on vine until completely dry.



## COMMON NAME: **Sunset Runner Bean**



### SCIENTIFIC NAME:

*Phaseolus coccineus* 'Sunset'

**FAMILY:** Fabaceae

**DAYS TO GERMINATION:** 8 - 16 days

**DAYS TO MATURITY:** 60 – 75 days

**DIRECT SOW:** Recommend to direct sow once danger of frost has passed, end of May/June. Needs to be trellised.

### PLANT SPACING:

**between plants:** 5 cm, ( 2" )

**between rows:** 60 cm, ( 24" )

**FRUIT SIZE:** 25 cm, ( 10" )

**SUN:** Full

**WATER:** Average

### **STARTING SEEDS INDOORS: (recommend direct sowing to avoid root transplant shock)**

Start seeds indoors 4-6 weeks before last frost date. Start in pots and put in sunny, warm location.

Transplant to garden when soil temperature is warm and danger of frost is past.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

### **OTHER:**

Showy flower which attracts pollinators (humming bird, butterflies and bees). May eat as a vegetable picking beans at 10-12 cm (5"). Also shell for dried beans when mature.

**COMMON NAME: Purple Pole Bean**

**Heirloom**



Photo by Masato Watanabe /  
mvgarden.org

**SCIENTIFIC NAME:**

*Phaseolus vulgaris* 'Blauhilde'

**FAMILY:** Fabaceae

**DAYS TO GERMINATION:** 7-14 days

**DAYS TO MATURITY:** 55 - 65 days

**DIRECT SOW:** Plant as soon as the ground is warm at the end of May or until June 15<sup>th</sup>. Plant at a depth of 1.5 cm ( 0.5")

**PLANT SPACING:** ( pole bean needs trellis/pole)

**between plants:** 10 - 15cm (4 - 6")

**between rows:** plant at base of support

**FRUIT SIZE:** 23 - 28cm (9-11")

**SUN:** Full sun

**WATER:** Average

**STARTING SEEDS INDOORS: (recommended to direct sow)**

Start seeds indoors 4-6 weeks early before last frost date (May 10<sup>th</sup>). Plant in individual pots as they do not like to be transplanted.

Transplant to garden once air and soil temperature warms up the end of May until June 15<sup>th</sup>.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Very nice tasting bean to eat fresh, pods are purple. Turns green when cooked. Keep picking so you get a continuous supply.

**COMMON NAME: Bush Bean**

**Heirloom (Netherlands)**



**SCIENTIFIC NAME:**

***Phaseolus vulgaris* 'Dragon's Tongue'**

**FAMILY:** Fabaceae

**DAYS TO GERMINATION:** 7 - 14 days

**DAYS TO MATURITY:** 55-65 days

**DIRECT SOW:** Plant as soon as the soil warms up the end of May or until June 15<sup>th</sup>. Plant at a depth of 2.5cm, (1").

**PLANT SPACING:** (bush bean)

**between plants:** 15 - 20 cm (6 - 8")

**between rows:** 45cm-60cm (18"-24")

**FRUIT SIZE:** 15 - 20 cm (6 - 8")

**SUN:** Full sun

**WATER:** Average

**STARTING SEEDS INDOORS: (recommended to direct seed)**

Start seeds indoors 4-6 weeks early before last frost date (May 10<sup>th</sup>). Plant seeds in individual pots as beans do not like to be transplanted.

Transplant to garden once air and soil temperature warms up the end of May or by June 15<sup>th</sup>.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Pods are cream with a purple stripe. When young use as a snap bean and as a shelled bean at maturity when dried.

**COMMON NAME: French Filet Bean**



**SCIENTIFIC NAME:**

***Phaseolus vulgaris* 'Fortex'**

**FAMILY:** Fabaceae

**DAYS TO GERMINATION:** 8-16

**DAYS TO MATURITY:** 70 days

**DIRECT SOW:** Recommend to direct sow once danger of frost has past, end of May/June. Needs to be trellised.

**PLANT SPACING:**

**between plants:** 5 cm, ( 2" )

**between rows:** 60 cm, ( 24" )

**FRUIT SIZE:** 25 cm, ( 10" )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS: (recommend direct sowing to avoid root transplant shock)**

Start seeds indoors 4-6 weeks before last frost date. Start in pots and put in sunny, warm location.

Transplant to garden when soil temperature is warm and danger of frost is past.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Flower is white. Early maturing pole bean. Used as a vegetable when pods are young 12-15 cm ( 6"- 7" ).

**COMMON NAME:** Skunk Bean

**HERITAGE**



Photo courtesy of Rita Shaw

**SCIENTIFIC NAME:**

*Phaseolus vulgaris* 'Haudenosaunee'

**FAMILY:** *Fabaceae*

**DAYS TO GERMINATION:** 8 – 10 days

**DAYS TO MATURITY:** 85 days to dry stage

**DIRECT SOW:** Once the soil is warm and danger of frost is passed. Plant 2.5 cm (1") deep and 10 cm (4") apart. Thin to 12cm -14 cm apart. Plant up against a fence or trellis

**PLANT SPACING:**

**between plants:** 12 cm -14 cm, ( 5" -6")

**between rows:** 90cm, (36")

**FRUIT SIZE:** Unknown

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS: (direct sow is recommended)**

Can start seeds indoors the end of April in individual pots.

Transplant to garden by end of May first of June when danger of frost is passed.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Once grown by Iroquoian people. Can be as a green bean or when dried it is used in soups and as baked beans. The plant grows up to 2 m in height.

**COMMON NAME:** Shelling Bean

**HERITAGE**



Photo courtesy of Royal Botanical Gardens, Canada

**SCIENTIFIC NAME:**

*Phaseolus vulgaris* 'Hidatsa Shield'

**FAMILY:** Fabaceae

**DAYS TO GERMINATION:** 6 – 12 days

**DAYS TO MATURITY:** 90 days

**DIRECT SOW:** Direct sow at 2.5 cm ( 1" ) as soon as danger of frost has passed. Beans will need a support as they grow.

**PLANT SPACING:**

**between plants:** 7.5 cm (3")

**between rows:** 60 – 90 cm (2' – 3')

**FRUIT SIZE:** 17.5 - 25 cm (7"- 10")

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS ( recommended to direct sow to prevent root shock)**

Start seeds indoors four weeks early before last frost date in compostable pots. Put in sunny, warm place.

Transplant to garden after all danger of frost has passed and soil is warm usually June.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

A drought and heat tolerate bean. Many uses –fresh beans, shellies (shelled out when the bean is soft), dry beans for soups and stews. Colourful dry bean with maroon saddles.

**COMMON NAME:** Appaloosa Bean

**HERITAGE**



**SCIENTIFIC NAME:**

*Phaseolus vulgaris* 'Jacob's Cattle Bean'

**FAMILY:** Fabaceae

**DAYS TO GERMINATION:** 7 - 21 days

**DAYS TO MATURITY:** 75 – 80 days

**DIRECT SOW:** Recommend to direct sow as soon as danger of frost is over and air and soil temp are warm.

**PLANT SPACING: (bush bean)**

**between plants:** 7.5 – 10 cm , ( 3" – 4" )

**between rows:** 60 – 90 cm , ( 2" – 3" )

**FRUIT SIZE:** 10 – 12.5 cm , ( 4" – 5" )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS: (recommend direct sowing to avoid root transplant shock)**

Start seeds indoors 4 – 6 weeks early, Put in pots in sunny and warm location.

Transplant to garden when all danger of frost has passed and soil and air temperature is warm.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

This bean is known on the east coast as the best dried bean for baked beans and soup. It is a heritage bean from Prince Edward Island. Beautiful markings on dried beans of stripes / maroon.

**COMMON NAME:** Green Bean

Heirloom



**SCIENTIFIC NAME:**

*Phaseolus vulgaris* 'Landreth Stringless'

**FAMILY:** Fabaceae

**DAYS TO GERMINATION:** 6 - 14 days in warm moist flats

**DAYS TO MATURITY:** 50 - 55 days

**DIRECT SOW:** Sow to depth of 2.5 cm (1") when soils is warm and danger of frost is passed.

**PLANT SPACING:** (bush bean)

**between plants:** 10 cm (4")

**between rows:** 60 cm (24")

**FRUIT SIZE:** 15 cm (6") in length

**SUN:** full sun (8-10 hours)

**WATER:** moderate, do not over water

**STARTING SEEDS INDOORS: (recommend direct sowing to avoid root transplant shock)**

Start seeds indoors in 4" nursery pots only 3-4 weeks before they will be planted outside. Thin to one bean seedling per container.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Beans are best picked when pods are young and tender. Harvest often to increase yield. The plant is slightly taller than most bush varieties and could use a trellis. It would grow well in a container.



**COMMON NAME:** Purple Tomatillo



**SCIENTIFIC NAME:**

*Physalis philadelphica*

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 15 - 20

**DAYS TO MATURITY:** 60 - 75 days

**DIRECT SOW:** Recommend to start indoors due to the long growing season

**PLANT SPACING:**

**between plants:** 45 - 60 cm (18 - 24")

**between rows:** 90 - 120 cm (3 - 4 ft)

**FRUIT SIZE:** 2.5 - 5 cm diam (1 - 2")

**SUN:** full sun

**WATER:** regular watering

**STARTING SEEDS INDOORS:**

Start seeds indoors 6 - 8 weeks before last frost. Plant seeds 0.5 cm ( ¼ ") deep, keep soil moist, cover until seedlings reach top of cover, remove cover, keep soil moist and 18°C (65°F). Place seedlings under lights for best results.

Transplant to garden when soil temperature is warm and danger of frost is past.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Native to Mexico. Has a branching growth habit. The fruit is green turning to purple, with a paper husk. Used for its tangy, slightly citrusy flavour in a variety of culinary dishes. Firm when ripe, filling husk.

**COMMON NAME: Garden Rhubarb**



**SCIENTIFIC NAME:**

*Rheum x rhabarbarum*

**FAMILY:** Polygonaceae

**DAYS TO GERMINATION:** 5– 10 days

To speed germination, soak seeds in water for 1-2 hours before planting

**DAYS TO MATURITY:** 65 - 70 days

**DIRECT SOW:** 8 weeks after last frost. (Not recommended)

**between plants:** 100 - 120 cm (3 – 4 ft.)

**between rows:** 120 cm (4 ft.)

**FRUIT SIZE:** 30 – 60 cm (12 - 24 in.) edible stalk

**SUN:** full sun, part sun

**WATER:** medium to moist

**STARTING SEEDS INDOORS:**

Can start seeds indoors mid to late March in a seed starting mix at 25°C.

Transplant to garden after last frost date by the end of May. Night temperatures should be above 7°C (45°F) and plants should be 10 cm (4”) tall. Mulch seedlings to maintain even moisture.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Rhubarb grown from seed should not be harvested during the first growing season and should be harvested sparingly in the second year. It needs a period of winter chill to produce an abundance of large stalks.

**COMMON NAME: Yellow Pear**

**Heirloom**



**SCIENTIFIC NAME:**

***Solanum lycopersicum* 'Yellow Pear'**

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7-14 days

**DAYS TO MATURITY:** 70 - 80 days

**DIRECT SOW:** Start indoors early as tomatoes need a long growing season.

**PLANT SPACING:** (indeterminate, can stake)

**between plants:** 60cm-90cm (24"-36")

**between rows:** 90 cm (36")

**FRUIT SIZE:** 2.5 - 5 cm (1 - 2 in)

**SUN:** Full sun

**WATER:** Water consistently do not let them get too dry.

**STARTING SEEDS INDOORS:**

Can start seeds indoors mid to late March in a seed starting mix at 25°C. Use lights to prevent being leggy. Transplant to garden after last frost date by the end of May. Night temperatures should be above 7°C (45°F) and plants should be 25 cm (10") tall. Bury up to first set of leaves.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Prolific fruit producer. Sweet flavour, good for snacks or salads.

**COMMON NAME: Plum Tomato**

**HEIRLOOM**



Photo(cropped) by Jill Clardy / flickr /  
CC BY-SA 2.0

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Amish Paste'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 6 - 14 days

**DAYS TO MATURITY:** 75 - 85 days

**DIRECT SOW:** Recommended to start early in March indoors due to long growing season required.

**PLANT SPACING:** Indeterminate, needs staking

**between plants:** 75 – 120 cm (30-48")

**between rows:** 1 – 1.5 m (3-4')

**FRUIT SIZE:** 225 – 340 grams (8-12 oz)

**SUN:** Full sun

**WATER:** Moderate. Water and fertilize regularly at soil level.

**STARTING SEEDS INDOORS:**

Can start seeds indoors mid to late March in a seed starting mix at 25°C. Use lights to prevent being leggy. Transplant to garden by end of May. Night temperatures should be above 7°C (45°F) Bury up to first set of leaves.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

This is a firm, meaty tomato with few seeds. Great for sauces and pastes. Range of shape from heart to rounded base. Resistant to defoliation diseases.

**COMMON NAME:** Grape Tomato



**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Brad's Atomic'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 – 14 days

**DAYS TO MATURITY:** 75 days

**DIRECT SOW:** Not recommended. Best to start indoors due to long growing season and heat-loving needs.

**PLANT SPACING:** Indeterminate, stake or cage

**between plants:** 60 cm (24")

**between rows:** 90 cm (36")

**FRUIT SIZE:** 2 – 7 cm ( $\frac{3}{4}$  - 2  $\frac{3}{4}$ "), elongated oval

**SUN:** Full sun at least 8 hours per day

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 8 to 10 weeks before last frost in starting mix at 25°C until germinated. Plant seeds 0.5 cm ( $\frac{1}{4}$  ") deep, keep soil moist, cover until seedlings reach top of cover, remove cover, keep soil moist and 18°C (65°F). Place seedlings under lights to prevent from becoming leggy.

Transplant to garden after last frost date, by end of May, when night temperatures are consistently above 10°C (50°F) and plants are about 15-25cm (6-10") tall. Bury up to first set of leaves.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Lavender and purple striped elongated grape tomato turning to olive green, brown and red when fully ripe. Flesh is green with blushed red. Fruit is sweet, meaty, juicy with low acidity. Skin provides crunch when bitten into. Photo of immature fruit.

**COMMON NAME:** Heirloom Beefsteak Tomato

**HERITAGE**



Photo(cropped) by Petar43/Wikimedia Commons/ CC BY-SA 4.0

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Brandywine'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 – 10 days

**DAYS TO MATURITY:** 80 – 100 days

**DIRECT SOW:** Not recommended. Best to start indoors due to long growing season and heat-loving needs.

**PLANT SPACING:** Indeterminate growth, stake, or cage

**between plants:** 60 - 90 cm (24" – 36")

**between rows:** 90 – 120 cm (3' -4')

**FRUIT SIZE:** size of the palm of a hand up to 1 kg (2 lbs.)

**SUN:** Full sun for at least 8 hours per day

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 8 to 10 weeks before last frost in starting mix at 25°C. Plant seeds 0.5 cm (¼ ") deep, keep soil moist, until seedlings grow to tray cover, remove cover, keep moist and place under lights to prevent seedlings from becoming leggy. Transplant to garden after last frost date, by end of May, and when temperatures are consistently above 10°C (50°F), both day and night. Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days before planting.

**OTHER:**

One the oldest Heirloom tomatoes. Fruit is pink, ribbed, irregular shape and can grow quite large. Excellent taste for slicing, sandwiches, or salads.

**COMMON NAME: Hybrid Currant Tomato**



**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Candyland Red'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 10

**DAYS TO MATURITY:** 55 (from transplant)

**DIRECT SOW:** Recommended to start indoors, 8 weeks before last frost date.

**PLANT SPACING:** Indeterminate, requires staking.

**between plants:** 0.6-1m (24-36")

**between rows:** 0.6-1m (24-36")

**FRUIT SIZE:** 1.5cm (1/2")

**SUN:** Full sun

**WATER:** Average – water evenly and regularly

**STARTING SEEDS INDOORS:**

Start seeds indoors 8 weeks before last frost date in rich moist potting soil. Ideal soil germination temperature is 21-26°C. Plant seeds to 0.5cm depth, and cover lightly. Transfer to 4" pots as they grow. Transplant to garden 1-2 weeks after last frost date, after all danger of frost has passed and the soil is warm. Tomatoes are not cold-hardy.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Award-winning currant-type tomato (AAS 2016). Dark red, sweet and rich tasting. Plant has tidy growth habit and may produce 100 fruit per plant.

**COMMON NAME: Hybrid Grape Tomato**

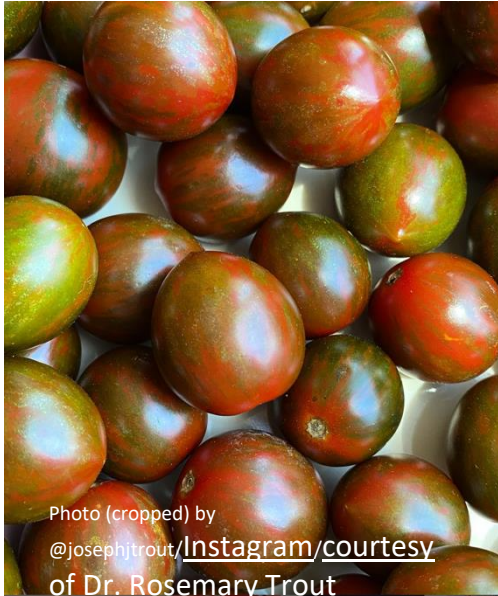


Photo (cropped) by  
[@josephitrou](#)/Instagram/courtesy  
of Dr. Rosemary Trout

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Chocolate Sprinkles'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 10

**DAYS TO MATURITY:** 55-60 (from transplant)

**DIRECT SOW:** Recommended to start indoors, 8 weeks before last frost date.

**PLANT SPACING:** Indeterminate, requires staking.

**between plants:** 0.6-1m (24-36")

**between rows:** 0.6-1m (24-36")

**FRUIT SIZE:** 2.5cm wide x 3.5cm long (1" x 1.5")

**SUN:** Full sun

**WATER:** Average – water evenly and regularly

**STARTING SEEDS INDOORS:**

Start seeds indoors 8 weeks before last frost date in rich moist potting soil. Ideal soil temperature for germination is 21-26°C. Plant seeds to 0.5cm depth, and cover lightly. Transfer to 4" pots as they grow. Transplant to garden 1-2 weeks after last frost date, after all danger of frost has passed and the soil is warm. Tomatoes are not cold-hardy.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Red and green-striped oblong cherry tomatoes, with a rich flavour. Disease-resistant to fusarium wilt. Resistant to cracking.



**COMMON NAME:** Italian Heritage Tomato

**Heirloom**



**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Costoluto Fiorentino'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 – 14 days

**DAYS TO MATURITY:** 75 – 85 days

**DIRECT SOW:** Direct sow is not recommended. Start early indoors.

**PLANT SPACING:** Indeterminate, staking needed

**between plants:** 60 – 90 cm, ( 24" – 36")

**between rows:** 60 – 90 cm, ( 24" – 36")

**FRUIT SIZE:** 150 - 450 g , ( 12 – 16 ounces )

**SUN:** Full sun

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors in March. Plant seeds in moist potting soil 6 mm (1/4") deep. Put in sunlight. Transplant to garden after all danger of frost has passed. Plant to a depth of the first leaf. Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** This is a misshapen, heavily ribbed beef tomato. It is ideal for slicing deep red flesh colour. It has a high flavour of sugar and acid which makes it ideal for tomato sauce.

**COMMON NAME: Hybrid Tomato**



**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Early Girl'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 5 - 7

**DAYS TO MATURITY:** 50 (from transplant)

**DIRECT SOW:** Recommended to start indoors, 8 weeks before last frost date.

**PLANT SPACING:** Indeterminate, requires staking.

**between plants:** 0.6 - 1m (2-3 ft)

**between rows:** 1.2m (4 ft)

**FRUIT SIZE:** 5 - 10cm (2-4")

**SUN:** Full sun

**WATER:** Average – water evenly and regularly at soil level

**STARTING SEEDS INDOORS:**

Start seeds indoors 8 weeks before last frost date in rich moist potting soil. Ideal soil germination temperature is 21-26°C. Plant seeds to 0.5cm depth, and cover lightly. Transfer to 4" pots as they grow. Transplant to garden 1-2 weeks after last frost date, after all danger of frost has passed and the soil is warm. Tomatoes are not cold-hardy.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Tennis ball-sized deep red juicy tomatoes. Fast grower, produces fruit earlier than many other tomato varieties.

**COMMON NAME: Pink Beefsteak Tomato**



Photo: Conrad&Hinkle Food Market / Facebook

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'German Johnson'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 5 - 7

**DAYS TO MATURITY:** 75 (from transplant)

**DIRECT SOW:** Recommended to start indoors, 8 weeks before last frost date.

**PLANT SPACING:** Indeterminate, requires staking.

**between plants:** 0.6-1.0m (2-3 ft)

**between rows:** 1.2m (4 ft)

**FRUIT SIZE:** 13 cm diameter (5")

**SUN:** Full sun

**WATER:** Average – water evenly and regularly

**STARTING SEEDS INDOORS:**

Start seeds indoors 8 weeks before last frost date in rich moist potting soil. Ideal soil germination temperature is 21-26°C. Plant seeds to 0.5cm depth, and cover lightly. Transfer to 4" pots as they grow. Transplant to garden 1-2 weeks after last frost date, after all danger of frost has passed and the soil is warm. Tomatoes are not cold-hardy.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Large heirloom slicer tomato, vigorous and high-yielding. Deep, acidic tomato flavour and a rich creamy texture. Originally brought to North America by Mennonite farmers.

**COMMON NAME: Stuffing Tomato**

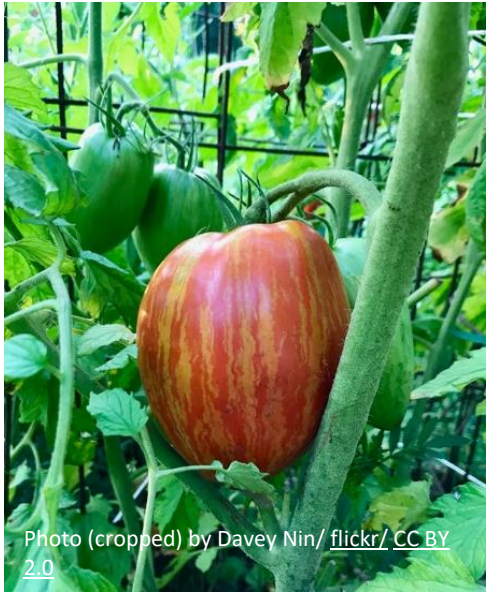


Photo (cropped) by Davey Nin/ flickr/ CC BY 2.0

**SCIENTIFIC NAME:**

***Solanum lycopersicum* 'Get Stuffed'**

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 - 21

**DAYS TO MATURITY:** 75 (from transplant)

**DIRECT SOW:** Recommended to start indoors, 8 weeks before last frost date.

**PLANT SPACING:** Indeterminate, requires staking.

**between plants:** 0.6 - 1m (2-3 ft)

**between rows:** 1.2m (4 ft)

**FRUIT SIZE:** 7 - 10cm (3 - 4")

**SUN:** Full sun

**WATER:** Average – water evenly and regularly at soil level

**STARTING SEEDS INDOORS:**

Start seeds indoors 8 weeks before last frost date in rich moist potting soil. Ideal soil germination temperature is 21-26°C. Plant seeds to 0.5cm depth, and cover lightly. Transfer to 4" pots as they grow. Transplant to garden 1-2 weeks after last frost date, after all danger of frost has passed and the soil is warm. Tomatoes are not cold-hardy.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Large firm tomato with red and orange stripes and classic tomato flavour. Grows hollow! Shaped like a bell pepper, easy to make stuffed tomatoes.

**COMMON NAME:** **Yellow Cherry Tomato**

**Heirloom**



Photo (cropped) by Marco Verch / flickr  
CC-BY 2.0

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Hartman's Yellow Gooseberry'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 5 - 10

**DAYS TO MATURITY:** 75 (from transplant)

**DIRECT SOW:** Recommended to start indoors, 8 weeks before last frost date.

**PLANT SPACING:** Indeterminate, requires staking.

**between plants:** 0.6 - 1m (2-3 ft)

**between rows:** 1.2m (4 ft)

**FRUIT SIZE:** 3 - 4 cm (1 - 1.5")

**SUN:** Full sun

**WATER:** Average – water evenly and regularly at soil level

**STARTING SEEDS INDOORS:**

Start seeds indoors 8 weeks before last frost date in rich moist potting soil. Ideal soil germination temperature is 21-26°C. Plant seeds to 0.5cm depth, and cover lightly. Transfer to 4" pots as they grow. Transplant to garden 1-2 weeks after last frost date, after all danger of frost has passed and the soil is warm. Tomatoes are not cold-hardy.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** Small yellow cherry tomato with sweet tangy flavour. Heirloom variety that was available in seed catalogues in the 1860's. Excellent for eating fresh in salads or salsa.

**COMMON NAME:** Bush Cherry Tomato

**HERITAGE**



**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'House'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 -14 days

**DAYS TO MATURITY:** 42 – 55 days

**DIRECT SOW:** Not recommended to direct sow. Start early indoors.

**PLANT SPACING:** Dwarf type, grows well in container

**between plants:** 45 cm ( 18" )

**between rows:** 70 cm ( 28" )

**FRUIT SIZE:** 14 grams ( ½ oz )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 6 – 8 weeks early before last frost date. Plant in compostable pot at a depth of 3 – 6 mm ( 1/8" – ¼ ").

Transplant to garden after danger of frost. Recommend to plant in containers.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

An heirloom dwarf tomato from Russian. They are grown in a pot (ht 30cm (12")) and then overwintered indoors in a sunny, warm location, so you can continue to enjoy tomatoes. Use in containers for patios.

**COMMON NAME:** Ox-heart Type Tomato

**HERITAGE**



**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Hungarian Heart'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 6 – 10 days

**DAYS TO MATURITY:** 80 – 85 days

**DIRECT SOW:** Start seeds 6 weeks early indoors

**PLANT SPACING:** Indeterminate ( may need staking )

**between plants:** 60 – 90 cm ( 2' – 3' )

**between rows:** 90 – 120 cm ( 3' – 4' )

**FRUIT SIZE:** 150 - 450 grams ( 12 – 16 oz )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 6 weeks early. Plant in pots at a depth of 6mm ( ¼' ) . Put in sunny, warm location. Transplant to garden after danger of frost.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

Plant the whole stem deep to a depth of the first leaf.

**OTHER:**

A heritage tomato from Budapest Hungary. A meaty, pink flesh tomato with very few seeds. Used for eating, roasting, sauces and canning.

**COMMON NAME:** Hybrid Cherry Tomato

**HERITAGE**



Photo (cropped) by Rita Shaw

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Matt's Wild Cherry'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 5 to 14 days

**DAYS TO MATURITY:** 55 – 60 days

**DIRECT SOW:** Not recommended. Best to start indoors due to long growing season and heat-loving needs.

**PLANT SPACING:** Indeterminate growth, stake, or cage

**between plants:** 60 - 90 cm (24" – 36")

**between rows:** 90 cm (3')

**FRUIT SIZE:** Small cherry shape, 5 gm (.18oz) average weight

**SUN:** Full sun, at least 8 hours per day

**WATER:** Medium

**STARTING SEEDS INDOORS:**

Start seeds indoors 6 -8 weeks before last frost date in starting mix at 25-30°C (77 – 86°F). Plant seeds 0.5 cm (¼ ") deep, keep soil moist, until seedlings grow to tray cover, remove cover, keep moist and place under lights to prevent seedlings from becoming leggy. Transplant to garden after last frost, by end of May, and when day and night temperatures are consistently above 10°C (50°F).

First, harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days. Plant deep to first leaf on seedling.

**OTHER:**

Fruit is deep red in colour, tender and smooth with a high sugar content. Very prolific. These tomatoes grow wild in Hidalgo in Eastern Mexico.



**COMMON NAME: Cherry tomato**



**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Midnight Snack'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 – 14 days

**DAYS TO MATURITY:** 65 - 70 days

**DIRECT SOW:** Not recommended;. Start indoors early as tomatoes need a long growing season.

**PLANT SPACING:** indeterminate, can stake

**between plants:** 60 - 90 cm (24 - 36 in.)

**between rows:** 90 -120 cm (36 - 48 in.)

**FRUIT SIZE:** 4 cm (1.5 in.)

**SUN:** full sun

**WATER:** medium

**STARTING SEEDS INDOORS:**

Can start seeds indoors mid to late March in a seed starting mix at 25°C. Use lights to prevent being leggy. Transplant to garden after last frost date by the end of May. Night temperatures should be above 7°C (45°F) and plants should be 25 cm (10") tall. Bury up to first set of leaves.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** 'Midnight Snack' tomatoes definitely need staking. This unique tomato ripens red with an overlay of glossy black-purple on the skin when exposed to sunlight.

**COMMON NAME:** **Himalayan Heirloom Tomato**

**HERITAGE**



Photo (cropped) by Gab 997 /  
Wikimedia commons/CC BY-SA 3.0

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Nepal'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 6 – 14 days

**DAYS TO MATURITY:** 78 days

**DIRECT SOW:** Start seeds indoors early. Needs staking in the garden.

**PLANT SPACING:** Indeterminate, staking required

**between plants:** 90 – 120 cm ( 36" - 48" )

**between rows:** 120 -150 cm ( 48" – 60" )

**FRUIT SIZE:** 284 – 340 grams ( 10 – 12 oz )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 4 – 6 weeks before last frost date. Plant at a depth of 6mm ( ¼" ). Transplant to pots after first true leaves come.

Transplant to garden after danger of frost usually first of June. Bury the stem to first leaves.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

An heirloom tomato from the Himalayan mountains. It has a crimson skin and really sweet flavour. This tomato keeps well and can be picked green to ripen later in the house.

**COMMON NAME: Orange Globe Tomato**

**HERITAGE**



Photo courtesy of Marcia Barron.

**SCIENTIFIC NAME:**

***Solanum lycopersicum* 'Orange King'**

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 5 – 10 days

**DAYS TO MATURITY:** 80 days

**DIRECT SOW:** Not recommended. Best to start indoors due to long growing season and heat-loving needs.

**PLANT SPACING:** Semi- indeterminate

**between plants:** 60 - 90 cm ( 24" – 36" )

**between rows:** 90 – 120 cm ( 36" – 48" )

**FRUIT SIZE:** 142 – 284 gr ( 5 -10 oz )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 4-6 weeks before last frost date. Plant in compostable pots and place in warm, sunny spot. Plant at a depth of 6mm ( ¼" )

Transplant to garden after danger of frost late May or early June. Plant deep to first leaf on seedling. Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Produces a bright orange fruit inside and out. A mild flavour but not as sweet as some of the yellow tomatoes. Developed in 1943 in New Jersey.

## COMMON NAME: Hybrid Cocktail Tomato



Photo courtesy of Marcia Barron.

### SCIENTIFIC NAME:

*Solanum lycopersicum* 'Pink Beauty'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 5 – 10 days

**DAYS TO MATURITY:** 78 days

**DIRECT SOW:** Not recommended. Best to start indoors due to long growing season and heat-loving needs.

**PLANT SPACING:** Indeterminate, stake or cage

**between plants:** 60 – 90 cm ( 24" – 36" )

**between rows:** 90 – 120 cm ( 36" – 48" )

**FRUIT SIZE:** 170 – 227 gm ( 6 – 8 oz )

**SUN:** Full

**WATER:** Average

### STARTING SEEDS INDOORS:

Start seeds indoors 4 – 6 weeks early before last frost date. Plant at a depth of 6mm ( ¼' ) in trays and then transplant to pots as they grow true leaves.

Transplant to garden after danger of frost is passed. Plant deep to a depth of the first leaves.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

### OTHER:

Skin colour and flesh is a pink colour. The fruit is a flattened globe shape. The plant has good yields of tomatoes with a rich meaty flavour.

**COMMON NAME: Yellow Beefsteak Tomato**

**Heirloom**

Photo not available.  
To see a photo of  
this tomato please  
click on the link  
below.

[Thorburn's  
Lemon Blush](#)

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Thorburn's Lemon Blush'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 – 14 days

**DAYS TO MATURITY:** 75 days

**DIRECT SOW:** Recommended to start early in March indoors due to long growing season required.

**PLANT SPACING:** Indeterminate needs staking

**between plants:** 60 -90 cm, ( 24" – 36")

**between rows:** 60 – 90 cm, ( 24" - 36")

**FRUIT SIZE:** 150 – 450 g , (12 -16 ounces)

**SUN:** Full sun

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors In March. Plant in moist potting soil 6 mm (1/4') deep. Put in sunlight.

Transplant to garden after all danger of frost has passed. Plant to the depth of the first leaf.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:** It is a sweet, lemon coloured tomato blushed in lovely salmon pink. The seed was lost for over 107 years. It has a sweet, tropical fruit flavour with the perfect acidity balance. Great for slicing and sauces.

**COMMON NAME: U.S. Heirloom Tomato**

**HERITAGE**



Photo courtesy of Shannon Taylor of [Sherwoods Seeds](#) / [Etsy](#)

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Thorburn's Terra – cotta'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 7 – 14 days

**DAYS TO MATURITY:** 75 days

**DIRECT SOW:** Start indoors early. Plants need staking in the garden.

**PLANT SPACING:** Semi-determinate

**between plants:** 60 cm ( 24" )

**between rows:** 90 cm ( 36" )

**FRUIT SIZE:** 350 - 450 grams ( 12 – 16 oz )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 4 – 6 weeks before last frost. Plant at a depth of 6mm ( ¼" ). Transplant to pots when first true leaves appear.

Transplant to garden after danger of frost has passed. Bury the stem to first leaves.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

Very showy tomato with a nice flavour. Honey brown skin with orange/pink flesh and green seed mass

**COMMON NAME:** Spanish Heirloom Tomato

**HERITAGE**



Photo(cropped) by Stephen Melkisetian / flickr / CC BY-NC-ND 2.0

**SCIENTIFIC NAME:**

*Solanum lycopersicum* 'Valencia'

**FAMILY:** Solanaceae

**DAYS TO GERMINATION:** 6 – 10 days

**DAYS TO MATURITY:** 77 days

**DIRECT SOW:** Start early indoors. This plant needs to be staked in the garden.

**PLANT SPACING:** Indeterminate

**between plants:** 60 – 90 cm ( 24" – 36" )

**between rows:** 90 – 120 cm ( 36" – 48" )

**FRUIT SIZE:** 227 – 284 grams ( 8 – 10 oz )

**SUN:** Full

**WATER:** Average

**STARTING SEEDS INDOORS:**

Start seeds indoors 4 – 6 weeks before last frost date. Plant 6mm ( ¼" ) deep in trays and once true leaves have appeared transplant to pots.

Transplant to garden after the danger of frost has passed. Bury the stem up to the first leaves.

Harden off the plants by introducing gradually to the outdoor conditions (sun, temperature, wind) over a period of 4 – 7 days.

**OTHER:**

This is a Spanish heirloom tomato introduced to North America in the 1800's. It is a rounded orange/yellow fruit tomato with a very good flavour.

# GRASSES

COMMON NAME: **Big Bluestem**

**Native**



SCIENTIFIC NAME:

*Andropogon gerardii*

FAMILY: *Poaceae*

TYPE: grass

ZONE: 4 to 9

HEIGHT: 1.2 - 2.1 m (4 - 7 ft)

SPREAD: 60 - 90 cm (2 - 3 ft)

BLOOM COLOUR: purplish red

BLOOM TIME: summer

SUN: full to part sun

WATER: dry to medium wet

TOLERATES: deer, drought, black walnut

ATTRACTS: skippers, insects

## GROWING FROM SEED:

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Leaves are grey to green in spring and turn to a reddish bronze colour in autumn. Flowering stems rise above the leaves in late summer. The height makes this a good accent plant but it is not recommended for small spaces because it is aggressive.



**COMMON NAME: Sideoats Grama**

**Native**



Photo by Matt Lavin/flickr/CC BY-SA 2.0

**SCIENTIFIC NAME:**

***Bouteloua curtipendula***

**FAMILY:** Poaceae

**TYPE:** perennial grass

**ZONE:** 3 - 7

**HEIGHT:** 30 – 90 cm (1 - 3 ft)

**SPREAD:** 60 cm (2 ft)

**BLOOM COLOUR:** purple

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, heat, cold, deer

**ATTRACTS:** birds and butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Grows in clumps with fibrous roots so a great choice for erosion control or soil stabilization. Spikelets turn tan-coloured and resemble oats in fall, and the foliage turns purple and red. Larval host for Green and Dotted Skipper butterflies. Will spread from rhizomes and seed. The State grass of Texas.

**COMMON NAME: Blue Grama**



**SCIENTIFIC NAME:**

***Bouteloua gracilis***

**FAMILY:** Poaceae

**TYPE:** perennial ornamental grass

**ZONE:** 4 - 9

**HEIGHT:** 30 - 60 cm (1 - 2')

**SPREAD:** 45 - 60 cm (1.5 - 2')

**BLOOM COLOUR:** blue-green

**BLOOM TIME:** summer to fall

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, erosion, black walnut

**ATTRACTS:** birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Displays decorative seed heads in late summer and fall. Cut to ground in late winter before new shoots appear. Foliage is no more than 10 cm high. Being the shortest of ornamental native grasses, it can be used as turf and mowed regularly. Hosts the larvae of several species of skippers.

**COMMON NAME:** Gray's Sedge

**Native**



**SCIENTIFIC NAME:**

***Carex grayi***

**FAMILY:** Cyperaceae

**TYPE:** perennial sedge

**ZONE:** 4 - 9

**HEIGHT:** 60 - 90 cm (2 - 3')

**SPREAD:** 45 - 60 cm (1.5 - 2')

**BLOOM COLOUR:** green

**BLOOM TIME:** spring to fall

**SUN:** full sun to part shade

**WATER:** medium to wet

**TOLERATES:** deer, erosion, wet soil

**ATTRACTS:** wetland birds, songbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:** Features striking seed heads that resemble the spiky end of mace. The florets are wind pollinated and the fruit remain on the plant in winter to add interest in the garden. Leaves are grass-like and semi-evergreen. A good plant for a rain garden.

## COMMON NAME: Northern Sea Oats



**SCIENTIFIC NAME:**

***Chasmanthium latifolium***

**FAMILY:** Poaceae

**TYPE:** ornamental grass

**ZONE:** 4 - 9

**HEIGHT:** 60 – 150 cm (2 – 5 ft)

**SPREAD:** 30 – 75 cm (1 – 2.5 ft)

**BLOOM COLOUR:** green, turning to bronze

**BLOOM TIME:** summer

**SUN:** part shade to shade

**WATER:** medium

**TOLERATES:** Black Walnut, poor soil, drought

**ATTRACTS:** birds

### **GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

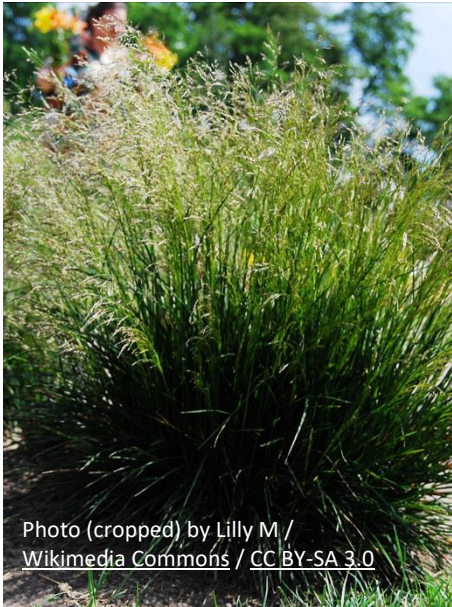
Seeds may be direct sown in early spring but germination may take longer.

### **OTHER:**

Provides interest in winter, cut back in early spring. Can be propagated by dividing the roots and by seed. May spread aggressively. It is a larval host plant for the Northern Pearly-Eye and several species of Skipper butterflies, and its seeds are food for birds and mammals.

**COMMON NAME: Tufted Hairgrass**

**Native**



**SCIENTIFIC NAME:**

***Deschampsia cespitosa***

**FAMILY:** Poaceae

**TYPE:** Perennial ornamental grass

**ZONE:** 5 - 9

**HEIGHT:** 60 - 90 cm (2 - 3 ft.)

**SPREAD:** 30 - 60 cm (1 - 2 ft.)

**BLOOM COLOUR:** tones of green, gold, silver, purple

**BLOOM TIME:** summer to fall

**SUN:** part shade

**WATER:** medium, well-drained

**TOLERATES:** drought, deer, rabbits, black walnuts, some sun

**ATTRACTS:** birds

**GROWING FROM SEED:**

Start indoors if temperature is kept at approximately 10°C. Sow in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 10°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Otherwise direct sow in the garden after last frost and soil is still cool in early spring.

**OTHER:**

One of the few ornamental grasses that is suited for shade. The grass emerges green and turns gold later in the season. Stunning when backlit by the rising or setting sun. Self-seeds.

**COMMON NAME:** Canada Wild Rye

**Native**



Photo (cropped): Bonnie Kinder /  
iNaturalist / CC BY-NC 4.0

**SCIENTIFIC NAME:**

*Elymus canadensis*

**FAMILY:** Poaceae

**TYPE:** grass

**ZONE:** 4 to 8

**HEIGHT:** 60 - 150 cm (2 - 5 ft)

**SPREAD:** 60 - 90 cm (2 - 3 ft)

**BLOOM COLOUR:** greenish

**BLOOM TIME:** summer to fall

**SUN:** full sun to part shade

**WATER:** dry to medium wet

**TOLERATES:** drought, black walnuts, pollution

**ATTRACTS:** various insects and caterpillars

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** This grass is identified by its nodding seed heads and a warm green colour in mid-summer. See heads turn tan in the fall. It remains attractive into the winter.

**COMMON NAME: Bottlebrush Grass**

**Native**



**SCIENTIFIC NAME:**

***Elymus hystrix***

**FAMILY:** Poaceae

**TYPE:** perennial ornamental grass

**ZONE:** 5 - 9

**HEIGHT:** 60 - 90 cm (2 - 3 ft.)

**SPREAD:** 30 - 45 cm (1 - 1.5 ft.)

**BLOOM COLOUR:** green, maturing to brown

**BLOOM TIME:** summer, maturing in fall

**SUN:** part shade to full sun

**WATER:** dry to medium

**TOLERATES:** drought, heavy shade

**ATTRACTS:** songbirds, host for Northern Pearly Eye butterfly

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Deep green, narrow leaves reach about 2 - 3 ft. Flower heads rise a foot above. Native to Ontario.

**COMMON NAME: Riverbank Wild Rye**

**Native**



Courtesy of R.W. Smith, [Lady Bird Johnson Wildflower Center](#)

**SCIENTIFIC NAME:**

*Elymus riparius*

**FAMILY:** Poaceae

**TYPE:** grass

**ZONE:** 4 - 9

**HEIGHT:** 90 – 150 cm (3 – 5 ft)

**SPREAD:** 30 – 60 cm (1 – 2 ft)

**BLOOM COLOUR:** green

**BLOOM TIME:** summer

**SUN:** part shade, shade

**WATER:** medium-wet

**TOLERATES:** deer resistant

**ATTRACTS:** birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

One of the lesser-known Wild Rye grasses, often confused with Canadian Wild Rye but they occupy different habitats in the wild. A cool season grass, so active growth occurs in spring and fall when the soil is cooler. It has a fibrous root system making it good for soil erosion control, especially around water. A source of food and nesting material for birds and small mammals.



**COMMON NAME:** Virginia Rye

**Native**



**SCIENTIFIC NAME:**

*Elymus virginicus*

**FAMILY:** Poaceae

**TYPE:** grass

**ZONE:** 4 to 9

**HEIGHT:** 60 - 120 cm (2 - 4 ft)

**SPREAD:** 30 - 60 cm (1 - 2 ft)

**BLOOM COLOUR:** greenish

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** medium to wet

**TOLERATES:** deer

**ATTRACTS:** various insects and moth caterpillars, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Most active growth is during the cool seasons of spring and fall. Turns shades of tan and crimson in the fall. Readily reseeds. Leaf blades grow to 30 cm while flowering stems rise to 120 cm.

**COMMON NAME:** Switchgrass

**Native**



**SCIENTIFIC NAME:**

***Panicum virgatum***

**FAMILY:** Poaceae

**TYPE:** grass

**ZONE:** 4 to 9

**HEIGHT:** 90 - 150 cm (3 - 5 ft)

**SPREAD:** 60 - 120 cm (2 - 4 ft)

**BLOOM COLOUR:** reddish purple

**BLOOM TIME:** summer to early fall

**SUN:** full sun (preferred) to part shade

**WATER:** dry to medium wet

**TOLERATES:** deer, walnuts, air pollution

**ATTRACTS:** birds, skippers,

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Cloud like seed heads are attractive with their tiny flowers during summer, and turn golden as they dry. It provides winter cover for small mammals and birds in the snow. Warm season grass that forms clumps as it spreads.

**COMMON NAME:** Indian Grass

**Native**



**SCIENTIFIC NAME:**

***Sorghastrum nutans***

**FAMILY:** *Poaceae*

**TYPE:** grass

**ZONE:** 4 - 9

**HEIGHT:** 90 - 180 cm (3 - 6 ft)

**SPREAD:** 60 - 90 cm (2 - 3 ft)

**BLOOM COLOUR:** light brown + yellow stamens

**BLOOM TIME:** late summer

**SUN:** full sun to partial shade

**WATER:** dry to medium

**TOLERATES:** various soil types, black walnut

**ATTRACTS:** grasshoppers, caterpillars, skippers, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** This grass can be aggressive, spreading by rhizomes, so is not recommended for small gardens. Seeds heads are large with clusters of bronze-coloured seeds. The grass consists of clumps of blue-green leaves up to 60 cm. Flower stem rise above the foliage.

**COMMON NAME:** Prairie Dropseed

**Native**



Photo (cropped): Krzysztof Ziarnek/  
Wikimedia Commons / CC BY-SA 4.0

**SCIENTIFIC NAME:**

***Sporobolus heterolepis***

**FAMILY:** *Poaceae*

**TYPE:** Ornamental grass

**ZONE:** 4 to 9

**HEIGHT:** 60 – 90cm (2 – 3ft.)

**SPREAD:** 60 – 90cm (2 – 3ft.)

**BLOOM COLOUR:** Green leaves, rusty-tan flowers

**BLOOM TIME:** Late summer to fall

**SUN:** Full sun

**WATER:** Dry to medium

**TOLERATES:** Drought conditions, black walnut, deer

**ATTRACTS:** Birds, small animals

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the fall.

**OTHER:**

Native plant. May take 4 years to reach blooming size. Provides year-round interest since resistant to flattening by snow.

# PERENNIALS

COMMON NAME: **Black Cohosh**

**Native**



SCIENTIFIC NAME:

***Actaea racemosa***

**FAMILY:** Ranunculaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 120 - 180 cm (4- 6')

**SPREAD:** 60 - 120 cm (2 - 4')

**BLOOM COLOUR:** White

**BLOOM TIME:** mid summer

**SUN:** part to full shade

**WATER:** medium to moist

**TOLERATES:** rabbits, deer

**ATTRACTS:** butterflies (larval host for Spring Azure), bees

## **GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be winter sown.

**OTHER:** Tall spires of fragrant white flowers appear in mid-summer on wiry stems. Blooms for 2-3 weeks. Also known as bugbane, due to its traditional usage as an insect repellent. Attractive astilbe-like foliage.

**COMMON NAME: Red Baneberry**

**Native**



**SCIENTIFIC NAME:**

***Actaea rubra***

**FAMILY:** Ranunculaceae

**TYPE:** Perennial herbaceous

**ZONE:** 4 - 8

**HEIGHT:** 30 - 60 cm, (1' - 2')

**SPREAD:** 25 - 30 cm, (10" - 12")

**BLOOM COLOUR:** White fluffy flowers

**BLOOM TIME:** Late spring -summer

**SUN:** Shade to partial sun

**WATER:** Average to moist

**TOLERATES:** Various soil types, sun

**ATTRACTS:** Insects, birds

**GROWING FROM SEED:** Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 2 months and then place at 20°C for 2 months. Repeat another 2-month cold period in the fridge. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination. It takes two years for maturity.

**OTHER:** Bushy plant with stems having a woody base, bearing airy, bright green foliage. Season long interest in shady garden or woodlot. Flowers are lightly scented. Glossy red berries in the summer. Berries as well as the plant are extremely poisonous although they are harmless to birds.

**COMMON NAME: Yellow Giant Hyssop**

**Native**



**SCIENTIFIC NAME:**

***Agastache nepetoides***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 60 - 180 cm (23 - 70")

**SPREAD:** 30 - 90 cm (1 - 2')

**BLOOM COLOUR:** yellow

**BLOOM TIME:** late summer

**SUN:** part shade to full sun

**WATER:** dry to very wet

**TOLERATES:** deer resistant

**ATTRACTS:** honeybees, bumblebees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds but cover with burlap for protection.

**OTHER:**

Long flower spikes with blooms opening a few at a time. This plant is used for its role in feeding pollinators rather than its beauty. Spreads slowly by rhizomes.

**COMMON NAME: Purple Giant Hyssop**

**Native**



**SCIENTIFIC NAME:**

***Agastache scrophularifolia***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 9

**HEIGHT:** 0.6 – 1.5 m (2 – 5 ft)

**SPREAD:** 45 – 60 cm (18 – 24 in)

**BLOOM COLOUR:** pink, purple

**BLOOM TIME:** late summer, early to mid-Fall

**SUN:** sun and shade

**WATER:** medium-wet, medium

**TOLERATES:** deer resistant

**ATTRACTS:** native bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Light is needed for germination; do not cover seeds with soil or apply just a light dusting. If sowing directly in garden, cover with burlap or cotton. Seeds may be direct sown in early Spring but germination may take longer.

**OTHER:** Produces tall, conspicuous flower spikes of fragrant blooms with high nectar content. The seeds will attract birds in the Fall.



**COMMON NAME:** White Snakeroot

**Native**



**SCIENTIFIC NAME:**

***Ageratina altissima***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4-9

**HEIGHT:** 90-150cm (3-5')

**SPREAD:** 60-120cm (2-4')

**BLOOM COLOUR:** white

**BLOOM TIME:** fall to frost

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** deer

**ATTRACTS:** butterflies

**GROWING FROM SEED:** Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Weedy perennial that can spread aggressively by rhizomes and self-seeding. Native Americans reportedly used a decoction of the roots as a remedy for snakebite, hence the common name.

**COMMON NAME: Nodding Onion**

**Native**



**SCIENTIFIC NAME:**

***Allium cernuum***

**FAMILY:** Amaryllidaceae

**TYPE:** bulb

**ZONE:** 5 - 9

**HEIGHT:** 30 – 45cm (1 – 1.5')

**SPREAD:** 8 – 15cm (.25 – .5')

**BLOOM COLOUR:** pink

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** deer, drought, shallow-rocky soil

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant out after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Can have red, pink or white flowers. The nodding flowers aid bees to visit without hanging upside down. Gradually spreads by seeds offshoots of the bulb.

**COMMON NAME: Star of Persia**



**SCIENTIFIC NAME:**

***Allium christophii***

**FAMILY:** Amaryllidaceae

**TYPE:** Perennial

**ZONE:** 4 to 7

**HEIGHT:** 30 – 60cm (1' – 2')

**SPREAD:** 15 - 45cm (.5' – 1.5')

**BLOOM COLOUR:** Lavender

**BLOOM TIME:** May - June

**SUN:** Full sun

**WATER:** Dry to medium

**TOLERATES:** Deer, black walnut

**ATTRACTS:** Pollinators

**GROWING FROM SEED:**

Seeds should be sown outside in the fall. Prior to planting the seeds should be kept cool and dry. Plants will self seed if left in the garden over winter.

**OTHER:**

Plant is native to Iran, Turkey and central Asia. Each flower head has up to approximately 100 individual flowers and is one of the largest ornamental onion plants. Plant will rot if kept in overly moist soil.

**COMMON NAME: Ornamental Onion**



**SCIENTIFIC NAME:**

***Allium kokanicum***

**FAMILY:** *Amaryllidaceae*

**TYPE:** bulb

**ZONE:** 4 - 8

**HEIGHT:** 20 - 30 cm, (8 - 12")

**SPREAD:** 20 - 30 cm, (8 - 12")

**BLOOM COLOUR:** pale red to pale purple

**BLOOM TIME:** late summer

**SUN:** full sun to light shade

**WATER:** normal

**TOLERATES:** drought, deer, rabbits

**ATTRACTS:** bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Transplant two or three seedlings together in a clump. May also be direct sown in the garden after last frost.

**OTHER:** This plant is native to the mountains of central Asia. Grows well in rock gardens, gravelly soil.

**COMMON NAME: Common Chives**



**SCIENTIFIC NAME:**

***Allium schoenoprasum***

**FAMILY:** Amaryllidaceae

**TYPE:** Bulb

**ZONE:** 4-8

**HEIGHT:** 30-45cm, (12-18")

**SPREAD:** 30-45cm, (12-18")

**BLOOM COLOUR:** Blue

**BLOOM TIME:** Spring

**SUN:** Full or light shade

**WATER:** Normal

**TOLERATES:** Deer, drought and black walnut

**ATTRACTS:** Bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Transplant two or three seedlings together in a clump. May also be direct sown in the garden after last frost.

**OTHER:** Used as a culinary herb. Mild onion flavour in foods. Flowers can be used as a garnish. Cut leaves at the base to keep globe shape of plant. Dehead to prevent self-seeding.

**COMMON NAME: Greek Bladderpod**



Photo {cropped} by Michael Kes/Biolib/CC-BY-NC

**SCIENTIFIC NAME:**

***Alyssoides utriculata***

**FAMILY:** Brassicaceae

**TYPE:** Herbaceous perennial

**ZONE:** 6 - 9

**HEIGHT:** 20 - 50 cm (0.65 - 1.65 ft)

**SPREAD:** 20 - 50 cm (0.65 - 1.65 ft)

**BLOOM COLOUR:** Yellow

**BLOOM TIME:** Late spring to early summer

**SUN:** Full sun

**WATER:** Medium

**TOLERATES:** Drought, mildly acidic soil

**ATTRACTS:** Pollinating insects

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months, then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Alternately, try winter sowing. Go to <https://www.rbg.ca/winter-sowing-part-one/> for instructions.

Can be direct sown in the garden in the fall for spring germination.

**OTHER:** Prefers sandy, well drained soils making it a suitable choice for rock gardens. Foliage does not completely die back in winter and forms new growth from evergreen shoots in spring causing an increased plant size over time as seen in subshrubs.

**COMMON NAME:** **Bluestar**



**SCIENTIFIC NAME:**

***Amsonia hubrichtii***

**FAMILY:** Apocynaceae

**TYPE:** Herbaceous perennial

**ZONE:** 6 - 9

**HEIGHT:** 60-90 cm (2 -3 ft)

**SPREAD:** 60-90 cm (2 -3 ft)

**BLOOM COLOUR:** Blue, foliage turning gold in the fall

**BLOOM TIME:** spring

**SUN:** Full sun to part shade

**WATER:** Medium

**TOLERATES:** Deer, drought. Both sandy and heavy clay soil

**ATTRACTS:** Butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Cut back plants by about 6" after flowering to maintain its upright habit and mound like shape. This plant is slow to grow at first but takes off in its second year.

**COMMON NAME: Threadleaf Bluestar**



Photo by Rillke/Wikimedia Commons/CC BY-SA 3.0

**SCIENTIFIC NAME:**

***Amsonia tabernaemontana***

**FAMILY:** Apocynaceae (dogbane family)

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 60cm - 90cm (2' - 3')

**SPREAD:** 60cm - 90cm (2' - 3')

**BLOOM COLOUR:** Blue

**BLOOM TIME:** late spring

**SUN:** Full Sun to Part Shade

**WATER:** Medium

**TOLERATES:** Clay soil, drought, deer

**ATTRACTS:** Butterflies, hummingbirds, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May be sown directly in the garden in the fall.

**OTHER:**

Stems contain a milky sap that can irritate the skin. This also makes it unappealing to deer and pests



**COMMON NAME:** Pearly Everlasting

**Native**



**SCIENTIFIC NAME:**

***Anaphalis margaritacea***

**FAMILY:** *Asteraceae*

**TYPE:** herbaceous perennial

**ZONE:** 3 - 8

**HEIGHT:** 30 - 90 cm (1 - 3 ft)

**SPREAD:** 30 - 60 cm (1 - 2 ft)

**BLOOM COLOUR:** white with coloured centre

**BLOOM TIME:** summer

**SUN:** full sun to partial shade

**WATER:** medium-dry to dry

**TOLERATES:** deer

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Flowers are either male (yellow) or female (rust) and usually occur on separate plants. Flowers are arranged in clusters. These flowers can be dried. Foliage is woolly and silver-grey. The plant is a larvae host for the American Lady butterfly.

**COMMON NAME:** Canada Anemone

**NATIVE**



**SCIENTIFIC NAME:**

*Anemone canadensis*

**FAMILY:** Ranunculaceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 9

**HEIGHT:** 30 - 60 cm (1' - 2')

**SPREAD:** 60 - 90 cm (2' - 2.5')

**BLOOM COLOUR:** white

**BLOOM TIME:** late spring

**SUN:** full sun to part shade

**WATER:** medium to wet

**TOLERATES:** deer, clay soil

**ATTRACTS:** insect pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 2 - 3 months and then place at 20°C for 2 - 3 months. Repeat another 2 - 3 month cold period in the fridge. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:** This member of the buttercup family displays upward facing white flowers on erect, flowery stems that sway in the breeze. Genus name from the Greek word 'anemos' meaning wind. Can spread aggressively through rhizomes. Can be used as a groundcover, but will overwhelm smaller plants.

**COMMON NAME: Pasqueflower**



**SCIENTIFIC NAME:**

***Anemone pulsatilla***

**FAMILY:** Ranunculaceae

**TYPE:** Herbaceous perennial

**ZONE:** 5-8

**HEIGHT:** 22 – 30 cm, (9 - 12")

**SPREAD:** 22 – 30 cm, (9 – 12")

**BLOOM COLOUR:** Purple

**BLOOM TIME:** Spring

**SUN:** Full sun or part shade

**WATER:** Normal

**TOLERATES:** Rabbits, deer, drought

**ATTRACTS:** Bees, pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

All parts of this plant are toxic. It self-seeds easily. Roots do not like to be disturbed once established. One of the first perennials to bloom in the spring. Flowers are followed by plume-like seed heads.

**COMMON NAME: Tall Anemone**

**Native**



**SCIENTIFIC NAME:**

***Anemone virginiana***

**FAMILY:** Ranunculaceae

**TYPE:** herbaceous perennial

**ZONE:** 3-8

**HEIGHT:** 30-45cm (12-18")

**SPREAD:** 45-60 cm (18-24")

**BLOOM COLOUR:** white

**BLOOM TIME:** late spring to early summer

**SUN:** part sun to shade

**WATER:** medium to dry

**TOLERATES:** deer, drought, full sun or full shade

**ATTRACTS:** small native bees and Syrphid (Hover) flies.

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Thimble shaped seed heads remain attractive well into the fall then puff out when they are ripe. Provides winter garden interest and nesting material in the spring.

**COMMON NAME:** Wild Columbine

**Native**



**SCIENTIFIC NAME:**

***Aquilegia canadensis***

**FAMILY:** Ranunculaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 to 8

**HEIGHT:** 30 - 90 cm (1 - 2 ft)

**SPREAD:** 30 – 45 cm (1 - 1.5 ft)

**BLOOM COLOUR:** Light pink/yellow to blood red/yellow

**BLOOM TIME:** Late Spring

**SUN:** Full sun to part shade

**WATER:** Medium

**TOLERATES:** rabbit, deer, leaf-miner, dry soil, drought

**ATTRACTS:** butterflies, hummingbirds, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Native plant. Contact with the sap may irritate the skin. However, the flowers are edible.

**COMMON NAME: Alpine Columbine**



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**SCIENTIFIC NAME:**

***Aquilegia discolor***

**FAMILY:** Ranunculaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 8

**HEIGHT:** 10 – 15 cm (4 – 6")

**SPREAD:** 15 - 30 cm (6 - 12")

**BLOOM COLOUR:** blue/white

**BLOOM TIME:** late spring - early summer

**SUN:** partial shade to full sun

**WATER:** moist, well drained

**TOLERATES:** cold temperature, deer, rabbits

**ATTRACTS:** hummingbirds, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Dwarf clump habit is ideal in alpine gardens, front of border or edge of path. Spurred blooms with sky blue sepals and white inner petals. Dead head to prolong blooming. After blooming cut to ground to produce new, fresh growth of foliage. Native to the Pyrenees of northern Spain. Rather rare.

**COMMON NAME:** American Spikenard

**Native**



Photo by Homer Edward Price/Wikimedia/CC BY 2.0

**SCIENTIFIC NAME:**

***Aralia racemosa***

**FAMILY:** Araliaceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 8

**HEIGHT:** 0.6 – 2 m (2 – 6 ft)

**SPREAD:** 0.9 – 1.2 m (3 – 4 ft)

**BLOOM COLOUR:** white, green

**BLOOM TIME:** summer

**SUN:** partial sun

**WATER:** medium-wet to medium

**TOLERATES:** deer resistant

**ATTRACTS:** bees, birds, butterflies

**GROWING FROM SEED:**

These seeds do best with natural fluctuation of temperatures. Sow outdoors in the fall. Seeds should be kept cool and dry until then. Seeds may be sown directly in the ground, or a method known as “winter sowing” be used. Details are not given here but can easily be found on the web at <https://www.rbg.ca/winter-sowing-part-one/>

**OTHER:**

Can propagate by dividing old rootstocks when the plants go dormant in the fall. Plants may be slow to bloom after being disturbed. Produces purple berries after flowering.

**COMMON NAME: Jack-in-the-pulpit**

**NATIVE**



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**SCIENTIFIC NAME:**

***Arisaema triphyllum***

**FAMILY:** Acanthaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 60 cm (2')

**SPREAD:** 30 - 45 cm (12-18")

**BLOOM COLOUR:** green

**BLOOM TIME:** spring

**SUN:** shade, part shade

**WATER:** moist

**TOLERATES:** black walnut, heavy shade, wet soil, deer

**ATTRACTS:** fungus gnats for pollination

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 2 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in late fall.

**OTHER:**

Excellent, low maintenance woodland garden plant. Leafy wintercover should be left in place. Produces a cluster of bright red berries eaten by birds and mammals. Plants are either male or female. They usually start as male, but over the years switch to female as they grow in size.



**COMMON NAME: Meadow Arnica**

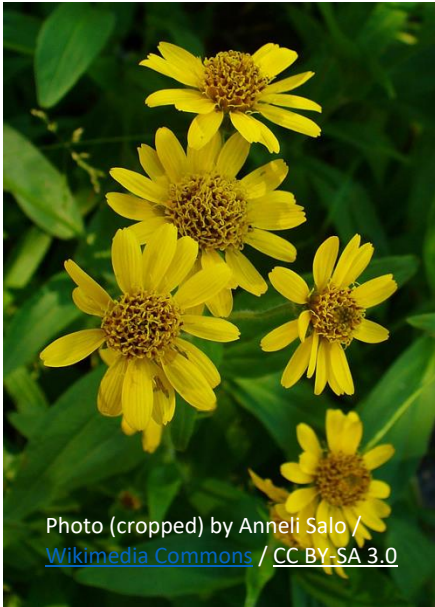


Photo (cropped) by Anneli Salo /  
[Wikimedia Commons](#) / CC BY-SA 3.0

**SCIENTIFIC NAME:**

***Arnica chamissonis***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 30 - 75 cm (1 - 2.5 ft.)

**SPREAD:** 30 - 75 cm (1 - 2.5 ft.)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer

**SUN:** sun to part shade

**WATER:** average to moist well-drained

**TOLERATES:** deer

**ATTRACTS:** bees, bumble bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

A great rock garden plant that spreads through offshoots over time. This member of the daisy family is also suitable for a butterfly garden. Poisonous.

**COMMON NAME:** Swamp Milkweed

**Native**



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**SCIENTIFIC NAME:**

***Asclepias incarnata***

**FAMILY:** Apocynaceae (dogbane family)

**TYPE:** Herbaceous Perennial

**ZONE:** 3 to 6

**HEIGHT:** 60 to 150 cm (2 - 5 ft)

**SPREAD:** 60 to 120cm (2 - 4 ft)

**BLOOM COLOUR:** Generally light pink to light purple

**BLOOM TIME:** June to October

**SUN:** Sun to Part shade

**WATER:** High water requirement

**TOLERATES:** Rich, Moist to wet clay soil

**ATTRACTS:** Butterflies and Hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots\* with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Light is required for germination, do not cover seeds with soil. (\*Seedling resents transplanting due to long root. Start in a deep pot.)

**OTHER:**

Unlike common milkweed the central stem may branch. Stems and leaves release a milky white sap when broken.

**COMMON NAME:** Common Milkweed

**Native**



**SCIENTIFIC NAME:**

*Asclepias syriaca*

**FAMILY:** Apocynaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 60 - 90cm (24 - 36")

**SPREAD:** 20 - 30cm (9 - 12")

**BLOOM COLOUR:** pink, mauve, white

**BLOOM TIME:** mid-summer

**SUN:** full sun

**WATER:** dry to medium, well drained

**TOLERATES:** deer, drought, erosion, dry soil

**ATTRACTS:** Butterflies particularly Monarch butterflies, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 30 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring, but germination may take longer.

**OTHER:** Monarchs lay their eggs on this plant and the leaves are a food source for Monarch butterfly larvae. Flowers are very fragrant. Prominent seed pods, 5-10cm (2-4"), release silky tailed seeds. The floss is collected for use in pillows and comforters.

**COMMON NAME:** Butterfly Milkweed

**Native**



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**SCIENTIFIC NAME:**

***Asclepias tuberosa***

**FAMILY:** Apocynaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 30cm – 76cm (1 – 2.5 ft)

**SPREAD:** 30cm – 46cm (1 – 1.5 ft)

**BLOOM COLOUR:** Yellow to Orange

**BLOOM TIME:** summer

**SUN:** Full sun

**WATER:** Dry to Medium

**TOLERATES:** Deer, Drought, Dry Soil, Shallow-Rocky soil

**ATTRACTS:** Butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots \*with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. (\*Resents transplanting due to long tap root, so start in a deep pot.)

**OTHER:**

Flower nectar is a food source for butterflies and the leaves are a food source for monarch butterfly larvae

**COMMON NAME:** Canadian Milkvetch

**Native**



Photo (cropped) by Matt Lavin/ [Wikimedia Commons](#) / CC BY-SA 2.0

**SCIENTIFIC NAME:**

***Astragalus canadensis***

**FAMILY:** Fabaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 30 - 120 cm (1 - 3 ft)

**SPREAD:** 45 - 60 cm (1.5 - 2 ft)

**BLOOM COLOUR:** creamy white

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** moderate

**TOLERATES:** drought, wet soil

**ATTRACTS:** hummingbirds, butterflies, long-tongued bees

**GROWING FROM SEED:** Nick the seed and soak in water for 24 hours. Start indoors by sowing in pots with moist seed starting mix. Use a deep pot since it produces a long root. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

**OTHER:** This plant has a long taproot, so resents being transplanted. Provides good erosion control and adds nitrogen to the soil. Some toxicity. Multi-stemmed, producing whorls of many tubular shaped flowers. No noticeable floral scent. Has a tendency to sprawl. Foliage is palatable to herbivores.

**COMMON NAME: Hairy Wood Mint**

**Native**



**SCIENTIFIC NAME:**

***Blephilia hirsuta***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** up to 90 cm (3 ft)

**SPREAD:** 22 – 45 cm (.75 – 1.5 ft)

**BLOOM COLOUR:** white - purple

**BLOOM TIME:** early summer to early fall

**SUN:** sun, partial shade

**WATER:** medium-wet to medium

**TOLERATES:** deer resistant

**ATTRACTS:** bees, butterflies, flies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Susceptible to powdery mildew. Leaves are fragrant when crushed but are often nibbled on by insects, and plants can become rather tattered and unkempt by late summer.

**COMMON NAME: Tall Bellflower**

**Native**



**SCIENTIFIC NAME:**

***Campanula americana***

**FAMILY:** Campanulaceae

**TYPE:** biennial

**ZONE:** 4 - 8

**HEIGHT:** 90 – 180 cm (3 – 6 ft)

**SPREAD:** 30 – 60 cm (1 – 2 ft)

**BLOOM COLOUR:** blue

**BLOOM TIME:** summer

**SUN:** part to full shade

**WATER:** medium

**TOLERATES:** full sun only in cooler climates

**ATTRACTS:** hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 30 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in spring but germination may take longer and plants will not flower until the second year.

**OTHER:** Grows best in damp shady garden areas. First-year plants are tight rosettes of heart-shaped leaves that shoot up the following spring to form tall stems. If planted in the fall it will grow as an annual.

**COMMON NAME: Globe Knapweed**



**SCIENTIFIC NAME:**

***Centaurea macrocephala***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 90-120 cm (36-48")

**SPREAD:** 45-90 cm (18-36")

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** dry to moist but well drained

**TOLERATES:** drought and dry soil

**ATTRACTS:** birds, bees and butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Thistle like 3-4" wide single flowers on stiff erect stems with large hairy lance shaped leaves. Vigorously self-sows by seed and is considered invasive in many areas. Roots are woody when mature. Useful as a cut dried flower.



**COMMON NAME: Giant Scabious**



**SCIENTIFIC NAME:**

***Cephalaria gigantea***

**FAMILY:** Caprifoliaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 7

**HEIGHT:** 1.5 - 2.5 m (4-6 feet)

**SPREAD:** 0.5 – 1 m (1.5-3 feet)

**BLOOM COLOUR:** light yellow

**BLOOM TIME:** summer

**SUN:** Full sun to part shade

**WATER:** medium to moist

**TOLERATES:** moist soil, rabbit resistant

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden

**OTHER:**

By pinching back in May the plant can be made more compact and bushier.

**COMMON NAME: Turtlehead**

**Native**



Photo (cropped) by: Joshua  
Mayer/[flickr.com/CC by -SA 2.0](https://www.flickr.com/photos/joshuamayer/)

**SCIENTIFIC NAME:**

***Chelone glabra***

**FAMILY:** Plantaginaceae

**TYPE:** herbaceous perennial

**ZONE:** 3 to 7

**HEIGHT:** 90-120 cm (36-48")

**SPREAD:** 60-90cm (24-36")

**BLOOM COLOUR:** white to cream

**BLOOM TIME:** late summer to fall

**SUN:** full to part sun

**WATER:** medium to consistently moist

**TOLERATES:** erosion and wet soil

**ATTRACTS:** hummingbirds, butterflies and bees

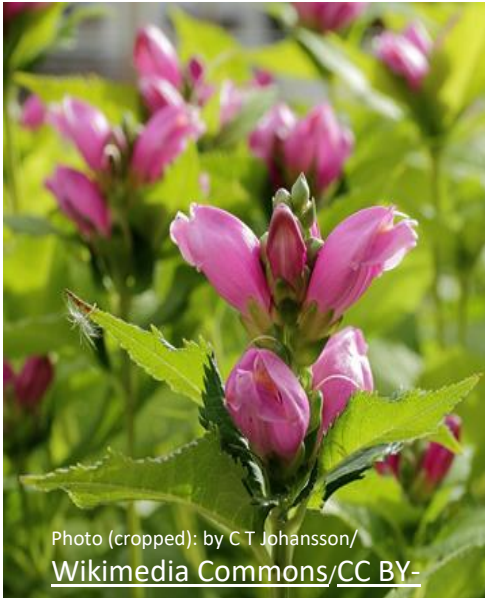
**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 90 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Larval host plant for the Baltimore Checkerspot butterfly. Showy white to cream flowers on lush, bushy erect stems. Pinching back stems in spring will reduce stem height and flopping over.

**COMMON NAME: Rose Turtlehead**



**SCIENTIFIC NAME:**

***Chelone obliqua***

**FAMILY:** Plantaginaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 60-90 cm (24-36")

**SPREAD:** 30-60 cm (12-24")

**BLOOM COLOUR:** pink

**BLOOM TIME:** mid-summer to fall

**SUN:** full sun to part shade

**WATER:** consistently moist to occasionally wet

**TOLERATES:** deer, clay soil, erosion

**ATTRACTS:** butterflies and hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Pink showy flowers that resemble a turtle head emerging from its shell. Tall erect bushy stems covered in rich green long-lasting foliage. Good for rain or bog gardens or near streams or ponds.

**COMMON NAME: Solitary Clematis**



**SCIENTIFIC NAME:**

***Clematis integrifolia***

**FAMILY:** Ranunculaceae

**TYPE:** Herbaceous Perennial

**ZONE:** 3 - 9

**HEIGHT:** 60 - 90cm (2 - 3 ft)

**SPREAD:** 60 – 75cm (2 - 2.5 ft)

**BLOOM COLOUR:** Blue

**BLOOM TIME:** Early to late summer

**SUN:** Full sun to part shade

**WATER:** Medium

**TOLERATES:** Deer, black walnut

**ATTRACTS:** bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Stratify by using alternating cycles of 20°C for 3 weeks, then in fridge (4°C) for 3 weeks and repeating. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:**

This is a bush type clematis. May require staking. Pinch growing tips occasionally to encourage bushiness.

**COMMON NAME: Manchurian Clematis**



**SCIENTIFIC NAME:**

***Clematis mandshurica***

**FAMILY:** Ranunculaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 1 – 2m (3 – 6ft)

**SPREAD:** 60 – 90cm (2 – 3ft)

**BLOOM COLOUR:** White

**BLOOM TIME:** Mid-summer, prolonged

**SUN:** Full, shade roots

**WATER:** Medium in well-drained soil

**TOLERATES:** Drought, deer

**ATTRACTS:** Birds, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Stratify by using alternating cycles of 20°C for 3 weeks, then in fridge (4°C) for 3 weeks and repeating. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:**

Very fragrant, anise seed scent. Train the plant up a support. Prune 20 cm above soil level in early spring.

**COMMON NAME:** **Virgin's Bower**

**Native**



Photo(cropped) by R.A. Nonenmacher/  
[Wikimedia Commons / CC BY-SA 4.0](#)

**SCIENTIFIC NAME:**

***Clematis virginiana***

**FAMILY:** Ranunculaceae

**TYPE:** vine

**ZONE:** 4 - 9

**HEIGHT:** 3.6 - 20 m (12 - 20 ft)

**SPREAD:** 1 - 2 m (3 - 6 ft)

**BLOOM COLOUR:** white

**BLOOM TIME:** late summer to fall

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** deer, black walnuts

**ATTRACTS:** bees, butterflies, wasps, flies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Plant out after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:** Prune back hard in after blooming or early spring since it blooms on new growth. Needs support to climb. Can be pruned during growing season. Blooms are fragrant.

**COMMON NAME: Dangshen Bellflower**



**SCIENTIFIC NAME:**

***Codonopsis pilosula***

**FAMILY:** Campanulaceae

**TYPE:** Herbaceous perennial climber

**ZONE:** 6 - 9

**HEIGHT:** 2.4 - 3.0 m (7.9 - 9.8 ft)

**SPREAD:** 0.3 - 0.6 m (1 - 2 ft)

**BLOOM COLOUR:** greenish yellow

**BLOOM TIME:** Spring, summer

**SUN:** Full sun to part shade

**WATER:** Moderate

**TOLERATES:** Deer resistant

**ATTRACTS:** Bees and other pollinators

**GROWING FROM SEED:** Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:** A vine that requires support for twining and climbing. Tap roots can be carrot-like and up to 30 cm long. The herb root is used medicinally by some, leading to a common name of “poor man’s Ginseng”. Prolific producer of bell-shaped flowers which form decorative seed heads. Leaves are heart shaped.

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**COMMON NAME: Large-flowered Tickseed**



Photo by Andrey Korzun / [Wikimedia Commons](#) / CC BY-SA 3.0

**SCIENTIFIC NAME:**

***Coreopsis grandiflora***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 8

**HEIGHT:** 30-40cm (12 - 18")

**SPREAD:** 60-90cm (24- 36")

**BLOOM COLOUR:** yellow

**BLOOM TIME:** late spring to late summer

**SUN:** full sun to partial shade

**WATER:** medium

**TOLERATES:** drought, rabbits, deer

**ATTRACTS:** bees, butterflies, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Deadhead to encourage further blooming. Self-seeds freely and also spreads by rhizomes. Makes a nice cut flower.



**COMMON NAME: Lance-leaved Tickseed**



**SCIENTIFIC NAME:**

***Coreopsis lanceolata***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 5 – 9

**HEIGHT:** 30 – 60 cm. (12 – 24 inches)

**SPREAD:** 30 – 45 cm (12 – 18 inches)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** spring to mid-summer

**SUN:** full sun

**WATER:** medium

**TOLERATES:** deer, drought, poor soil

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Good plant for poor, dry soil. Will do well in a pollinator garden. Flowers are long lasting for a cut flower arrangement. Dead head to encourage more flowers and prevent self-seeding. A near native plant.

**COMMON NAME: Tall Tickseed**

**Native**



**SCIENTIFIC NAME:**

***Coreopsis tripteris***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 90 - 240 cm (36-96")

**SPREAD:** 60 - 240cm (24-96")

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer to early fall

**SUN:** full sun

**WATER:** medium to dry

**TOLERATES:** clay or dry soil, deer, heat, drought

**ATTRACTS:** songbirds and butterflies

**GROWING FROM SEED:** Start indoors by sowing in pots with moist seed starting mix. Cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months, then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Alternately, try winter sowing. Go to <https://www.rbg.ca/winter-sowing-part-one/> for instructions. Can be direct sown in the garden in the fall for spring germination.

**OTHER:**

Long blooming yellow daisy like flowers. Suitable for back of the border, meadow, butterfly or pollinator gardens or areas requiring prairie type naturalization. Good cut flower. Self-seeds freely.

**COMMON NAME:** Showy Tick Trefoil

**Native**



**SCIENTIFIC NAME:**

***Desmodium canadense***

**FAMILY:** Fabaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 8

**HEIGHT:** 90 - 150 cm (3 - 5 ft)

**SPREAD:** 60 - 90 cm (2 - 3 ft)

**BLOOM COLOUR:** Pink, purple

**BLOOM TIME:** Early summer to early autumn

**SUN:** Full to part sun

**WATER:** Low to medium

**TOLERATES:** Clay soil, drought

**ATTRACTS:** Bees, butterflies, hummingbirds, deer, rabbits

**GROWING FROM SEED:** Rub the seeds between pieces of sandpaper of nick the end with a knife. Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** It is a member of the legume family, it improves soil quality by adding nitrogen. Seeds are enjoyed by a variety of birds and wildlife.

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**COMMON NAME: Gas Plant**



**SCIENTIFIC NAME:**

*Dictamnus albus*

**FAMILY:** Rataceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 9

**HEIGHT:** 60 - 120 cm (2' - 3')

**SPREAD:** 45 - 90 cm (1.5' - 2.5')

**BLOOM COLOUR:** white

**BLOOM TIME:** late spring

**SUN:** full sun

**WATER:** evenly moist (average)

**TOLERATES:** deer, drought

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

The name Gas Plant refers to the fragrant, flammable oils produced during flowering and while producing seeds.

**COMMON NAME: Yellow Foxglove**



Photo by HQ (cropped) / Flickr / (CC BY-SA 2.0)

**SCIENTIFIC NAME:**

***Digitalis grandiflora***

**FAMILY:** Plantaginaceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 9

**HEIGHT:** 60 - 90 cm (2' - 3')

**SPREAD:** 30 - 45 cm (1' - 1.5')

**BLOOM COLOUR:** yellow

**BLOOM TIME:** late spring

**SUN:** full sun or part shade

**WATER:** evenly moist (average)

**TOLERATES:** deer, rabbits

**ATTRACTS:** butterflies, hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Clump forming spikes of tubular creamy yellow flowers. Makes a good cut flower when blooms are half opened.

**COMMON NAME:** Common Foxglove



**SCIENTIFIC NAME:**

***Digitalis purpurea***

**FAMILY:** Plantaginaceae

**TYPE:** herbaceous biennial

**ZONE:** 5 - 9

**HEIGHT:** 60 - 150 cm (2 - 5 ft)

**SPREAD:** 30 - 75 cm (1 - 2.5 ft)

**BLOOM COLOUR:** mixed shades of pink

**BLOOM TIME:** late spring to early summer

**SUN:** full sun to part shade

**WATER:** medium/do not dry out

**TOLERATES:** rabbits and deer

**ATTRACTS:** hummingbirds, pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Able to flower in the first year. May become scraggly but allow plants to self-seed before cutting back in order to produce a yearly crop of blooms.

**COMMON NAME: Tall Cinquefoil**

**Native**



Photo(cropped):Matt Lavin / Flickr /  
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**SCIENTIFIC NAME:**

***Drymocallis arguta***

**FAMILY:** Rosaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 30 - 90 cm (1 - 3 ft)

**SPREAD:** 30 - 60 cm (1 - 2 ft)

**BLOOM COLOUR:** cream

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** low

**TOLERATES:** drought

**ATTRACTS:** small bees, flies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover with a dusting of the mix since the seeds require light for germination. Cold stratify in fridge (4°C) for 10 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Will spread with short rhizomes from its long taproot but not aggressively. The strawberry-like flowers form in tight clusters atop a long stem.

**COMMON NAME: Narrow Leaved Coneflower**



Photo by ACHS (cropped) / [flickr](#) / [CC BY-NC-ND](#)

**SCIENTIFIC NAME:**

*Echinacea angustifolia*

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 9

**HEIGHT:** 30 - 60 cm (1' - 2')

**SPREAD:** 25 - 45 cm (10 - 18")

**BLOOM COLOUR:** pink/purple

**BLOOM TIME:** summer to early fall

**SUN:** full sun

**WATER:** dry to medium, well drained

**TOLERATES:** drought, heat, humidity

**ATTRACTS:** butterflies, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Self-seeds if some seed heads are left in place. Plants will rebloom without deadheading.



## COMMON NAME: Pale Purple Coneflower



**SCIENTIFIC NAME:**

***Echinacea pallida***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 3-9

**HEIGHT:** 60-90cm (24-36")

**SPREAD:** 40-60cm (18-24")

**BLOOM COLOUR:** pale purple to pink

**BLOOM TIME:** early to mid summer

**SUN:** full sun

**WATER:** medium

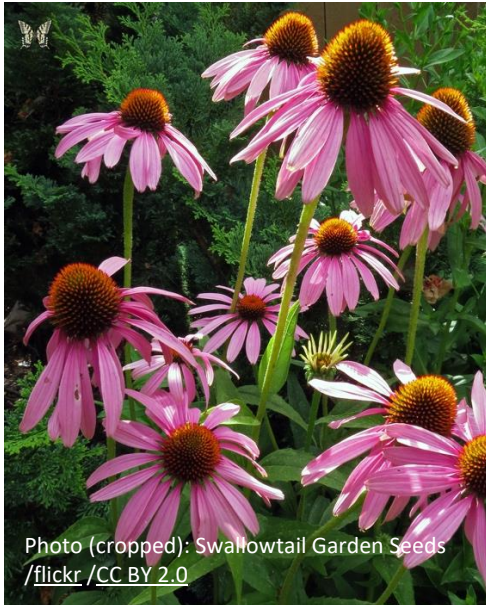
**TOLERATES:** partial to full shade, drought

**ATTRACTS:** butterflies, bird, hummingbirds

**GROWING FROM SEED:** Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

**OTHER:** Makes great cut flowers. Roots are used for herbal medicines.

**COMMON NAME: Eastern Purple Coneflower**



**SCIENTIFIC NAME:**

***Echinacea purpurea***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 60-120 cm (2 - 4 ft)

**SPREAD:** 45-60 cm (1.5 - 2 ft)

**BLOOM COLOUR:** Mauve/purple to rose/pink

**BLOOM TIME:** Mid-summer to fall

**SUN:** Full to partial shade

**WATER:** Dry to medium

**TOLERATES:** Drought, deer, clay/dry soils

**ATTRACTS:** Butterflies, winter birds to seed heads

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Seed heads should be left in garden to provide a food source for goldfinches. Classed as a near native, since occurs naturally in adjacent geographical areas.

**COMMON NAME: Common Eastern Fleabane**

**Native**



Photo (cropped) by: [Jana Pexels](#) /no copyright

**SCIENTIFIC NAME:**

***Erigeron strigosus***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 8

**HEIGHT:** 30 - 90 cm (12 – 36")

**SPREAD:** 30 – 45 cm (12 – 24")

**BLOOM COLOUR:** white

**BLOOM TIME:** summer

**SUN:** full sun to partial shade

**WATER:** medium

**TOLERATES:** drought

**ATTRACTS:** numerous species of bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Light is needed for germination; do not cover seeds - just apply a light dusting of soil. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May be directly sown in the garden after last frost but cover with burlap or cotton.

**OTHER:**

Petal rays are white or may be tinged pink or blue, surrounding a yellow disc. Can produce over 200 flower heads over the bloom season. Short lived but well suited to prairie gardens.

**COMMON NAME: Amethyst Sea Holly**



Photo (cropped): Irene Grassi /  
Wikimedia Commons / CC BY-SA 2.0

**SCIENTIFIC NAME:**

*Eryngium amethystinum*

**FAMILY:** Apiaceae

**TYPE:** Perennial

**ZONE:** 3 - 9

**HEIGHT:** 40 - 50 cm (16 - 20")

**SPREAD:** 30 - 45 cm (12 - 18")

**BLOOM COLOUR:** blue flower with up-curving silvery bracts

**BLOOM TIME:** mid to late summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** salt, drought, deer, rabbits

**ATTRACTS:** birds, bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:**

May have to be staked if grown in shade or rich soil. Deadheading promotes further blooms.

**COMMON NAME: Rattlesnake Master**



**SCIENTIFIC NAME:**

*Eryngium yuccifolium*

**FAMILY:** Apiaceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 - 8

**HEIGHT:** 120 - 150 cm (4 - 5 ft)

**SPREAD:** 45 - 60 cm (1.5 - 2 ft)

**BLOOM COLOUR:** Greenish white/thistle like

**BLOOM TIME** mid-summer to early fall

**SUN:** Full SUN

**WATER:** Dry to medium

**TOLERATES:** Drought, erosion, clay/rocky soil, deer

**ATTRACTS:** Wasps, bees, butterflies, flies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 2 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:**

Large basal leaves, arranged similar to yucca plant. Flowers at top of long stiff, smooth stem.

**COMMON NAME: Siberian Wallflower**



Photo by Nova Agnieszka Kwiecien/Wikimedia/CC BY-SA 4.0

**SCIENTIFIC NAME:**

*Erysimum x cheiri*

**FAMILY:** Brassicaceae

**TYPE:** biennial

**ZONE:** 7 - 9

**HEIGHT:** 15 – 60 cm (0.5 – 2 ft)

**SPREAD:** 15 – 45 cm (0.5 – 1.5 ft)

**BLOOM COLOUR:** yellow to orange

**BLOOM TIME:** spring

**SUN:** full to part shade

**WATER:** dry to medium

**TOLERATES:** all types of soil conditions except wet

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds but cover with burlap for protection.

**OTHER:** Typically grows as a biennial, may flower the first year if planted early enough. Will remain in the garden if allowed to self-seed. Suitable for rock gardens, pathways, stone walls.

**COMMON NAME: Common Boneset**

**Native**



**SCIENTIFIC NAME:**

***Eupatorium perfoliatum***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 120 cm - 180 cm (4 - 6 ft.)

**SPREAD:** 90 cm - 120 cm (3 - 4 ft.)

**BLOOM COLOUR:** white

**BLOOM TIME:** summer to fall

**SUN:** sun to part shade

**WATER:** moist, wet

**TOLERATES:** deer, clay soil, wet soil

**ATTRACTS:** butterflies, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

*Eupatorium perfoliatum* is a specific butterfly food and habitat plant. It provides nectar for butterflies in the adult life cycle stage.

**COMMON NAME:** Large-leaved Aster

**Native**

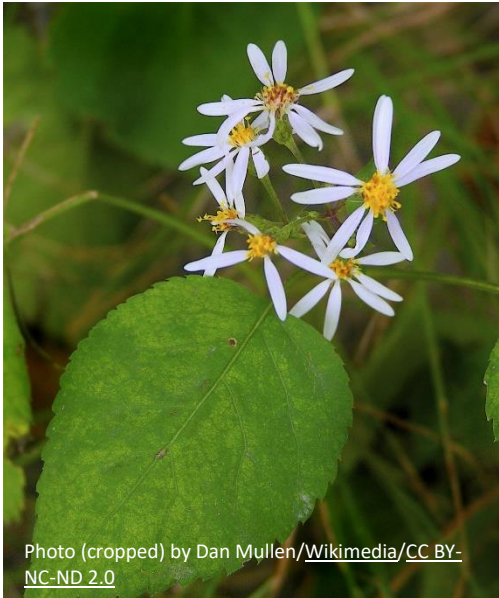


Photo (cropped) by Dan Mullen/Wikimedia/CC BY-NC-ND 2.0

**SCIENTIFIC NAME:**

*Eurybia macrophylla*

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 8

**HEIGHT:** 30 – 120 cm (1 – 4 ft)

**SPREAD:** 90 cm (3 ft)

**BLOOM COLOUR:** white, purple

**BLOOM TIME:** summer to fall

**SUN:** part to full shade

**WATER:** medium

**TOLERATES:** shade and drier soil types

**ATTRACTS:** Butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Large leaves are often showier than the flowers. They are often grown as a ground cover. Flower stems can grow to up to 120 cm but usually shorter. Host plant for the caterpillar of the Pearl Crescent butterfly.



**COMMON NAME:** Spotted Joe Pye Weed

**Native**



Photo(cropped) by Pandries / [Wikimedia Commons](#) / CC BY-SA 4.0

**SCIENTIFIC NAME:**

*Eutrochium maculatum*

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 3 - 8

**HEIGHT:** 1.2m – 2.4m (4' to 8')

**SPREAD:** 1.2m – 1.5m (4' to 5')

**BLOOM COLOUR:** Pink, purple

**BLOOM TIME:** late summer to early fall

**SUN:** Full Sun to part shade

**WATER:** Moist, wet

**TOLERATES:** Clay soil, deer, rabbits

**ATTRACTS:** Butterflies, hummingbirds and pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Used in borders, cottage gardens, wild and rain gardens. Also great as cut flowers. The corolla of each floret is tubular, making them popular with hummingbirds.

**COMMON NAME: Sweet Joe Pye Weed**

**Native**



**SCIENTIFIC NAME:**

***Eutrochium purpureum***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 9

**HEIGHT:** 150 - 210 cm (5' - 7')

**SPREAD:** 60 - 120 cm (2 - 4')

**BLOOM COLOUR:** mauve pink

**BLOOM TIME:** mid to late summer

**SUN:** full or partial sun

**WATER:** medium

**TOLERATES:** deer, clay, wet soil

**ATTRACTS:** butterflies, songbirds, pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** When this sweet-scented Joe Pye Weed is planted in groups it can provide spectacular flowering.

**COMMON NAME: Roman Shields**



Photo (cropped) by ariel-shamir / iNaturalist / CC BY-NC 4.0

**SCIENTIFIC NAME:**

***Fibigia clypeata***

**FAMILY:** Brassicaceae

**TYPE:** herbaceous biennial

**ZONE:** 6 - 9

**HEIGHT:** 40 cm (16")

**SPREAD:** 30 cm (12")

**BLOOM COLOUR:** yellow

**BLOOM TIME:** late spring

**SUN:** full sun, no shade

**WATER:** regular

**TOLERATES:** drought

**ATTRACTS:** bees, hoverflies

**GROWING FROM SEED:**

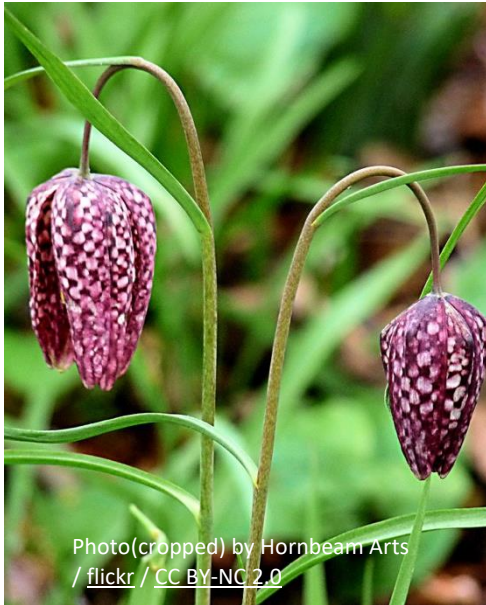
Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Ornamental oval, silver-dollar seed pods. Winter interest provided by silvery, felted stems. Young leaves can be used as a cress in salads. Self-seeds readily.

**COMMON NAME: Checkered Lily**



**SCIENTIFIC NAME:**

***Fritillaria meleagris***

**FAMILY:** Liliaceae

**TYPE:** bulb

**ZONE:** 5 - 9

**HEIGHT:** 35 - 40 cm (14 - 16")

**SPREAD:** 5 - 10 cm (2 - 4")

**BLOOM COLOUR:** purple

**BLOOM TIME:** mid to late spring

**SUN:** full sun to part sun

**WATER:** average

**TOLERATES:** deer, rodents, black walnut

**ATTRACTS:** bees

**GROWING FROM SEED:**

Start indoors if temperature is kept at approximately 10°C. Sow in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 10°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Otherwise direct sow in the garden after last frost and soil is still cool in early spring.

**<https://www.pacificbulbsociety.org/pbswiki/index.php/FritillariaGermination>**

**OTHER:**

Germination rate is low and time is lengthy. Will not flower until third year. It is a very ornamental plant, suitable for containers, borders, woodland gardens.

**COMMON NAME:** Bottle Gentian

**Native**



**SCIENTIFIC NAME:**

***Gentiana andrewsii***

**FAMILY:** Gentianaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 8

**HEIGHT:** 30 - 60 cm (12 - 24 in)

**SPREAD:** 30 - 45 cm (12 - 18 in)

**BLOOM COLOUR:** rich blue colour

**BLOOM TIME:** late summer to early fall

**SUN:** part shade

**WATER:** medium

**TOLERATES:** deer, clay

**ATTRACTS:** bees, bumblebees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. Cold stratify in fridge (4°C) for 6 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:**

Flowers stay closed, but stronger bees can force entry to pollinate. It is a native plant in S. Ontario.

**COMMON NAME: Clusius's Gentian**



**SCIENTIFIC NAME:**

***Gentiana clusii subs rockelii***

**FAMILY:** Gentianaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 10 - 15 cm (4 - 6")

**SPREAD:** 22 - 30 cm (8 - 12")

**BLOOM COLOUR:** deep blue

**BLOOM TIME:** late spring

**SUN:** full sun to part shade

**WATER:** average or moist

**TOLERATES:** rabbits

**ATTRACTS:** bees, hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 2 months and then place at 20°C for 2 months. Repeat another 2-month cold period in the fridge. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:** Performs best in a rock garden where the roots can stay cool and moist. Best flowering typically occurs in full sun.

**COMMON NAME: Big Rooted Geranium**



Photo (cropped) by: Agnieszka Kwiecień / Wikimedia Commons / CC BY-SA 4.0

**SCIENTIFIC NAME:**

***Geranium macrorrhizum***

**FAMILY:** Geraniaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 8

**HEIGHT:** 20 – 30 cm (8 - 12 “)

**SPREAD:** 30 – 60 cm ( 12 – 24”)

**BLOOM COLOUR:** Magenta pink

**BLOOM TIME:** late spring to early summer

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** full shade, erosion, deer, rabbit, drought

**ATTRACTS:** butterflies, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Showy flowers. Citronella scented leaves turn red tones in fall. Interesting seed heads. Adaptable groundcover for shrubs, roses or border fronts. Spreads primarily by rhizomes. May re-bloom if flowers are cut back after blooming.

**COMMON NAME: Prairie Smoke**

**Native**



Photo by Kurt Stueber/Wikimedia/CC BY

-SA 3.0

**SCIENTIFIC NAME:**

***Geum triflorum***

**FAMILY:** Rosaceae

**TYPE:** Herbaceous perennial (native)

**ZONE:** 3-7

**HEIGHT:** 15cm-45cm,(6"-18")

**SPREAD:** 15cm-30cm,(6"-12")

**BLOOM COLOUR:** Pink/reddish

**BLOOM TIME:** Spring

**SUN:** Full sun or part shade

**WATER:** Average

**TOLERATES:** Dry soils, deer resistant

**ATTRACTS:** Bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** After the flower show in the spring, the seed head puts on a show of feathery mauve seed heads that look like smoke. It will self seed if allowed. Leaves turn red in the fall.



**COMMON NAME: Heart-leaved Globe Daisy**



**SCIENTIFIC NAME:**

***Globularia cordifolia***

**FAMILY:** Plantaginaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 15 cm (6")

**SPREAD:** 25 cm (10")

**BLOOM COLOUR:** lilac

**BLOOM TIME:** late spring to early summer

**SUN:** full sun

**WATER:** low moisture

**TOLERATES:** drought

**ATTRACTS:**

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:** Leaves are evergreen, forming a low, spreading mound. Grows well in rock gardens, trough or scree. No pruning needed.

**COMMON NAME: Creeping Globe Daisy**



**SCIENTIFIC NAME:**

***Globularia repens***

**FAMILY:** Plantaginaceae

**TYPE:** herbaceous perennial evergreen

**ZONE:** 6 - 8

**HEIGHT:** 3 - 5 cm (1 - 2")

**SPREAD:** 20 – 25 cm (10"-12")

**BLOOM COLOUR:** Lavender, blue in summer

**BLOOM TIME:** Late summer

**SUN:** Full sun, part sun

**WATER:** Low to average

**TOLERATES:** Heat, dry soil

**ATTRACTS:** Bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant out after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

**OTHER:**

An alpine plant that spreads nicely to form a cushion. Can be grown in rock gardens and in a scree.

**COMMON NAME:** Woodland Sunflower

**Native**



**SCIENTIFIC NAME:**

*Helianthus divaricatus*

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 1.5 m (5 ft)

**SPREAD:** 30 - 90 cm (1 - 3 ft)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer

**SUN:** part shade to full sun

**WATER:** low

**TOLERATES:** deer

**ATTRACTS:** bees, butterflies, song birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 30 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Attractive in masses, but may spread too vigorously by rhizomes for small gardens. Divide every 2-3 years to control growth. Cut flowers last well.

**COMMON NAME: False Sunflower**

**Native**



**SCIENTIFIC NAME:**

***Heliopsis helianthoides***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 90 - 180 cm (3 - 6 ft)

**SPREAD:** 60 - 120 cm (2 - 4 ft)

**BLOOM COLOUR:** yellow with brown central disk

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, rocky soils, deer

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Stems are branched. Height can be reduced by cutting back by 1/3 in late May. Deadheading will extend bloom season. Sometimes called false sunflower due to similar appearance to some *Helianthus* species.

**COMMON NAME: Swamp Rose Mallow**

**Native**



Photo with permission of Anka Kassar

**SCIENTIFIC NAME:**

***Hibiscus moscheutos***

**FAMILY:** Malvaceae

**TYPE:** Herbaceous perennial

**ZONE:** 6 to 9

**HEIGHT:** 90 cm - 210 cm (3 - 7 ft.)

**SPREAD:** 60 cm - 120 cm (2 - 4 ft.)

**BLOOM COLOUR:** white to pink

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** medium to wet

**TOLERATES:** wet soil

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Gently rub the seed between pieces of sandpaper and then pour hot water over the seeds and let cool and soak for 24 hours. Cover the seeds to their own depth with mix or fine grit. A plastic cover will help retain moisture until germination occurs. Keep temperature at 20C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

**OTHER:**

Shoots are slow to emerge in the spring, but grows rapidly. Blooms are short lived, but so numerous that there is continuous flowering. Regular fertilizing helps.

**COMMON NAME: Hyssop**



**SCIENTIFIC NAME:**

***Hyssopus officinalis***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 45 - 60 cm (1.5 - 2 ft)

**SPREAD:** 30 - 90 cm (1 - 3 ft)

**BLOOM COLOUR:** purple-blue

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** drought, rocky soil, deer

**ATTRACTS:** butterflies, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Seeds require darkness. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Shrub like growth with stem being woody at the base. Flowers are fragrant. Keep dried leaves and flowers up to 18 months in an airtight container to make a tea that is used as a cough and cold remedy.

**COMMON NAME: Red Standing Cypress**



**SCIENTIFIC NAME:**

***Ipomopsis rubra***

**FAMILY:** Polemoniaceae

**TYPE:** herbaceous biennial

**ZONE:** 6 - 9

**HEIGHT:** 60 - 150 cm (2 - 5 ft)

**SPREAD:** 45 - 60 cm (1.5 - 2 ft)

**BLOOM COLOUR:** red with yellow spots inside

**BLOOM TIME:** late spring to early summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** light shade, drought when established

**ATTRACTS:** hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Self-seeds readily to produce flowers every year even though it is a biennial.

**COMMON NAME: Vesper Iris**



Peganum/Wikimedia Commons/ CC BY-SA 2.0

**SCIENTIFIC NAME:**

***Iris dichotoma***

**FAMILY:** Iridaceae

**TYPE:** Herbaceous perennial (rhizome)

**ZONE:** 6-7

**HEIGHT:** 90-120 cm, (36-48")

**SPREAD:** 45-60 cm, (18-24")

**BLOOM COLOUR:** Mauve/purple, lavender, pale pink, white

**BLOOM TIME:** Summer to fall

**SUN:** Full sun

**WATER:** Normal

**TOLERATES:** Neutral or acid soils

**ATTRACTS:** Hummingbirds, insects, bees

**GROWING FROM SEED:**

Soak the seeds in water for 1 - 2 days until the seeds swell. Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

**OTHER:**

A very showy late season iris. The bloom opens late afternoon around 4:00, pm it lasts until dark than closes and drops off. The common name, Vespers, is named for prayers said at 4:00.



**COMMON NAME:** Northern Blue Flag

**Native**



**SCIENTIFIC NAME:**

*Iris versicolor*

**FAMILY:** Iridaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 60 – 75 cm (2 – 2.5')

**SPREAD:** 60 – 75 cm (2 – 2.5')

**BLOOM COLOUR:** violet blue

**BLOOM TIME:** late spring to late summer

**SUN:** full sun to part shade

**WATER:** medium to wet

**TOLERATES:** deer, wet soil

**ATTRACTS:** hummingbirds, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant out after frost is past.

Seeds may be direct sown in the fall for germination the following spring.

**OTHER:**

Has creeping rhizomes, forming large clumps. Can grow in shallow standing water and moist shoreline soils. Trim back leaves to 1 inch (2.5 cm) after fall frost.

**COMMON NAME: Crimson Scabious**



**SCIENTIFIC NAME:**

*Knautia macedonica*

**FAMILY:** Caprifoliaceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 to 9

**HEIGHT:** 60 – 90 cm (1 - 2 ft)

**SPREAD:** 45 – 60 cm (1.5 - 2 ft)

**BLOOM COLOUR:** Crimson red

**BLOOM TIME:** Early to Late Summer

**SUN:** Full sun

**WATER:** Medium

**TOLERATES:** deer resistant & drought tolerant

**ATTRACTS:** butterflies, bees, birds for the seeds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

Dead to encourage additional blooming. May self-seed. Sometimes leggy, so can be underplanted with lower growing plants.

**COMMON NAME: Round-headed Bush-clover**

**Native**



**SCIENTIFIC NAME:**

***Lespedeza capitata***

**FAMILY:** Fabaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 60 - 120 cm (2 - 4 ft)

**SPREAD:** 30 - 60 cm (1 - 2 ft)

**BLOOM COLOUR:** greenish white

**BLOOM TIME:** late summer

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** drought, poor soil

**ATTRACTS:** bees, caterpillars of moths, birds for seeds

**GROWING FROM SEED:**

Scarify seeds by rubbing between pieces of sandpaper and then start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

**OTHER:** Stems stay erect over winter, supporting a persistent brown seed head. No floral scent. Like other members of this family it fixes nitrogen in the soil. Forms a long tap root.

**COMMON NAME:** Slender Blazing Star

**Native**



**SCIENTIFIC NAME:**

*Liatris cylindracea*

**FAMILY:** Asteraceae

**TYPE:** perennial

**ZONE:** 4 - 7

**HEIGHT:** 30 – 60 cm (1 - 2 ft)

**SPREAD:** 15 cm (0.5 ft)

**BLOOM COLOUR:** purple

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** dry

**TOLERATES:** drought

**ATTRACTS:** butterflies, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Also called Cylindrical or Dwarf Blazing Star. It is shortest of the various *Liatris* species. Suitable to grow as a border plant or among slow growing perennials. Flowers at the top of the stems open first.

## COMMON NAME: Meadow Blazing Star



**SCIENTIFIC NAME:**

***Liatris ligulistylis***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 90 – 150 cm (3 – 5 ft)

**SPREAD:** 15 – 60 cm (0.50 – 2 ft)

**BLOOM COLOUR:** Rose-purple

**BLOOM TIME:** Late summer

**SUN:** Full sun

**WATER:** Dry to medium

**TOLERATES:** Drought, dry soil, shallow-rocky soil

**ATTRACTS:** Monarch butterflies, bumble bees, hummingbirds

### **GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in early spring, but germination may take longer.

### **OTHER:**

Peak bloom occurs when Monarchs are feeding for migration and so attracts crowds of them. This plant blooms late when other flowers are declining.

**COMMON NAME:** Prairie Blazing Star



**SCIENTIFIC NAME:**

*Liatris pycnostachya*

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 3-8

**HEIGHT:** 60-190 cm (2-5ft)

**SPREAD:** 30 -60 cm (1-2 ft)

**BLOOM COLOUR:** rose-purple

**BLOOM TIME:** mid-late summer

**SUN:** full sun

**WATER:** medium to dry well drained

**TOLERATES:** drought, clay soil, moisture if well drained

**ATTRACTS:** bees, hummingbirds, butterflies, birds(seeds)

**GROWING FROM SEED:**

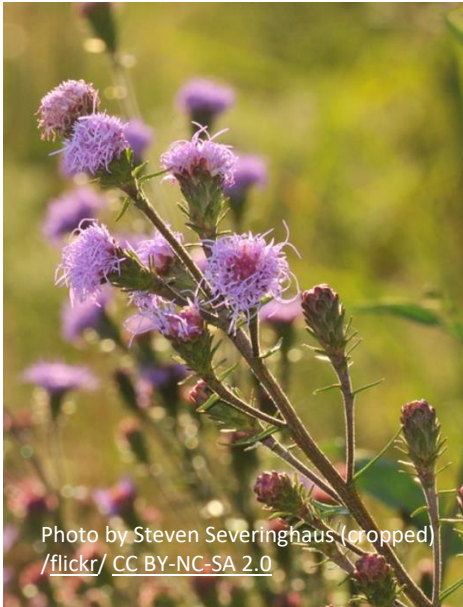
Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Fluffy blooms open top to bottom on tall spikes, tallest in comparison to other Liatris species.

**COMMON NAME: Nieuwlands Blazing Star**



**SCIENTIFIC NAME:**

***Liatris scariosa var nieuwlandii***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 120 - 150 cm (4 - 5')

**SPREAD:** 30 - 60 cm (1 - 2')

**BLOOM COLOUR:** purple/pink

**BLOOM TIME:** late summer to fall

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, shallow-rocky soil

**ATTRACTS:** birds, hummingbirds, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Flowers bloom from the top down. It may have to be staked due to weight of the blooms. When blooms are done, the seeds make a nutritious feed for finches.

**COMMON NAME:** Dense Blazing star

**Native**



Photo (cropped): Hedwig Storch /  
Wikimedia Commons / CC BY-SA 3.0

**SCIENTIFIC NAME:**

*Liatris spicata*

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 60 cm – 120 cm (2' to 4')

**SPREAD:** 22 cm – 45 cm (0.75 to 1.5')

**BLOOM COLOUR:** Red-purple

**BLOOM TIME:** Summer

**SUN:** Full sun

**WATER:** Medium

**TOLERATES:** Drought, clay soil

**ATTRACTS:** Butterflies, bees, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Clump forming. Flowerheads are fluffy spikes blooming top to bottom. Do not tolerate wet soil in winter.



**COMMON NAME:** Cardinal flower

**Native**



Photo: Glenn Marsch / flickr /  
CC BY-NC-ND 2.0

**SCIENTIFIC NAME:**

*Lobelia cardinalis*

**FAMILY:** Campanulaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 60 cm - 120 cm, ( 2 - 4 ft)

**SPREAD:** 30 cm - 60 cm, ( 1 - 2 ft)

**BLOOM COLOUR:** Red

**BLOOM TIME:** Summer to fall

**SUN:** Full to part shade

**WATER:** Medium to moist

**TOLERATES:** Rabbit, deer, wet soil

**ATTRACTS:** Butterflies, humming birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Plant out after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

Native to southeast Canada. Prefers moist locations. Pinch back for bushier plants.

**COMMON NAME: Great Blue Lobelia**

**Native**



**SCIENTIFIC NAME:**

***Lobelia siphilitica***

**FAMILY:** Campanulaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 30 - 120 cm (1 - 4 ft)

**SPREAD:** 30 - 45 cm (1 - 1.5 ft)

**BLOOM COLOUR:** blue

**BLOOM TIME:** late summer

**SUN:** part shade to full sun

**WATER:** medium to moist

**TOLERATES:** deer, shade, wet soil

**ATTRACTS:** butterflies, hummingbirds, pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. Cold stratify in fridge (4°C) for 2 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

**OTHER:** This is a short-lived perennial but reseeds itself although not to the nuisance level. Pinching back makes the plants bushier. Flowers bloom from bottom to top of the spike, becoming more dense at the top.

**COMMON NAME: Sundial Lupine**

**Native**



Photo by Ashley Wold / iNaturalist / CC BY-NC 4.0

**SCIENTIFIC NAME:**

***Lupinus perennis***

**FAMILY:** Fabaceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 7

**HEIGHT:** 45 - 60 cm (1.5 - 2 ft)

**SPREAD:** 30 - 60 cm (1 - 2 ft)

**BLOOM COLOUR:** blue

**BLOOM TIME:** mid spring - early summer

**SUN:** full to part shade

**WATER:** medium to dry

**TOLERATES:** deer, clay soil

**ATTRACTS:** butterflies, hummingbirds, bees

**GROWING FROM SEED:**

Nick the seed with a knife and then soak in warm water for 24 hours. Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden

**OTHER:** Produces elongated seed pods which can shoot seeds some distance when drying. Remove pods to prevent plants spreading by self-seeding. The palm shaped leaves provide interest. They will move to face the sun, giving the common name of sundial lupine.

**COMMON NAME: Rose Campion - red**



**SCIENTIFIC NAME:**

***Lychnis coronaria***

**FAMILY:** Caryophyllaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 60 cm - 90 cm (2 - 3 ft.)

**SPREAD:** 30 cm - 45 cm (1 - 1.5 ft.)

**BLOOM COLOUR:** rose magenta

**BLOOM TIME:** spring to mid-summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** deer, drought, dry soil

**ATTRACTS:** butterflies, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

Self-seeds regularly. Has silvery felt-like leaves. Seeds may produce white coloured flowers as well.

**COMMON NAME: Rose Campion - white**



Photo (cropped) by Leonora Enking /  
Flickr / CC BY-SA 2.0 DEED

**SCIENTIFIC NAME:**

***Lychnis coronaria***

**FAMILY:** Caryophyllaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 60 cm - 90 cm (2 - 3 ft.)

**SPREAD:** 30 cm - 45 cm (1 - 1.5 ft.)

**BLOOM COLOUR:** white

**BLOOM TIME:** spring to mid-summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** deer, drought, dry soil

**ATTRACTS:** butterflies, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

Self-seeds regularly. Has silvery felt-like leaves. These can revert to the more common red form.

**COMMON NAME:** Virginia Bluebells

**Native**



Photo (cropped) by Katya Schulz/flickr/CC BY 2.0

**SCIENTIFIC NAME:**

***Mertensia virginica***

**FAMILY:** Boraginaceae

**TYPE:** perennial

**ZONE:** 3 - 8

**HEIGHT:** 45 – 60 cm (1.5 – 2 ft)

**SPREAD:** 30 – 45 cm (1 – 1.5 ft)

**BLOOM COLOUR:** pink turning to blue

**BLOOM TIME:** early spring

**SUN:** part to full shade

**WATER:** medium

**TOLERATES:** rabbits and black walnut

**ATTRACTS:** butterflies, bees, hummingbirds

**GROWING FROM SEED:**

These seeds do best with natural fluctuation of temperatures. Sow outdoors in the fall. Seeds should be kept cool and dry until then. Seeds may be sown directly in the ground or a method known as “winter sowing” be used. Go to <https://www.rbg.ca/winter-sowing-part-one/> for instructions.

**OTHER:**

Prefers moist rich soil but will also do well in average well-drained soils. The plants go dormant in summer so plant among other perennials or overplant with annuals that will replace them.

**COMMON NAME:** Scarlet Beebalm

**Native**



**SCIENTIFIC NAME:**

***Monarda didyma***

**FAMILY:** Lamiaceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 60 – 120 cm (24 - 48")

**SPREAD:** 60 – 90 cm (24 - 36")

**BLOOM COLOUR:** red

**BLOOM TIME:** summer

**SUN:** full sun-part shade

**WATER:** medium-wet

**TOLERATES:** deer, rabbits, clay soil, wet soil, Black Walnut

**ATTRACTS:** hummingbirds, butterflies

**GROWING FROM SEED:** Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Blooms are a very striking red. Deadhead to prolong blooming. Leaves are fragrant. Provide good circulation to reduce fungal leaf disease. Spreads by seed and rhizomes.

**COMMON NAME: Wild Bergamot**

**Native**



Photo (cropped). gailhampshire /  
Wikimedia Commons / CC BY 2.0

**SCIENTIFIC NAME:**

***Monarda fistulosa***

**FAMILY:** Lamiaceae

**TYPE:** Herbaceous perennial

**ZONE:** 3 - 7

**HEIGHT:** 60 - 120 cm (2 - 4')

**SPREAD:** 60 - 90 cm (2 - 3')

**BLOOM COLOUR:** pink/lavender

**BLOOM TIME:** summer

**SUN:** Full sun to part shade

**WATER:** Dry to medium

**TOLERATES:** Deer, Drought, poor soil, black walnut

**ATTRACTS:** hummingbirds, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant out after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

Has aromatic minty leaves. Native to most of Canada.



**COMMON NAME: Spotted Beebalm**

**Native**



**SCIENTIFIC NAME:**

***Monarda punctata***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 45 - 60 cm (1.5 - 2')

**SPREAD:** 25 - 60 cm (.75 - 1')

**BLOOM COLOUR:** yellow with purple spots

**BLOOM TIME:** mid to late summer

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** drought, deer, rabbits

**ATTRACTS:** butterflies, honeybees, bumblebees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:** Member of the mint family. Spreads by runners but is not too aggressive. Dried leaves and flowers have a medicinal value.

**COMMON NAME: Common Evening Primrose**

**Native**



**SCIENTIFIC NAME:**

***Oenothera biennis***

**FAMILY:** Onagraceae

**TYPE** herbaceous biennial

**ZONE:** 5 - 8

**HEIGHT:** 60 - 120 cm, (2 - 6 ft)

**SPREAD:** 30 - 60 cm, (1 - 2 ft)

**BLOOM COLOUR:** Yellow

**BLOOM TIME:** Summer

**SUN:** Full sun-part shade

**WATER:** Medium

**TOLERATES:** Drought

**ATTRACTS:** Pollinators, moths, butterflies, bees, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

Remove spent flower stalks to prevent self-seeding. All parts are edible. Blooms open in evening and close by noon.

**COMMON NAME: Stemless Evening Primrose**



**SCIENTIFIC NAME:**

***Oenothera triloba***

**FAMILY:** Onagraceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** under 15cm (6")

**SPREAD:** 30 – 38cm (12 – 15")

**BLOOM COLOUR:** yellow

**BLOOM TIME:** spring

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** dry open areas, deer

**ATTRACTS:** bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant out after a two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost.

**OTHER:** Flowers open hear sunset and close around noon the next day. The leaves are broadly lobed and form a rosette close to the ground.

**COMMON NAME: Smooth Sweet Cicely**

**Native**



Photo (cropped) by Doug McGrady flickr/CC BY 2.0

**SCIENTIFIC NAME:**

***Osmorhiza longistylus***

**FAMILY:** Apiaceae

**TYPE:** perennial

**ZONE:** 5 - 9

**HEIGHT:** 60 – 90 cm (2 – 3 ft)

**SPREAD:** 60 – 90 cm (2 – 3 ft)

**BLOOM COLOUR:** white

**BLOOM TIME:** spring

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** does not tolerate intense disturbance

**ATTRACTS:** bees, butterflies, flies, beetles

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Often confused with the closely related Sweet-cicely. A member of the carrot family, the roots can be used fresh or dried as an herb in place of fennel or anise seed. Leaves are host to the caterpillar of the Black Swallowtail butterfly. Leaves are edible

**COMMON NAME: Moroccan Poppy**



Photo (cropped) by John McCrae 1915/  
Flickr / CC BY-SA 2.0

**SCIENTIFIC NAME:**

***Papaver atlanticum***

**FAMILY:** Papaveraceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 30 – 45 cm (1 – 1.5 ft.)

**SPREAD:** 30 – 60 cm (1 – 2 ft.)

**BLOOM COLOUR:** apricot-orange

**BLOOM TIME:** summer to early fall

**SUN:** full sun, part sun

**WATER:** moist but well drained

**TOLERATES:** deer, drought

**ATTRACTS:** bumble bees, honey bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have

**OTHER:** *Papaver atlanticum* blooms throughout the summer. If you deadhead it, it will produce more flowers and will self-seed in areas with good drainage.

**COMMON NAME: Moroccan Poppy**



Photo (cropped) by John McCrae 1915/  
Flickr / CC BY-SA 2.0

**SCIENTIFIC NAME:** *Papaver atlanticum*

**FAMILY:** Papaveraceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 30 – 45 cm (1 – 1.5 ft.)

**SPREAD:** 30 – 60 cm (1 – 2 ft.)

**BLOOM COLOUR:** apricot-orange

**BLOOM TIME:** summer to early fall

**SUN:** full sun, part sun

**WATER:** moist but well drained

**TOLERATES:** deer, drought

**ATTRACTS:** bumble bees, honey bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** *Papaver atlanticum* blooms throughout the summer. If you deadhead it, it will produce

**COMMON NAME: Oriental Poppy**



**SCIENTIFIC NAME:**

*Papaver orientale*

**FAMILY:** Papaveraceae

**TYPE:** Herbaceous perennial

**ZONE:** 4-9

**HEIGHT:** 30 - 90 cm (1 - 3 ft)

**SPREAD:** 30 - 60 cm (1 - 2 ft)

**BLOOM COLOUR:** Orange, red, or pink

**BLOOM TIME:** Late spring to early summer

**SUN:** Full

**WATER:** Medium

**TOLERATES:** Short periods of drought

**ATTRACTS:** Hummingbirds and pollinating insects

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

All parts of the plant are toxic to humans, dogs, and cats. Most of its life is spent dormant underground contrasted by its ephemeral blossoms. Apply mulch for winter protection

**COMMON NAME: Alpine Poppy**



**SCIENTIFIC NAME:**

***Papaver pygmaeum***

**FAMILY:** Papaveraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 7

**HEIGHT:** 15 - 30 cm (.5 - 1')

**SPREAD:** 15 - 30 cm (.5 - 1')

**BLOOM COLOUR:** orange

**BLOOM TIME:** late spring to summer

**SUN:** full sun

**WATER:** medium

**TOLERATES:** drought, deer

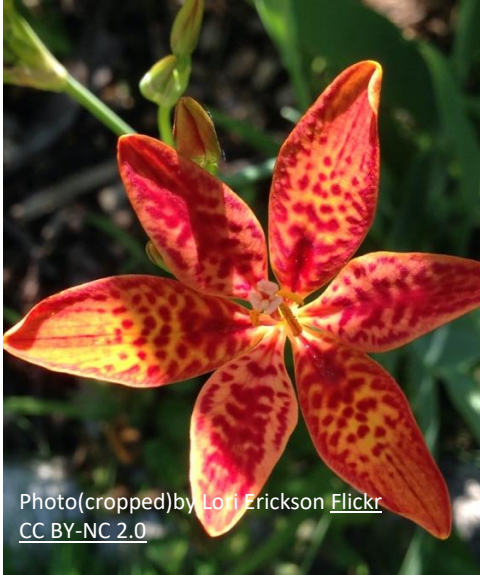
**ATTRACTS:** birds, bees, pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:** Remove faded flowers to encourage rebloom. Well suited to areas with cold winters. May not produce blooms in the first season.

**COMMON NAME:** Candy Lily



**SCIENTIFIC NAME:**

***Pardancanda x norrisii***

**FAMILY:** Iridaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 60 - 90 cm (2-3 ft)

**SPREAD:** 45 cm (18")

**BLOOM COLOUR:** yellow, purple or red with yellow undertones

**BLOOM TIME:** mid-late summer

**SUN:** sun- part shade

**WATER:** moderate well drained to dry

**TOLERATES:** deer, dry shallow soil

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Sometimes seen as *x pardancanda* as a hybrid of 2 genus. The seeds bloom colour will be unknown until the plant blooms, often speckled. Distinct seed heads in late fall. Leaves are iris-like.



**COMMON NAME: Smooth Beardtongue**

**Native**



Photo (cropped) by: Michael Wolf,  
[Wikimedia Commons / CC BY – SA 3.0](#)

**SCIENTIFIC NAME:**

***Penstemon digitalis***

**FAMILY:** Plantaginaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 8

**HEIGHT:** 90 cm (36")

**SPREAD:** 30 – 60 cm (12 – 24")

**BLOOM COLOUR:** white tinged with pink

**BLOOM TIME:** late spring to early summer

**SUN:** full sun to part shade

**WATER:** medium to dry

**TOLERATES:** deer, drought, sand, loam and clay soil

**ATTRACTS:** bees, butterflies and hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 4 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Leaves turn red and burgundy in autumn. Adaptable plant that will tolerate some wet with good drainage. Good for cottage, prairie or meadow type gardens. Good cut flower.

**COMMON NAME: Hairy Beardtongue**

**Native**



Photo by KENPEI /Wikimedia Commons / CC BY-SA 3.0

**SCIENTIFIC NAME:**

***Penstemon hirsutus***

**FAMILY:** Plantaginaceae

**TYPE:** Herbaceous Perennial

**ZONE:** 4 - 9

**HEIGHT:** 30 – 60 cm (1 – 2 ft)

**SPREAD:** 25 – 30 cm (10 – 12 in)

**BLOOM COLOUR:** Lavender, pink

**BLOOM TIME:** Late spring

**SUN:** Full sun to part shade

**WATER:** Dry to medium

**TOLERATES:** Deer, black walnuts

**ATTRACTS:** Butterflies, moths, bees, wasps, beetles, songbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Light is needed for germination; do not cover seeds with soil or apply just a light dusting. If sowing directly in garden, cover with burlap or cotton. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in early spring, but germination may take longer.

**OTHER:**

Native to Ontario. The flowers are trumpet shaped and open sequentially along upright stems. The leaves turn red in the fall.

**COMMON NAME: Jerusalem Sage**



**SCIENTIFIC NAME:**

***Phlomis tuberosa***

**FAMILY:** Lamiaceae

**TYPE:** Herbaceous perennial

**ZONE:** 6-9

**HEIGHT:** 90 – 150cm (3 – 5ft)

**SPREAD:** 60 – 90cm (2 – 3ft)

**BLOOM COLOUR:** Lavender-pink

**BLOOM TIME:** Late spring – mid-summer

**SUN:** Full

**WATER:** Average, well-drained soil

**TOLERATES:** Drought

**ATTRACTS:** Birds, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Lavender-pink flowers on dark burgundy stems. Ornamental seed heads persist fall to winter provide food for birds.

**COMMON NAME: Garden Phlox**



**SCIENTIFIC NAME:**

***Phlox paniculata***

**FAMILY:** Polemoniaceae

**TYPE:** Herbaceous Perennial

**ZONE:** 4 to 7

**HEIGHT:** 60 – 120cm (2' – 4')

**SPREAD:** 60 - 90cm (2' – 3')

**BLOOM COLOUR:** Pink

**BLOOM TIME:** Mid to late summer

**SUN:** Full sun to part shade

**WATER:** Medium

**TOLERATES:** Deer, black walnut, clay soil

**ATTRACTS:** Pollinators

**GROWING FROM SEED:**

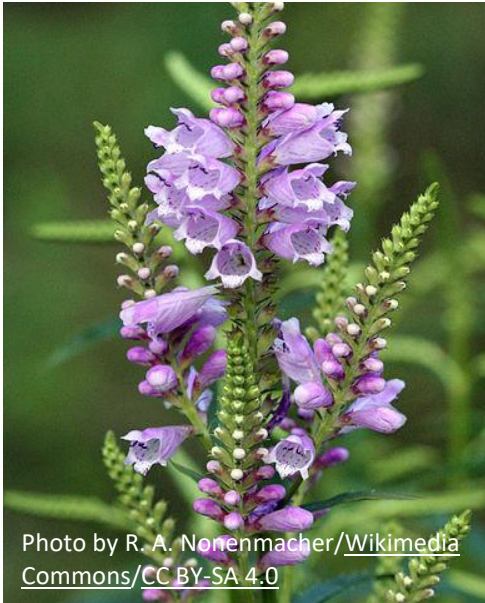
Direct sow in late fall, planting just below the soil surface. For spring planting, mix seeds with moist sand and store in refrigerator for 21 days before planting. Keep soil lightly moist until germination. Phlox seeds may also be started indoors 6-8 weeks before planting in spring. The best temperature for germination is ~18c. Existing plants will self seed.

**OTHER:**

Plant prefers full sun and does better in areas with good air circulation due to mildew sensitivity. Best to avoid overhead watering. Roots like to be kept cool so mulch around plant in the heat of summer.

**COMMON NAME: Obedient Plant**

**Native**



**SCIENTIFIC NAME:**

***Physostegia virginiana***

**FAMILY:** Lamiaceae

**TYPE:** Perennial

**ZONE:** 4 - 9

**HEIGHT:** 90 – 120 cm (3 – 4 ft)

**SPREAD:** 60 – 90 cm (2 – 3 ft)

**BLOOM COLOUR:** pink

**BLOOM TIME:** mid-summer to early fall

**SUN:** Full sun to partial shade

**WATER:** Medium

**TOLERATES:** Deer, rabbit

**ATTRACTS:** Bees, butterflies, hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

**OTHER:** Flowers resemble snapdragons and grow on 10 - 15 cm long terminal spikes. Aggressive spreading, can mitigate this by using less fertilizer. Native to our area.

**COMMON NAME: Balloon Flower**



**SCIENTIFIC NAME:**

***Platycodon grandiflorus***

**FAMILY:** Campanulaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 30 – 75cm (12 – 30’')

**SPREAD:** 30 – 45cm (12 - 18’')

**BLOOM COLOUR:** purple-blue

**BLOOM TIME:** mid-summer

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** deer, disease

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant out after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

**OTHER:** Buds are large and balloon-like opening into large upward facing blooms. Dead head for fall reblooming. Cutting back in late spring will prevent height leading to flopping, or stake if left at full height. Fragile root system prevents transplanting and division.

**COMMON NAME: Hairy Mountain Mint**

**Native**



**SCIENTIFIC NAME:**

***Pycnanthemum pilosum***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 30 – 90 cm (1-3 feet)

**SPREAD:** 30 – 90 cm (1-3 feet)

**BLOOM COLOUR:** white (tinge of purple)

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** moderate

**TOLERATES:** drought, deer, rabbit

**ATTRACTS:** butterflies, bees & many other pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Flowers best in full sun. Clumping roots do spread so keep in check. Very aromatic when bruised. Native plant.

**COMMON NAME:** Virginia Mountain Mint

**Native**



Photo (cropped): Salicyna /  
Wikimedia Commons / CC BY-SA 4.0

**SCIENTIFIC NAME:**

*Pycnanthemum virginianum*

**FAMILY:** Lamiaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 60 – 90 cm (2-3 feet)

**SPREAD:** 30 – 45 cm (1–1.5 feet)

**BLOOM COLOUR:** white

**BLOOM TIME:** mid-summer to fall

**SUN:** full to part sun

**WATER:** medium

**TOLERATES:** deer, leaf-chewing insects

**ATTRACTS:** bees, wasps, butterflies, birds

**GROWING FROM SEED:**

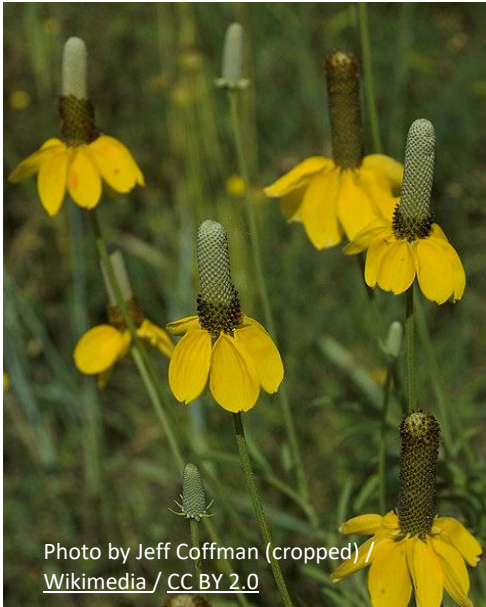
Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

Attractive light green foliage, multi-branched. Densely flowered.



**COMMON NAME: Upright Prairie Coneflower**



**SCIENTIFIC NAME:**

***Ratibida columnifera***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 30 - 90 cm (1 - 3')

**SPREAD:** 30 - 45 cm (1 - 1.5')

**BLOOM COLOUR:** yellow

**BLOOM TIME:** late spring to summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, dry soil

**ATTRACTS:** butterflies, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** The strong scent of their foliage repels deer, however, leaves can be used to make tea.

**COMMON NAME:** Gray-headed Coneflower

**Native**



**SCIENTIFIC NAME:**

***Ratibida pinnata***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 3 to 9

**HEIGHT:** 90 - 150 cm (3 – 5 feet)

**SPREAD:** 45 – 60 cm (1.5 – 2 feet)

**BLOOM COLOUR:** yellow, elongated gray central disk

**BLOOM TIME:** mid to late summer

**SUN:** full sun

**WATER:** medium

**TOLERATES:** drought, seasonal flooding, clay soil, poor soil

**ATTRACTS:** native bees, butterflies, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 30 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Best to grow in masses since the plants are narrow and sparsely leafed.

**COMMON NAME:** Black-eyed Susan

**Native**



Photo (cropped) - Pandries /  
Wikimedia Commons / CC BY-SA 4.0

**SCIENTIFIC NAME:**

***Rudbeckia hirta***

**FAMILY:** Asteraceae

**TYPE:** herbaceous biennial

**ZONE:** 4 to 9

**HEIGHT:** 60 - 90 cm (2 - 3 ft)

**SPREAD:** 25 - 30 cm (10 - 12 ")

**BLOOM COLOUR:** yellow + brown cone

**BLOOM TIME:** summer to fall

**SUN:** full sun to partial shade

**WATER:** dry to medium wet

**TOLERATES:** deer, drought, clay

**ATTRACTS:** bees, birds, butterflies, moths

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 30 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** In the first year a rosette of leaves is formed. It does not complete life cycle and bloom until second year, but natural re-seeding will bring yearly blooming. Stems are strong and branch. Plants are mostly pest and disease free.

**COMMON NAME: Cutleaf Coneflower**

**Native**



**SCIENTIFIC NAME:**

***Rudbeckia laciniata***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 90 - 270 cm (3 - 9')

**SPREAD:** 45 - 90 cm (1.5 - 3')

**BLOOM COLOUR:** yellow with green centre

**BLOOM TIME:** late summer to fall

**SUN:** Full sun to part shade

**WATER:** medium

**TOLERATES:** deer, wet soil, hot and humid weather

**ATTRACTS:** birds, native bees, honey bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Also called green-headed coneflower, this species is native to Ontario. Prefers flood plains, stream banks and moist forests. Spreads via underground stems; appropriate for large sites.

**COMMON NAME: Giant Coneflower**



**SCIENTIFIC NAME:**

***Rudbeckia maxima***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 to 9

**HEIGHT:** 1.5-2 m (5 to 7 ft)

**SPREAD:** 1-1.25 m (3 to 4 ft)

**BLOOM COLOUR:** Yellow rays with dark brown centre cone

**BLOOM TIME:** Summer

**SUN:** Full sun

**WATER:** Average, well-drained soil

**TOLERATES:** deer-resistant and drought tolerant

**ATTRACTS:** butterflies, bees, songbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:**

A tall plant useful at the back of borders. Good for cut flowers. Has blue-green waxy leaves. Leave in place after flowering for the goldfinches.

**COMMON NAME: Shiny Coneflower**



**SCIENTIFIC NAME:**

***Rudbeckia nitida***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 8

**HEIGHT:** 120 – 210 cm (48 - 84")

**SPREAD:** 60 – 90 cm (24 - 36")

**BLOOM COLOUR:** yellow

**BLOOM TIME:** late summer to fall

**SUN:** full sun

**WATER:** medium to dry

**TOLERATES:** deer, rabbit and occasional drought

**ATTRACTS:** butterflies and bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Large, long-lasting blooms produce drooping petals that surround a green cone. Good cut flower. Tall plant for back of border, cottage or meadow type gardens. May require staking in rich soil.

**COMMON NAME: Prairie Petunia**

**NATIVE**



**SCIENTIFIC NAME:**

***Ruellia humilis***

**FAMILY:** Acanthaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 20 - 45 cm (8 - 18")

**SPREAD:** 45 - 60 cm (1.5 - 2')

**BLOOM COLOUR:** lavender/lilac-blue

**BLOOM TIME:** late spring to fall

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** drought, dry soil, deer, rabbits

**ATTRACTS:** butterflies, hummingbirds, pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 2 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:** Blooms in heat of summer if given extra water. Self-seeds readily. Plants host caterpillars of Buckeye Butterflies.

**COMMON NAME:** Common Sage



**SCIENTIFIC NAME:**

***Salvia officinalis***

**FAMILY:** Lamiaceae

**TYPE:** perennial evergreen shrub

**ZONE:** 5 - 9

**HEIGHT:** 60 - 75 cm (2 – 2.5 ft)

**SPREAD:** 60 –75 cm (2 – 2.5 ft)

**BLOOM COLOUR:** blue

**BLOOM TIME:** Early summer

**SUN:** full sun

**WATER:** dry to average

**TOLERATES:** deer, drought, dry soil

**ATTRACTS:** bees and butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Either press seeds lightly into the surface or cover with a dusting of the mix since the seeds require light for germination. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light. Harden off and plant out after two sets of true leaves have grown and frost is past. Can be direct sown in the garden after last frost. Do not bury the seeds, but cover with burlap for protection.

**OTHER:**

The leaves are wrinkled, gray-green in colour and strongly aromatic.



**COMMON NAME: Common Figwort**

**Native**



**SCIENTIFIC NAME:**

***Scrophularia marilandica***

**FAMILY:** Scrophulariaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 8

**HEIGHT:** 60 – 300 cm (24 – 120 “)

**SPREAD:** 60 – 120 cm (24 – 48 “)

**BLOOM COLOUR:** red/burgundy interior with green exterior

**BLOOM TIME:** summer to early fall

**SUN:** part sun

**WATER:** medium to moist but well drained

**TOLERATES:** full sun, deer, rabbits, sandy loam soil

**ATTRACTS:** bees, butterflies and hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Tubular flowers are subtle but full of nectar that creates a pollinating frenzy throughout the season including beneficial predatory wasps. Leaves turn burgundy in fall. Popular with beekeepers.

**COMMON NAME: Baikal Skullcap**



**SCIENTIFIC NAME:**

***Scutellaria baicalensis***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 30 - 90 cm (1 - 3')

**SPREAD:** 45 - 60 cm (1.5 - 2')

**BLOOM COLOUR:** blue/purple

**BLOOM TIME:** late summer

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** drought, dry soil

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Baikal Skullcap is a prized Chinese herb with the root used to treat many medical conditions. Known as Huang-qin. It is grown by many because it is an attractive and prolific bloomer. It does not transplant easily. Dried leaves can be used as a tea substitute.

**COMMON NAME: Downy Skullcap**



**SCIENTIFIC NAME:**

***Scutellaria incana***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 to 8

**HEIGHT:** 60 – 90 cm (24 – 36")

**SPREAD:** 30 – 60 cm (12 – 24")

**BLOOM COLOUR:** lavender to blue

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** deer, rabbits, heat, drought, shade, poor soil

**ATTRACTS:** bees, butterflies and wasps

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Spikes of showy tubular flowers. Attractive plant well suited to wildflower, cottage and meadow gardens. Can form small colonies via underground rhizomes. Carpenter bees may nest in their stems. Has interesting seed pods.

**COMMON NAME: Mad-dog Skullcap**

**Native**



Photo ( cropped) by Fritzflohrreynolds  
Wikimedia Commons/CC BY-SA 3.0

**SCIENTIFIC NAME:**

***Scutellaria laterifolia***

**FAMILY:** Lamiaceae

**TYPE:** Perennial Herbaceous

**ZONE:** 3 - 9

**HEIGHT:** 60 - 90 cm (24" - 36")

**SPREAD:** 45 - 75 cm ( 18" - 30")

**BLOOM COLOUR:** Blue

**BLOOM TIME:** Summer to fall

**SUN:** Full sun to part shade

**WATER:** average to wet

**TOLERATES:** Rabbit, deer and wet soil

**ATTRACTS:** Pollinators

**GROWING FROM SEED:**

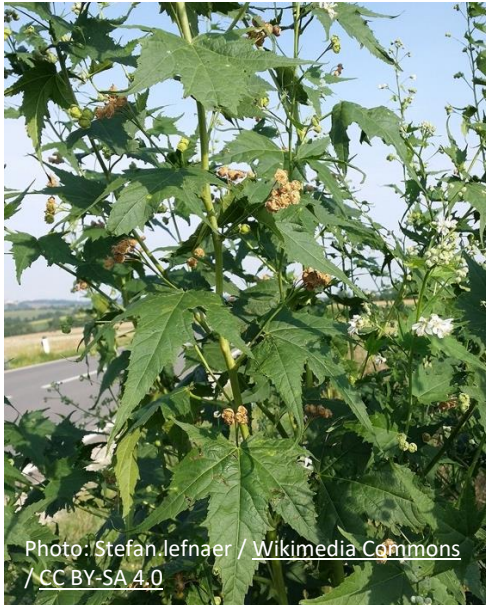
Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Suggested use is for naturalization. It spreads easily but not aggressive as some mints are. It is known for its traditional use in herbal teas and as an incense.

**COMMON NAME:** Virginia Mallow

**Native**



**SCIENTIFIC NAME:**

*Sida hermaphrodita*

**FAMILY:** Malvaceae

**TYPE:** herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 1 - 4m (3 - 13ft)

**SPREAD:** 90 - 120 cm (3 - 4 ft)

**BLOOM COLOUR:** White cream

**BLOOM TIME:** Late summer through to frost

**SUN:** Full sun to partial shade

**WATER:** Average

**TOLERATES:** Cold, clay, sand, loam

**ATTRACTS:** Bees, butterflies, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

A native plant but endangered in Ontario. It is found naturally on sandy or rocky river shores. Its decline is due to habitat destruction. It is being grown in Poland for feeding livestock.

**COMMON NAME: Cup Plant**



**SCIENTIFIC NAME:**

***Silphium perfoliatum***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 120 – 240cm (4 - 8 ft)

**SPREAD:** 30 - 90 cm (1 - 3 ft))

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer to fall

**SUN:** full sun

**WATER:** medium to wet

**TOLERATES:** clay soil, wet soil, some drought once established

**ATTRACTS:** birds, butterflies, bees, hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant out after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in the fall.

**OTHER:**

Leaves clasp around stem forming a small basin that collects water, attracting birds and others for a drink. Native to eastern Canada including Ontario.

**COMMON NAME: Prairie Dock**

**Native**



**SCIENTIFIC NAME:**

***Silphium terebinthinaceum***

**FAMILY:** Asteraceae

**TYPE:** perennial

**ZONE:** 4 - 9

**HEIGHT:** 100 – 300 cm (3 – 10 ft)

**SPREAD:** 60 – 90 cm (2 – 3 ft)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer to early fall

**SUN:** full sun

**WATER:** medium wet

**TOLERATES:** drought, poor soils

**ATTRACTS:** birds, bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Can grow extremely tall. The leaves and stems are fed on by the larvae and adults of many beetle species. Injured plant parts will exude copious resin, so often called Prairie rosinweed.

**COMMON NAME:** Zigzag Goldenrod

**Native**



**SCIENTIFIC NAME:**

***Solidago flexicaulis***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 3 - 9

**HEIGHT:** 30 – 90 cm, ( 12” – 36”)

**SPREAD:** 30 – 90 cm, ( 12” - 36”)

**BLOOM COLOUR:** Yellow

**BLOOM TIME:** Summer to fall

**SUN:** part shade to full sun

**WATER:** Average

**TOLERATES:** Deer, heavy shade, clay soil

**ATTRACTS:** Butterflies, bees

**GROWING FROM SEED:** Start indoors by sowing in pots with moist seed starting mix. Light is needed for germination do not cover with soil only a light dusting of the mix or a fine grit. Cold stratify in fridge (4°C) for 2 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination. Cover outside seeding with burlap.

**OTHER:** This species is a woodland plant. It does best in dappled shade. It is used for naturalization and depending on growing conditions will spread by rhizomes quite rapidly. Beautiful bright yellow colour. Host to caterpillars of several moth species.



**COMMON NAME: Anise-scented Goldenrod**



**SCIENTIFIC NAME:**

***Solidago odora***

**FAMILY:** Asteraceae

**TYPE:** perennial

**ZONE:** 4 - 9

**HEIGHT:** 60 – 120 cm (2 – 4 ft)

**SPREAD:** 30 – 60 cm (1 – 2 ft)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer to early fall

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** deer, drought, clay soils

**ATTRACTS:** butterflies and birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Native to the United States and Mexico. Leaves give off the scent of licorice when crushed, can be used for a tea. Several species of small flies produce galls on the stems.

**COMMON NAME: Upland White Goldenrod**

**Native**



**SCIENTIFIC NAME:**

***Solidago ptarmicoides***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 30 – 60 cm (12 – 24 inches)

**SPREAD:** 30 – 60 cm (12 – 24 inches)

**BLOOM COLOUR:** white with pale yellow centres

**BLOOM TIME:** late summer, early fall

**SUN:** full sun

**WATER:** medium

**TOLERATES:** drought

**ATTRACTS:** butterflies, bees and wide variety of pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Native plant also known as sneezewort aster. Has aster like white petals and goldenrod like foliage. Goldfinches love to eat this seed. Host plant for caterpillars. Formerly called *Aster ptarmicoides*.

**COMMON NAME: Stiff Goldenrod**

**Native**



Photo (cropped) by Matt Lavin  
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**SCIENTIFIC NAME:**

***Solidago rigida***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 9

**HEIGHT:** 60 – 150 cm ( 24 – 60”)

**SPREAD:** 45 – 80 cm (18 – 32”)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** late summer – early autumn

**SUN:** full sun

**WATER:** medium

**TOLERATES:** clay soil, deer

**ATTRACTS:** butterflies, bees, other pollinators

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** This native wildflower grows in open fields however is rare in Ontario. Blooms are flat topped clusters 5 - 10 cm (2 - 4”) of tiny yellow flowers which attract many insects. The flower clusters are larger than most Goldenrods. Leaves turn red in fall. Deadhead to avoid self-seeding.

**COMMON NAME: Lamb's Ear**



Photo (cropped) by Jean-Pol GRANDMONT  
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**SCIENTIFIC NAME:**

***Stachys byzantina***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 - 8

**HEIGHT:** 22.5 – 45 cm, (9" - 18" )

**SPREAD:** 30 – 45 cm, ( 12" – 18")

**BLOOM COLOUR:** Purplish pink

**BLOOM TIME:** Summer to fall

**SUN:** Full sun

**WATER:** Dry to average

**TOLERATES:** Rabbit, deer, drought, dry soil, black walnut

**ATTRACTS:** Bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Usually grown for thick, soft, velvety grey silver leaves. Spreads by creeping stems that root as they go along. Often used as a groundcover with flowering stems removed. Flowers attract bees.

**COMMON NAME: Dwarf Betony**



Photo (cropped): DieFia /Pixabay /  
Pixabay license

**SCIENTIFIC NAME:**

***Stachys spathulata***

**FAMILY:** Lamiaceae

**TYPE:** herbaceous perennial

**ZONE:** 6 - 8

**HEIGHT:** 15 – 22 cm (6 – 9 inches)

**SPREAD:** 15 – 30 cm (6 – 12 inches)

**BLOOM COLOUR:** rose-purple

**BLOOM TIME:** summer

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** rabbit, deer, drought

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors 8 - 10 weeks before last frost by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Flowers whorled on spikes. Dark green, glossy and crinkly leaves form a dense rosette close to ground.

**COMMON NAME: Heart Leaf Aster**

**NATIVE**



**SCIENTIFIC NAME:**

***Symphyotrichum cordifolium***

**FAMILY:** Asteraceae

**TYPE:** Perennial

**ZONE:** 4-9

**HEIGHT:** 30-100 cm (12-36")

**SPREAD:** 40 cm (16")

**BLOOM COLOUR:** light purple-blue

**BLOOM TIME:** late summer to fall

**SUN:** part shade to part sun

**WATER:** dry to medium

**TOLERATES:** clay soil, sandy soil

**ATTRACTS:** bees, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Can be direct sown in the garden.

**OTHER:** Native to eastern North America. Spreads slowly by rhizome to form a patch.

**COMMON NAME: Smooth Aster**

**Native**



Photo(cropped) by Dan Mullen/  
flickr/CC BY-NC-ND 2.0

**SCIENTIFIC NAME:**

***Symphyotrichum laeve***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 - 8

**HEIGHT:** 60 - 120 cm (24 - 48")

**SPREAD:** 30 - 60 cm (12 - 24")

**BLOOM COLOUR:** lavender blue, yellow centre

**BLOOM TIME:** late summer-fall

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, erosion, dry shallow soil

**ATTRACTS:** Butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Smooth leaves and stems. Grows along roadsides and sunny trails well into November.

**COMMON NAME: Shredded Umbrella Plant**



**SCIENTIFIC NAME:**

***Syneilesis aconitifolia***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** 45cm – 90cm (1.5 – 3ft)

**SPREAD:** 45cm – 60cm (1.5 – 2ft)

**BLOOM COLOUR:** Pinkish white

**BLOOM TIME:** Summer

**SUN:** Part shade – Full shade

**WATER:** Medium

**TOLERATES:** Drought

**ATTRACTS:** bees:

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Grown more for foliage than flowers. Spreads through creeping rhizomes.



**COMMON NAME:** Tall Meadow Rue

**Native**



**SCIENTIFIC NAME:**

*Thalictrum pubescens*

**FAMILY:** Ranunculaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 – 9

**HEIGHT:** 90cm - 2m (3' to 7')

**SPREAD:** 60cm – 90cm (2' to 3')

**BLOOM COLOUR:** White

**BLOOM TIME:** Late spring to mid-summer

**SUN:** Part shade to dappled sun

**WATER:** Medium to wet

**TOLERATES:** Deer, rabbits

**ATTRACTS:** Butterflies, bees, moths

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Native. Flowers have not petals, but rather showy, thread-like stamens.

## COMMON NAME: Dusty Meadow Rue



### SCIENTIFIC NAME:

*Thalictrum speciosissimum*

**FAMILY:** Ranunculaceae

**TYPE:** Herbaceous perennial

**ZONE:** 5-8

**HEIGHT:** 60 - 120 cm, (24-48")

**SPREAD:** 30 - 60 cm, (12 - 24)

**BLOOM COLOUR:** sulphur yellow

**BLOOM TIME:** Summer

**SUN:** part shade to sun

**WATER:** Normal

**TOLERATES:** Drought, deer, rabbits

**ATTRACTS:** Bees

### GROWING FROM SEED:

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Stratify by using alternating cycles of 20°C for 1 month. Move fridge (4°C), then freezer and then room temp. for one week each. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

### OTHER:

The foliage is very showy a silvery/blue colour used in arrangements and decorations.

Also known as *Thalictrum flavum subsp. glaucum*

**COMMON NAME: Blue Vervain**

**NATIVE**



Photo by bananakelp / iNaturalist /  
CC BY-NC 4.0

**SCIENTIFIC NAME:**

***Verbena hastata***

**FAMILY:** Verbenaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 8

**HEIGHT:** 60 – 180cm (2 to 6 ft.)

**SPREAD:** 30 – 90cm (1 to 3 ft.)

**BLOOM COLOUR:** Purple/Blue

**BLOOM TIME:** Late summer

**SUN:** Full sun

**WATER:** Medium to Wet

**TOLERATES:** Wet soil, deer, rabbits

**ATTRACTS:** Pollinators, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Will slowly form colonies by self-seeding and rhizomes. Flowers begin blooming from bottom of spike, with only a few in bloom at a time.

**COMMON NAME: Hoary Vervain**

**Native**



**SCIENTIFIC NAME:**

***Verbena stricta***

**FAMILY:** Verbenaceae

**TYPE:** perennial

**ZONE:** 4 - 8

**HEIGHT:** 60 – 120 cm (2 – 4 ft)

**SPREAD:** 45 – 60 cm (1.5 – 2 ft)

**BLOOM COLOUR:** blue-purple

**BLOOM TIME:** summer to early fall

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, shallow rocky soil, deer resistant

**ATTRACTS:** hummingbirds, butterflies

**GROWING FROM SEED: B21**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Suitable for sunny, well drained locations. Flowers form from bottom to top of the spike. Will self-seed to form clumps. Remove the spent flower spikes to avoid this. Attracts pollinators and is the host plant for the caterpillar of the Common Buckeye butterfly.

**COMMON NAME:** Wingstem

**Native**



**SCIENTIFIC NAME:**

***Verbena alternifolia***

**FAMILY:** Asteraceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 8

**HEIGHT:** 120 – 240 cm (48 – 96")

**SPREAD:** 60 – 90 cm (24 – 36 ")

**BLOOM COLOUR:** bright yellow

**BLOOM TIME:** summer to fall

**SUN:** part shade to full sun

**WATER:** medium to consistently moist but well drained

**TOLERATES:** deer, rabbits, occasional dry or wet soil

**ATTRACTS:** numerous bee species, butterflies and birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Excellent ecological value for numerous bee species. Hosts Silvery Checkerspot and Summer Azure butterflies. Ideal for naturalizing, meadows and wildflower gardens. Can be an aggressive spreader through rhizomes.

**COMMON NAME: N.Y. Ironweed**



**SCIENTIFIC NAME:**

***Vernonia noveboracensis***

**FAMILY:** Asteraceae

**TYPE:** Herbaceous perennial

**ZONE:** 5 - 9

**HEIGHT:** (5 - 8 ft)

**SPREAD:** (3 - 4 ft)

**BLOOM COLOUR:** purple

**BLOOM TIME:** late summer

**SUN:** full sun

**WATER:** medium to wet

**TOLERATES:** deer, wet soil, clay

**ATTRACTS:** butterflies, bees, birds for seed heads

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may also be winter sown in containers outdoors.

**OTHER:** Quite similar to Joe Pye weed. Has terminal clusters of tiny, fluffy composite flowers. For shorter plant prune back in spring to 2 ft.

**COMMON NAME: Culver's Root**

**Native**



Photo(cropped)by Crazytwoknobs  
Wikimedia Commons CC BY 3.0

**SCIENTIFIC NAME:**

***Veronicastrum virginicum***

**FAMILY:** Plantaginaceae

**TYPE:** herbaceous perennial

**ZONE:** 4-8

**HEIGHT:** 90 – 180 cm (3 – 6 ft)

**SPREAD:** 50 – 60 cm (20 – 24")

**BLOOM COLOUR:** white racemes

**BLOOM TIME:** early summer – late summer

**SUN:** full sun

**WATER:** medium - moist

**TOLERATES:** moist soils, light shade

**ATTRACTS:** bees, butterflies

**GROWING FROM SEED:**

Gently rub the seeds between two pieces of sandpaper. Start indoors by sowing in pots with moist seed starting mix. Press seeds lightly into the surface of the mix. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in early spring, but germination may take longer.

**OTHER:** Blooms on slender racemes growing up to 23 cm (9') long. Branching lateral racemes give a candelabra effect.

**COMMON NAME:** Golden Alexander

**Native**



**SCIENTIFIC NAME:**

*Zizia aurea*

**FAMILY:** Apiaceae

**TYPE:** herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 45 – 90 cm (1.5 – 3.0 ft)

**SPREAD:** 45 – 60 cm (1.5 – 2.0 ft)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** late spring to early summer

**SUN:** full sun to part shade

**WATER:** moist

**TOLERATES:** dry soil

**ATTRACTS:** butterflies, insects, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Native. Flat topped clusters of flowers. Leaves turn light purple in the fall. The seed heads provide summer interest.



## Shrubs and Trees (Woodies)

**COMMON NAME:** Blue False Indigo



Photo: Krzysztof Ziarnek / Wikimedia Commons / CC BY-SA 4.0

**SCIENTIFIC NAME:**

*Baptisia australis*

**FAMILY:** Fabaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 to 9

**HEIGHT:** 90– 120 cm (3 – 4ft )

**SPREAD:** 90– 120 cm (3 – 4ft )

**BLOOM COLOUR:** Indigo blue

**BLOOM TIME:** late spring – early summer

**SUN:** Full sun to part shade

**WATER:** Dry to medium

**TOLERATES:** Rabbit, drought, erosion, most soil types

**ATTRACTS:** Butterflies

### **GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Soak first in warm water for 24 hours. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

### **OTHER:**

Ripened seed pods are black and inflated and can be used as ornaments in arrangements.

**COMMON NAME: Carolina Allspice**



**SCIENTIFIC NAME:**

***Calycanthus floridus***

**FAMILY:** Calycanthaceae

**TYPE:** Deciduous shrub

**ZONE:** 4 - 9

**HEIGHT:** 1.80 – 3.0 m ( 6' – 10' )

**SPREAD:** 1.80 – 3.6 m ( 6' – 12' )

**BLOOM COLOUR:** deep maroon

**BLOOM TIME:** Spring to summer

**SUN:** Full sun to part shade

**WATER:** Average

**TOLERATES:** Deer, clay soil, wet soil

**ATTRACTS:** Beetles for pollination, bees, butterflies

**GROWING FROM SEED:**

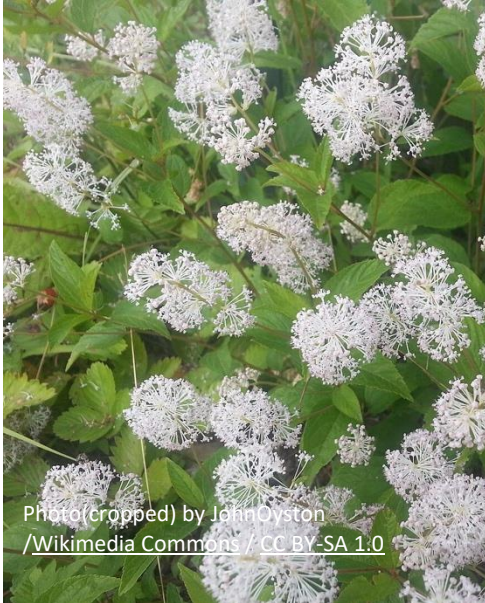
Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Valued for the sweet fragrance when in bloom. Leaves are also aromatic when crushed. Prune after flowering to shape bush. The flowers are showy and good for cut flowers. Beetles are held in unopened flower for several days. Can spread by suckering. Remove 1/3 of larger stalks each spring to encourage a thicker shrub.

**COMMON NAME: New Jersey Tea**

**Native**



**SCIENTIFIC NAME:**

***Ceanothus americanus***

**FAMILY:** Rhamnaceae

**TYPE:** Perennial deciduous shrub

**ZONE:** 5 - 8

**HEIGHT:** 90 – 120 cm (3-4 feet)

**SPREAD:** 90 – 150 cm (3-5 feet)

**BLOOM COLOUR:** white

**BLOOM TIME:** late spring to mid-summer

**SUN:** Full sun to part shade

**WATER:** Dry to medium

**TOLERATES:** Sandy or rocky soil, drought, black walnut

**ATTRACTS:** butterflies, hummingbirds

**GROWING FROM SEED:**

Seeds require scarification and soaking (warm water until seeds swell, usually 24-48 hours, discard floaters). Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 weeks and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Deep root system once established, making it drought-tolerant but difficult to transplant. Young plants need to be protected from deer and rabbits. Often grown as border shrub.

**COMMON NAME: Buttonbush**

**Native**



**SCIENTIFIC NAME:**

***Cephalanthus occidentalis***

**FAMILY:** Rubiaceae

**TYPE:** Deciduous shrub

**ZONE:** 5 - 9

**HEIGHT:** 1.5 – 3.6 m, (5' – 12')

**SPREAD:** 1.2 – 2.4 m, (4' – 8' )

**BLOOM COLOUR:** White

**BLOOM TIME:** Late spring to summer

**SUN:** Full sun to part shade

**WATER:** Average to wet

**TOLERATES:** Erosion, wet soil

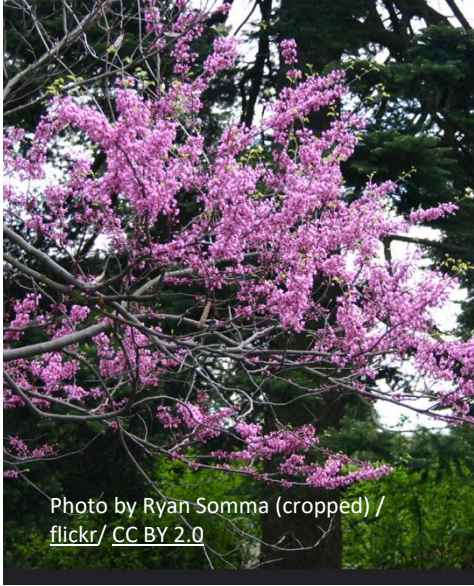
**ATTRACTS:** Hummingbirds, butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Light is needed for germination so cover with a light dusting of the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost cover with burlap.

**OTHER:** It is a good plant to use for naturalization in wet areas, also in a rain garden. The flower is showy and fragrant. The seed heads produced often overwinter in place. The shrub is multi-stemmed with branches that are often crooked and leaning. It provides winter interest in the garden.

**COMMON NAME: Eastern Redbud**



**SCIENTIFIC NAME:**

***Cercis canadensis***

**FAMILY:** Fabaceae

**TYPE:** deciduous tree

**ZONE:** 4 - 9

**HEIGHT:** 6 - 9 m (20 - 30')

**SPREAD:** 7.5 - 10 m (25 - 35')

**BLOOM COLOUR:** pink

**BLOOM TIME:** early spring

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** clay soil, deer, black walnut

**ATTRACTS:** butterflies, hummingbirds

**GROWING FROM SEED:**

Scarify the seeds by nicking the end or by gently rubbing between two pieces of sandpaper. Soak in warm tap water for 24 hours. Then start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

**OTHER:** The flowers, which are high in vitamin C, can be eaten in salads, breads and pancakes. The stunning tiny pink flower clusters cover every branch before leaves emerge. Plant when young and leave undisturbed. Can be grown multi-stemmed as a bush.

**COMMON NAME:** Northern Bush Honeysuckle

**Native**



Photo by Krzysztof Ziarnek (cropped) /  
[Wikimedia / CC BY-SA 4.0](#)

**SCIENTIFIC NAME:**

***Diervilla lonicera***

**FAMILY:** Caprifoliaceae

**TYPE:** deciduous shrub

**ZONE:** 4 - 8

**HEIGHT:** 60 - 90 cm (2 - 3')

**SPREAD:** 60 - 120 cm (2 - 4')

**BLOOM COLOUR:** yellow

**BLOOM TIME:** early summer

**SUN:** full sun to part shade

**WATER:** dry to medium

**TOLERATES:** drought when established

**ATTRACTS:** hummingbirds, butterflies, birds, bees

**GROWING FROM SEED:** Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. If direct sown in the garden, apply just a light dusting of soil and cover with burlap or cotton.

**OTHER:** Prune as needed after flowering. Dark-green leaves change from yellow to red in the fall. This plant is not regarded as invasive. Freely suckers. Plants can be propagated by transplanting suckers. Must be cross pollinated with another plant to set seed.

**COMMON NAME:** Kentucky coffee tree



**SCIENTIFIC NAME:**

***Gymnocladus dioica***

**FAMILY:** Fabaceae

**TYPE:** Deciduous tree

**ZONE:** 4 to 9

**HEIGHT:** 20 – 25 m (60 – 80')

**SPREAD:** 12 – 18m (40 – 55')

**BLOOM COLOUR:** white

**BLOOM TIME:** late spring

**SUN:** Full sun

**WATER:** medium

**TOLERATES:** drought, air pollution, road salt

**ATTRACTS:** bees, butterflies, hummingbirds

**GROWING FROM SEED:**

File the seed coat by hand, then soak in water for 24 hours. Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Seeds require darkness. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** This tree is dioecious, meaning that there are male and female trees. Female flowers are larger and fragrant, and when pollinated grow up to 25cm (10") long red seed pods that turn to black. **Raw seeds are toxic.** Roasted seeds were made into a coffee-like beverage by Indigenous peoples and early American settlers.

**COMMON NAME:** Witch Hazel

**Native**



Photo by unknown / pxhere / CCO 1.0

**SCIENTIFIC NAME:**

*Hamamelis virginiana*

**FAMILY:** Hamamelidaceae

**TYPE:** Deciduous shrub

**ZONE:** 4-8

**HEIGHT:** 5 - 7 m (16 - 22 ft)

**SPREAD:** 2.5 - 3 m (8 - 10 ft)

**BLOOM COLOUR:** Yellow, may have red/orange tinge

**BLOOM TIME:** Late fall into winter

**SUN:** Full sun, part shade

**WATER:** Medium

**TOLERATES:** Deer, erosion, clay soil

**ATTRACTS:** Birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Alternately, try winter sowing. Go to <https://www.rbg.ca/winter-sowing-part-one/> for instructions.

Can be direct sown in the garden in the fall for spring germination.

**OTHER:**

Protect seedlings from rabbits and deer. Remove suckers to prevent spreading. The flowers provide winter interest. Leaves can be used for tea.



**COMMON NAME:** Roselle



**SCIENTIFIC NAME:**

*Hibiscus sabdariffa*

**FAMILY:** Malvaceae

**TYPE:** Shrub

**ZONE:** 8 plus, treated as annual here

**HEIGHT:** 1.5 - 3.0 m (3 - 7 ft)

**SPREAD:** 1 - 2 m (3 - 6 ft)

**BLOOM COLOUR:** Yellow to dusty rose with maroon eye

**BLOOM TIME:** Fall

**SUN:** Sun

**WATER:** Low to moderate

**TOLERATES:** Variety of soils

**ATTRACTS:**

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

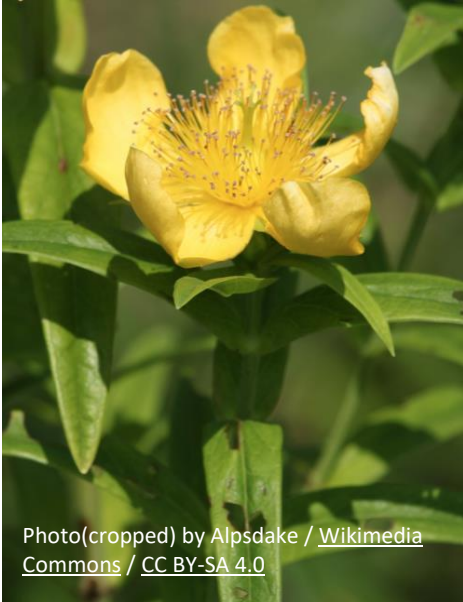
May also be direct sown in the garden after last frost.

**OTHER:**

A tea can be made from the calyx of the flowers. The seeds are high in protein and taste much like cranberries.

**COMMON NAME:** Great St. John's Wort

**Native**



**SCIENTIFIC NAME:**

*Hypericum ascyron*

**FAMILY:** Hypericaceae

**TYPE:** Herbaceous perennial

**ZONE:** 4 – 9

**HEIGHT:** 60 cm – 1.5 m (2' to 5')

**SPREAD:** 30 cm – 1 m (1' to 3')

**BLOOM COLOUR:** Yellow

**BLOOM TIME:** summer

**SUN:** Sun, part shade

**WATER:** Medium to moist

**TOLERATES:** Drought, erosion, clay soil

**ATTRACTS:** Butterflies, native bees, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Apply a light dusting of soil. Stratify by using alternating cycles of 20°C for 3 weeks, then in fridge (4°C) for 3 weeks and repeating until germination occurs. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:**

Often used as a border plant or in woodland margins. Has a larger flower than other St. John's Wort species. It is known for being very attractive to native bees.

**COMMON NAME:** Kalm's St. John's Wort

**Native**



**SCIENTIFIC NAME:**

*Hypericum kalmianum*

**FAMILY:** Hypericaceae

**TYPE:** Shrub

**ZONE:** 5 - 8

**HEIGHT:** 60 - 90 cm (24-36")

**SPREAD:** 60 - 90 cm (24-36")

**BLOOM COLOUR:** Yellow

**BLOOM TIME:** Summer

**SUN:** Full to part shade

**WATER:** Medium

**TOLERATES:** Poor soils, drought, salt, urban pollution

**ATTRACTS:** Birds, butterflies, bees or other pollinators

**GROWING FROM SEED:**

These seeds do best with natural fluctuation of temperatures. Sow outdoors in the fall. Seeds should be kept cool and dry until then. Seeds may be sown directly in the ground or a method known as "winter sowing" be used. Go to <https://www.rbg.ca/winter-sowing-part-one/> for instructions. Otherwise try potting seeds and alternating between room temperature (20°C) and fridge (4°C) for periods of 1 week.

**OTHER:**

Native to Great Lakes region of southern Canada. Often grown as a hedge.

**COMMON NAME:** Spotted St. John's Wort

**Native**



**SCIENTIFIC NAME:**

*Hypericum punctatum*

**FAMILY:** Hypericaceae

**TYPE:** shrub

**ZONE:** 3 - 9

**HEIGHT:** 30 – 90 cm (1 – 3 ft)

**SPREAD:** 30 cm (1 ft)

**BLOOM COLOUR:** yellow

**BLOOM TIME:** summer

**SUN:** part shade

**WATER:** medium

**TOLERATES:** deer resistant

**ATTRACTS:** pollinators, especially bees

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 60 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

Flowers have rows of dark spots and have been used for medicinal herbal teas. Plants spread by seed and rhizomes. Dark glands on the leaves produce a sap that can be a skin irritant. Flowers contain no nectar, but attract insects for the pollen.

**COMMON NAME: Beauty Bush**



**SCIENTIFIC NAME:**

***Kolkwitzia amabilis***

**FAMILY:** Caprifoliaceae

**TYPE:** Deciduous shrub

**ZONE:** 5 - 9

**HEIGHT:** 2 - 3 m (6 - 10 ft.)

**SPREAD:** 2 - 3 m (6 - 10 ft.)

**BLOOM COLOUR:** pink with yellow throat

**BLOOM TIME:** late spring to early summer

**SUN:** full sun

**WATER:** medium

**TOLERATES:** Black Walnut, deer, clay soil, drought

**ATTRACTS:** birds, pollinators, hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Pruning should be done right after the plant has flowered. Striking arching branches with deep green foliage that continues into summer then turns yellow-green in the fall.

**COMMON NAME: Saltmarsh Mallow**



Photo (cropped): peganum / flickr /  
CC BY-SA 2.0

**SCIENTIFIC NAME:**

*Kosteletzkya virginica*

**FAMILY:** Malvaceae

**TYPE:** deciduous perennial subshrub

**ZONE:** 6 – 9

**HEIGHT:** 90 – 120 cm (3 – 4 ft)

**SPREAD:** 60 – 99 cm (2 – 3 ft)

**BLOOM COLOUR:** pink

**BLOOM TIME:** summer

**SUN:** full sun

**WATER:** medium to wet

**TOLERATES:** clay, salt, heat

**ATTRACTS:** butterflies, hummingbirds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:**

Large hibiscus like flowers that open early morning and last for one day. Does well in mucky soil.

**COMMON NAME: Goji Berry**



**SCIENTIFIC NAME:**

***Lycium barbarum***

**FAMILY:** Solanaceae

**TYPE:** herbaceous shrub

**ZONE:** 5 - 8

**HEIGHT:** 1.5 – 1.8 m (5 – 6')

**SPREAD:** 1.50 m (5')

**BLOOM COLOUR:** purple

**BLOOM TIME:** spring to summer

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** most soil types, drought (may affect fruit loss)

**ATTRACTS:** birds

**GROWING FROM SEED:**

Pour hot water over seeds, allow to cool, and soak for 24 hours. Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. May also be direct sown in the garden after last frost.

**OTHER:** Grown for its landscape use and edible red fruit which is said to health benefits. Blooms on new wood. Staking may be beneficial, gather the canes around a 1" stake letting tips cascade down like a fountain. Trim tips back 4 – 6" to encourage branching.

**COMMON NAME:** Northern Bayberry

**Native**



Photo (cropped) by: Famartin /  
Wikimedia Commons / CC BY-SA 4.0

**SCIENTIFIC NAME:**

***Morella pensylvanica***

**FAMILY:** Myricaceae

**TYPE:** shrub

**ZONE:** 4 to 7

**HEIGHT:** 150 – 300 cm (5 – 10')

**SPREAD:** 150 – 300 cm (5 – 10')

**BLOOM COLOUR:** yellowish-green

**BLOOM TIME:** spring

**SUN:** full sun to part shade

**WATER:** medium to dry

**TOLERATES:** drought, erosion, high winds, salt, acidic soil

**ATTRACTS:** birds and butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 90 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:** Versatile beautiful shrub has attractive glossy leaves that are aromatic when crushed. Male and female plants are required to produce berries. White berries appear in late summer and are covered with a fragrant wax. The berries attract numerous species of birds throughout fall and winter and the wax has been used to make candles.



**COMMON NAME: Eastern Hop-hornbeam**



Photo (cropped) by Eric Hunt /  
[Wikimedia Commons](#) / CC BY-SA 3.0

**SCIENTIFIC NAME:**

***Ostrya virginiana***

**FAMILY:** Betulaceae

**TYPE:** deciduous tree

**ZONE:** 4 - 9

**HEIGHT:** 7 - 12 m (25 - 40 ft.)

**SPREAD:** 6 – 9 m (20 - 30 ft.)

**BLOOM COLOUR:** Red-brown (male), light green (female)

**BLOOM TIME:** early spring

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** deer, clay soil, drought

**ATTRACTS:** white-tailed deer, small mammals, birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 3 months and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Seeds may be direct sown in the fall for spring germination.

**OTHER:** These trees have the hardest wood of any species in Canada.

The flowers are catkins (spikes). They are produced at the same time as new leaves in early spring.

**COMMON NAME:** Common Rue



Photo by Joost J. Bakker IJmuiden  
(cropped) / flickr / CC BY 2.0

**SCIENTIFIC NAME:**

***Ruta graveolens***

**FAMILY:** Rutaceae

**TYPE:** evergreen shrub

**ZONE:** 4 - 9

**HEIGHT:** 60 - 90 cm (2 - 3')

**SPREAD:** 60 - 90 cm (2 - 3')

**BLOOM COLOUR:** yellow

**BLOOM TIME:** early summer

**SUN:** full sun

**WATER:** dry to medium

**TOLERATES:** drought, dry soil, deer

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Seeds require darkness to germinate. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C and provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

May also be direct sown in the garden after last frost.

**OTHER:** Host plant to several butterflies. Caution: Plants are mildly toxic and can cause skin irritation. Leaves retained year-round.

**COMMON NAME: Sawtooth Stewartia**



Photo(cropped) Krzysztof Ziarnik /  
Wikimedia Commons / CC BY-SA 4.0

**SCIENTIFIC NAME:**

***Stewartia serrata***

**FAMILY:** Theaceae

**TYPE:** deciduous tree

**ZONE:** 6-8

**HEIGHT:** 8-10 m, (12'-40')

**SPREAD:** 5-6 m, (8'-25')

**BLOOM COLOUR:** White

**BLOOM TIME:** Summer

**SUN:** Full sun to full shade

**WATER:** Medium, well drained

**TOLERATES:** Shade

**ATTRACTS:** bees

**GROWING FROM SEED:**

It requires a warm and cold stratification. Soak seed for at least 24 hours. Plant seed in a seed medium and warm stratify for 4 months. A plastic cover will help to retain moisture until germination occurs. Then cold stratify in fridge (4°C) for 90 days. Plant seeds in pots 25mm deep at 20°C and germination should occur. Can sow outdoors in the fall. Will germinate the second year.

**OTHER:**

Leaves have a purple/red fall colour. The bark offers winter interest being reddish/ brown mottled bark and as the tree ages exfoliating.

**COMMON NAME:** Snowberry

**Native**



Photo by H. Zell (cropped) /  
[Wikimedia / CC BY-SA 3.0](#)

**SCIENTIFIC NAME:**

*Symphoricarpos albus*

**FAMILY:** Caprifoliaceae

**TYPE:** deciduous shrub

**ZONE:** 4 - 8

**HEIGHT:** 1 - 2 m (3 - 6')

**SPREAD:** 1 - 2 m (3 - 6')

**BLOOM COLOUR:** pink

**BLOOM TIME:** early summer

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** deer, drought, erosion

**ATTRACTS:** birds, pollinators

**GROWING FROM SEED:** Pour hot tap water over the seeds and allow to cool. Normally seeds are allowed to soak for 7 days. Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of leaves have grown and frost is past. Can be direct sown in the garden

**OTHER:** Flowers are followed by clusters of pale green berries that ripen to pure white by late summer to early fall. Can be used to form a hedge. Since birds do not like the berries, they remain to provide winter interest. Suckering make this plant suitable for erosion control. Prune to ground in early spring.

**COMMON NAME: Maple-leaved Viburnum**

**Native**



Photo (cropped) by Plant Image Library/flickr/CC BY-SA 2.0

**SCIENTIFIC NAME:**

***Viburnum acerifolium***

**FAMILY:** Caprifoliaceae

**TYPE:** deciduous shrub

**ZONE:** 4 - 9

**HEIGHT:** 120 – 180 cm (4 – 6 ft)

**SPREAD:** 90 – 120 cm (3 – 4 ft)

**BLOOM COLOUR:** white

**BLOOM TIME:** spring to summer

**SUN:** part shade, full shade or sun

**WATER:** dry to moist

**TOLERATES:** drought, deer

**ATTRACTS:** pollinators and birds

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. A plastic cover will help to retain moisture until germination occurs. Keep temperature at 20°C. If the seed has not germinated within 2 - 3 months then cold stratify in the fridge for 2-3 months and then bring back to room temperature. Provide light after germination. Harden off and plant in garden after two sets of true leaves have grown and frost is past. Alternately, try winter sowing. Go to <https://www.rbg.ca/winter-sowing-part-one/> for instructions. Can be direct sown in the garden in the fall for spring germination.

**OTHER:**

A densely branched shrub, leaves are colourful in fall. Flowers produce purple berries attractive to birds and small mammals. Propagates by seed and rhizomes. Larval host for Spring Azure butterfly.

**COMMON NAME: Judd Viburnum**



Photo (cropped) by David J Stang/Wikimedia/CC BY-SA 4.0

**SCIENTIFIC NAME:**

***Viburnum x juddii***

**FAMILY:** Caprifoliaceae

**TYPE:** deciduous shrub

**ZONE:** 4 - 9

**HEIGHT:** 1.5 – 2.4 m (5 – 8 ft)

**SPREAD:** 1.8 – 3.0 m (6 – 10 ft)

**BLOOM COLOUR:** white

**BLOOM TIME:** spring

**SUN:** full sun to part shade

**WATER:** medium

**TOLERATES:** drought

**ATTRACTS:** butterflies

**GROWING FROM SEED:**

Start indoors by sowing in pots with moist seed starting mix. Cover the seeds to their own depth with the mix or a fine grit. Cold stratify in fridge (4°C) for 90 days and then place at 20°C. Retain moisture by using a plastic cover or container until germination occurs. Provide light for the seedlings. Harden off and plant in garden after two sets of true leaves have grown and frost is past.

Seeds may be direct sown in early spring but germination may take longer.

**OTHER:**

A hybrid generated in 1920. It is noted for its fragrant white flowers in spring, dark green foliage, black fruit in fall and purple fall foliage. Because of the width it is suitable for hedges.

