

Going Native

A Guide to Landscaping with Native Plants in Northern New Jersey



What are native plants?

Native plants have evolved over thousands of years to be adapted to conditions in a particular region and to the other plants and animals around them.

Why should I grow them?

To enjoy beautiful, hardy plants!

Natives thrive in our local climate and soil and have natural defenses to plant diseases, harmful insects, and other pests.

To save time and money!

Well-adapted to local conditions, natives require less water and fertilizer than non-natives, and are less likely to need pesticides.

To bring in the birds and butterflies!

Natives provide essential food, shelter, and nesting sites for native wildlife.

To improve water quality!

Native plant roots hold soil in place, increase infiltration of rainwater into the ground, and filter pollutants from our water. Since native plants reduce the need to use fertilizers and pesticides, they keep our water cleaner by decreasing the quantity of pollutants that rainwater runoff can carry into our waterways.

Use the chart inside to guide you in selecting the native plants best suited to the growing conditions in your yard. The chart helps you to consider plant height, flower color, bloom time, wildlife value, and deer resistance (if deer are present). Find additional native plant resources on the following websites: www.JerseyYards.org/plant/, www.nwf.org/NativePlantFinder/, and www.audubon.org/PLANTSFORBIRDS.



GETTING STARTED

1. Getting Started: Consider starting small so that you can experiment and learn. The goal is a beautiful, healthy, and wildlife-friendly yard with a diversity of native plants that bloom from spring to fall. Jersey-Friendly Yards is a great source of information to get started (www.jerseyyards.org/).

2. Landscape Style: Native plants are well-suited to both formal and informal landscapes. They can be mixed with your favorite non-natives, but please remember that our yards should be >70% native biomass (including native trees) to provide the ecosystem services required to reliably sustain pollinators, birds, and other wildlife.

3. For Easy Management:

A. Select plants adapted to your soil conditions and eliminate the need to use soil amendments.

B. Build native plant “communities” with a mix of ground covers, perennial flowers, grasses, sedges, shrubs, and trees that thrive packed together.

C. Plant densely and use native ground covers as a green “mulch” to prevent the growth of weeds.

D. Convert a patch of lawn – an easy way is to mow it short, cover with cardboard or several sheets of newspaper, wet it, and layer on 3 to 4 inches of composted mulch. After waiting 3 to 6 months, you should be able to plant right through it.

4. Invasive Plants: If you do plant non-natives, please do not plant invasive species. Invasives naturalize into our forests and outcompete the native plants that our forests require for ecosystem health and for regeneration. Refer to the NJ Invasive Species Strike Team’s DO NOT PLANT list for which plants to avoid. (www.fohvos.info/invasive-species-strike-team/info-center/)

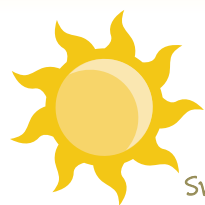
5. Deer: You can discourage deer by selecting plants they do not prefer and using barriers, *e.g.* fences, cages, or deer repellents. “Deer resistance” often varies in different areas, and when deer are really hungry, they may eat plants they normally avoid.

6. Pest Management: Use the lightest touch possible. Remember that insecticides and herbicides can kill everything on the label, including many “good guys,” not only the one pest that you are targeting!

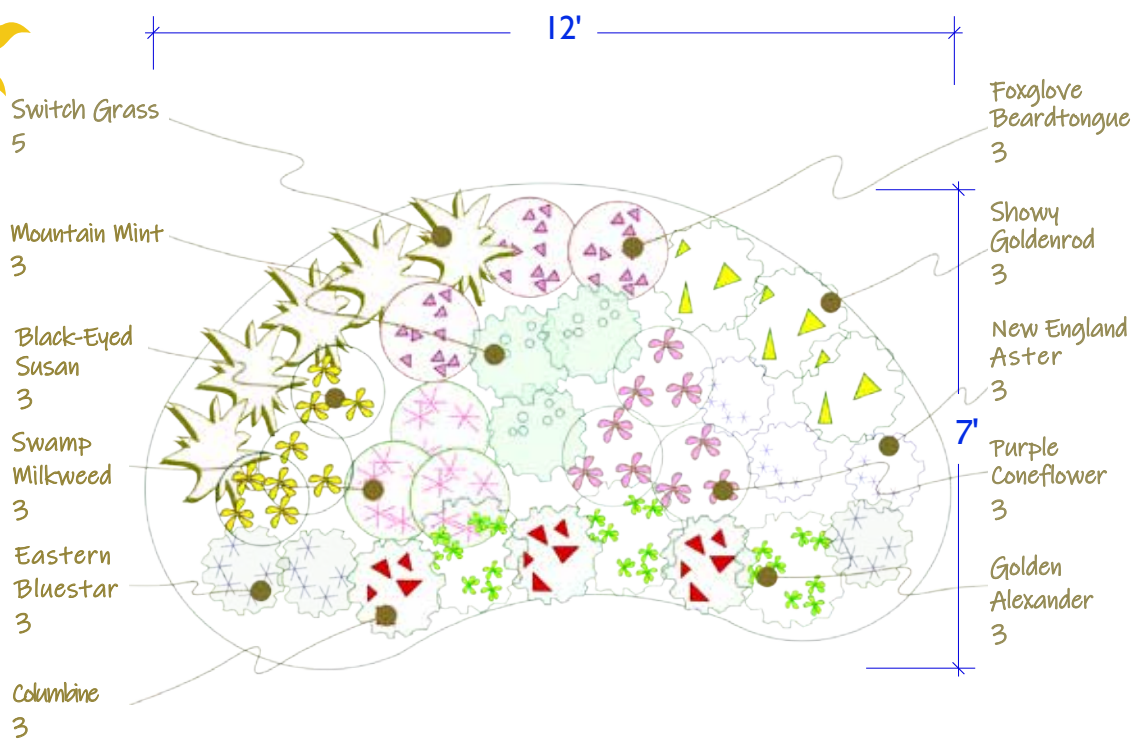
7. Cultivar vs. Straight Species: A simple cultivar selected for size or hardiness can be fine, but a cultivar with a different leaf or flower color or structure may be unable to support the pollinators that depend on the original native species (*i.e.*, a fancy cultivar may be ecologically useless).

8. Winter Wildlife Garden: Leave the leaves and stems with seed heads in your winter garden. Many important pollinators overwinter in the loose leaves, and winter birds feed on the seed heads. In the spring, save many of the stems (cut to about 12-18 inches) so that native bees can use them for nesting. (Native bees without colonies to defend do not sting!)

9. Plant native trees: Big trees provide big benefits – they cool your house and neighborhood; are major managers of stormwater; and provide unmatched services for pollinators. Oaks serve as hosts for over 500 species of caterpillars, black cherry trees over 400, birches and willows over 350, and aspens and maples about 300. Planting a tree is a long-term commitment. Find the right tree for your location using the Jersey-Friendly Yards plant database. (www.jerseyyards.org/plant/)



Sunny Moist Sample Design



For more great information:

Homegrown National Park: <https://homegrownnationalpark.org/>

















































































The Native Plant Society of NJ: www.npsnj.org

Helpful field identification mobile apps:


































































































iNaturalist: www.inaturalist.org

PictureThis: www.picturethisai.com













SMALL TREES, SHRUBS AND VINES

PHOTO	NAME Common & Scientific	HEIGHT	FLOWERS Bloom Time & Color	LIGHT	SOIL Moisture & Type	WILDLIFE	DEER RESISTANT AND NOTES
	American Black Elderberry <i>Sambucus canadensis</i>	5' - 12'	MAR APR MAY JUN JUL AUG SEP OCT fluffy white clusters		 C L O		graceful arching branches; fruit for birds
	Arrowwood <i>Viburnum dentatum</i>	6' - 15'	MAR APR MAY JUN JUL AUG SEP OCT flat white clusters		 L S O		Y , blue-black berries; red fall foliage
	Black Chokeberry <i>Photinia melanocarpa</i>	3' - 5'	MAR APR MAY JUN JUL AUG SEP OCT white clusters		 C L S O		fall color, edible showy fruit
	Buttonbush <i>Cephalanthus occidentalis</i>	6' - 15'	MAR APR MAY JUN JUL AUG SEP OCT fragrant white balls				Y , tolerates wet areas
	Coral Honeysuckle (Vine) <i>Lonicera sempervirens</i>	8' - 15'	MAR APR MAY JUN JUL AUG SEP OCT red-orange with yellow		 C L S O		twining vine can be groundcover or trained on trellis
	Eastern Redbud <i>Cercis canadensis</i>	20' - 30'	MAR APR MAY JUN JUL AUG SEP OCT magenta		 C L O		one of the earliest bloomers; drought-resistant
	Highbush Blueberry <i>Vaccinium corymbosum</i>	6' - 12'	MAR APR MAY JUN JUL AUG SEP OCT white-pinkish		 C L S O		blueberries July-Aug.; red fall color; add organic matter to soil
	Inkberry <i>Ilex glabra</i>	6' - 8'	MAR APR MAY JUN JUL AUG SEP OCT small, greenish-white		 C L S O		evergreen boxwood alternative; berries on female plants w/ male
	New Jersey Tea <i>Ceanothus americanus</i>	3' - 4'	MAR APR MAY JUN JUL AUG SEP OCT fragrant, showy, white		 L S O		Y , stunning pollinator attractor; needs well-drained soil
	Ninebark <i>Physocarpus opulifolius</i>	5' - 8'	MAR APR MAY JUN JUL AUG SEP OCT white to pink		 C L S O		domed flower clusters; lovely fall color and winter bark
	Northern Bayberry <i>Morella pensylvanica</i>	5' - 12'	MAR APR MAY JUN JUL AUG SEP OCT small, yellow-green		 L S O		Y , berries on female with male nearby; semi-evergreen
	Pussy Willow <i>Salix discolor</i>	6' - 15'	MAR APR MAY JUN JUL AUG SEP OCT white, yellow, green		 L S O		soft fuzzy early flowers; valuable host for diverse caterpillars
	Red Twig Dogwood <i>Cornus sericea</i>	7' - 9'	MAR APR MAY JUN JUL AUG SEP OCT white		 C L O		bright red stems for winter interest
	Serviceberry or Shadbush <i>Amelanchier canadensis</i>	15' - 25'	MAR APR MAY JUN JUL AUG SEP OCT small, white		 C L S O		Y , one of the earliest bloomers; purple fruit in June
	Shrubby St. John's Wort <i>Hypericum prolificum</i>	1' - 5'	MAR APR MAY JUN JUL AUG SEP OCT bright yellow		 C L S O		Y , compact; perfect shrub for border
	Spicebush <i>Lindera benzoin</i>	6' - 12'	MAR APR MAY JUN JUL AUG SEP OCT fragrant yellow		 C L O		Y , "forsythia of the wilds;" berries on female plants w/ male
	Summersweet <i>Clethra alnifolia</i>	4' - 8'	MAR APR MAY JUN JUL AUG SEP OCT fragrant white		 C L S O		Y , blooms mid-summer in shade; shrub border
	Sweetspire <i>Itea virginica</i>	3' - 8'	MAR APR MAY JUN JUL AUG SEP OCT fragrant white		 C L S O		good fall color; shrub border
	Wild Hydrangea <i>Hydrangea arborescens</i>	3' - 6'	MAR APR MAY JUN JUL AUG SEP OCT white		 C L O		large showy flower clusters
	Winterberry <i>Ilex verticillata</i>	6' - 12'	MAR APR MAY JUN JUL AUG SEP OCT small, white		 C L S O		Y , red berries on female with male nearby

































HERBACEOUS PERENNIALS

PHOTO	NAME Common & Scientific	HEIGHT	FLOWERS Bloom Time & Color	LIGHT	SOIL Moisture & Type	WILDLIFE	DEER RESISTANT AND NOTES
	Anise Hyssop <i>Agastache foeniculum</i>	24" - 48"	MAR APR MAY JUN JUL AUG SEP OCT blue-purple		 -  C L S O		Y , columns of pollinator-attracting flowers
	Black-Eyed Susan <i>Rudbeckia hirta</i>	24" - 36"	MAR APR MAY JUN JUL AUG SEP OCT yellow		 -  C L		long bloom time
	Blazing Star <i>Liatris spicata</i>	24" - 36"	MAR APR MAY JUN JUL AUG SEP OCT purple spikes		 -  C L S		Y , drought-tolerant
	Butterfly Weed <i>Asclepias tuberosa</i>	18" - 36"	MAR APR MAY JUN JUL AUG SEP OCT orange		 -  L S		Y , butterfly favorite (hosts Monarchs); pretty seedpods
	Cardinal Flower <i>Lobelia cardinalis</i>	24" - 48"	MAR APR MAY JUN JUL AUG SEP OCT red		 -  C L		Y , intense red color attracts hummingbirds
	Columbine <i>Aquilegia canadensis</i>	12" - 36"	MAR APR MAY JUN JUL AUG SEP OCT red to yellow		 -  L S O		Y , unique two-toned flowers; spreads by seed
	Common Boneset <i>Eupatorium perfoliatum</i>	36" - 72"	MAR APR MAY JUN JUL AUG SEP OCT white		 -  C L S		Y , flat top flower clusters attract butterflies; popular herb; good for wet site
	Culver's Root <i>Veronicastrum virginicum</i>	24" - 72"	MAR APR MAY JUN JUL AUG SEP OCT white to pale blue		 L O		Y , stunning; slow to establish but long-lived
	Eastern Blue Star <i>Amsonia tabernaemontana</i>	24" - 36"	MAR APR MAY JUN JUL AUG SEP OCT blue		 -  C L S O		Y , easy to grow; clumping; yellow fall color
	False Sunflower <i>Heliopsis helianthoides</i>	36" - 60"	MAR APR MAY JUN JUL AUG SEP OCT yellow		 -  L S		Y , attractive daisy-like flower with a long bloom time
	Foamflower <i>Tiarella cordifolia</i>	6" - 12"	MAR APR MAY JUN JUL AUG SEP OCT spikes of white		 L		Y , interesting foliage; great choice for a shade garden
	Foxglove Beardtongue <i>Penstemon digitalis</i>	36" - 60"	MAR APR MAY JUN JUL AUG SEP OCT white to pink		 -  C L S O		Y , tolerates poor drainage; not a true Foxglove (<i>Digitalis</i>)
	Great Blue Lobelia <i>Lobelia siphilitica</i>	12" - 36"	MAR APR MAY JUN JUL AUG SEP OCT blue spike		 -  C L S		Y , interesting, long-blooming blue flowers
	Heart-leaved Golden Alexander <i>Zizia aurea</i>	12" - 30"	MAR APR MAY JUN JUL AUG SEP OCT yellow		 -  C L S O		Y , supports early pollinators; tidy plant and attractive seedhead
	New England Aster <i>Symphyotrichum novae-angliae</i>	36" - 72"	MAR APR MAY JUN JUL AUG SEP OCT blue to violet		 C L S		pollinator magnet; pinch in June to keep plant compact
	Purple Coneflower <i>Echinacea purpurea</i>	24" - 48"	MAR APR MAY JUN JUL AUG SEP OCT purple-pink		 -  C L S		goldfinches love its seeds
	Showy Goldenrod <i>Solidago speciosa</i>	24" - 48"	MAR APR MAY JUN JUL AUG SEP OCT yellow		 -  C L S		Y , easy to grow, late season pollinator workhorse
	Swamp Milkweed <i>Asclepias incarnata</i>	36" - 60"	MAR APR MAY JUN JUL AUG SEP OCT pink		 -  C L		Y , attracts butterflies (hosts Monarchs); tolerates wet unlike butterfly weed
	Virginia Mountain Mint <i>Pycnanthemum virginianum</i>	24" - 36"	MAR APR MAY JUN JUL AUG SEP OCT tiny white		 -  C L S		Y , blooms buzz with pollinators
	White Turtlehead <i>Chelone glabra</i>	24" - 36"	MAR APR MAY JUN JUL AUG SEP OCT white		 -  C L S		flower shaped like a turtle's head; good in a shade garden

HERBACEOUS PERENNIALS

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	White Wood Aster <i>Eurybia divaricata</i>	12" - 30"	MAR APR MAY JUN JUL AUG SEP OCT white		 L S O		freely seeds; lights up fall shade
	Wild Bergamot <i>Monarda fistulosa</i>	24" - 48"	MAR APR MAY JUN JUL AUG SEP OCT pink to purple		 C L S O		Y, fragrant flowers and foliage; can spread
	Wreath Goldenrod <i>Solidago caesia</i>	18" - 36"	MAR APR MAY JUN JUL AUG SEP OCT small yellow		 C L S O		Y, blooms in shade; not aggressive

GROUND COVERS, CAREXES AND GRASSES

PHOTO	NAME Common & Scientific	HEIGHT	FLOWERS Bloom Time & Color	LIGHT	SOIL Moisture & Type	WILDLIFE	DEER RESISTANT AND NOTES
	Barren Strawberry <i>Waldsteinia fragarioides</i>	2" - 6"	MAR APR MAY JUN JUL AUG SEP OCT yellow		 C L S O		Y, semi-evergreen; not aggressive
	Christmas Fern <i>Polystichum acrostichoides</i>	12" - 24"	MAR APR MAY JUN JUL AUG SEP OCT no bloom, dark green leaves		 L O		Y, clumping; evergreen
	Golden Ragwort <i>Packera aurea</i>	6" - 18"	MAR APR MAY JUN JUL AUG SEP OCT yellow		 C L O		Y, semi-evergreen ground foliage with a spring flower layer floating at 2'-3'
	Little Bluestem <i>Schizachyrium scoparium</i>	24" - 48"	MAR APR MAY JUN JUL AUG SEP OCT green to reddish tan		 L S		Y, drought tolerant; very ornamental; turns bronze-orange after frost
	Moss Phlox <i>Phlox subulata</i>	3" - 6"	MAR APR MAY JUN JUL AUG SEP OCT red, purple, or white		 C L S O		Y, spreading, mat-forming evergreen
	Pennsylvania Sedge <i>Carex pensylvanica</i>	6" - 12"	MAR APR MAY JUN JUL AUG SEP OCT green, purple, brown		 L S O		Y, graceful no-mow turf alternative for low traffic area; part shade and shade
	Switchgrass <i>Panicum virgatum</i>	36" - 72"	MAR APR MAY JUN AUG SEP OCT green to brown to rose		 C L S		Y, bunch grass with great fall color; tolerates wet areas
	Wild Ginger <i>Asarum canadense</i>	6" - 12"	MAR APR MAY JUN JUL AUG SEP OCT hidden, purplish-brown		 L O		Y, excellent groundcover; slow to emerge in spring

KEY

LIGHT



- Shade = less than 3 hours of direct sunlight a day, or filtered sunlight
- Partial shade = approximately 3 to 6 hours of direct sunlight a day
- Full sun = at least 6 hours of direct sunlight a day

SOIL CONDITIONS – Moisture



- Dry = water does not remain after a rain
- Moist = soil is damp, and occasionally saturated
- Wet = soil is saturated, except during droughts

SOIL CONDITIONS – Type

C L S O

- Organic soil (contains a high percentage of organic matter such as decayed leaves)
- Sandy or coarse-textured soil (drains rapidly)
- Loamy or medium-textured soil (drains but holds moisture)
- Clay or fine-textured soil

WILDLIFE

- Butterflies
- Hummingbirds
- Songbirds
- Beneficial Insects
(Bees, other pollinators, and pest-controlling insects like lady beetles)

HERBACEOUS PERENNIAL

A non-woody plant that lives for more than two years. It dies back at the end of each growing season, then re-emerges each spring from the root stock.

DEER RESISTANCE

Y = Deer-resistant plant
(Note that even listed plants may sometimes be eaten.)

PHOTO CREDITS

USDA-NRCS PLANTS Database: <https://plants.usda.gov/>
Missouri Botanical Garden Plant Finder:
www.missouribotanicalgarden.org/gardens-gardening/your-garden/plant-finder.aspx
Lady Bird Johnson Wildflower Center: www.wildflower.org



Jersey-FriendlySM Yards

Landscaping for a
Healthy Environment

www.JerseyYards.org

Get started with Going Native! Then try the searchable Plant Database on the Jersey-Friendly Yards website to find even more native plants for your yard. Using the database, you can create a custom list of plants suited to your yard's specific growing conditions. Locate nurseries that sell native plants by using the website's "Where to Buy" page and resources on the Native Plant Society of NJ website.

Jersey-Friendly Yards is packed with information and resources to guide you through the steps to a healthier yard. Learn how to maintain healthy soil, reduce use of fertilizers and pesticides, conserve water, and create habitat for wildlife. A healthier yard means a healthier environment and a healthier New Jersey!

The Barnegat Bay Partnership developed Jersey-Friendly Yards for the entire state of New Jersey with 319(h) grant funding from the NJ Department of Environmental Protection.

©The Northern New Jersey Edition is based on the original brochure created by the Barnegat Bay Partnership for the Barnegat Bay watershed. Friends of Foote's Pond Wood, in consultation with the Native Plant Society of New Jersey, modified the original to create this Northern New Jersey edition.

A pdf of this edition is available at www.fofpw.org. Contact us with questions via the website. Visit Foote's Pond Wood park in Morristown to see demonstration gardens-in-progress.

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For copies of the original edition, email Barnegat Bay Partnership at bbp@ocean.edu.

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COVER PHOTO: Garden photo by Don Knezik.

COVER INSET PHOTOS (l. to r.): Bird photo by Raymond Truelove (iStockphoto.com). Butterfly photo by Edward Teune (Wikipedia Commons). Hummingbird photo by Joe Schneid (Wikipedia Commons). Bee photo by Hannah Gaines, provided courtesy of the University of Wisconsin-Madison.

ABOVE PHOTO: Black-Eyed Susans photo by Joseph Pirozek.



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