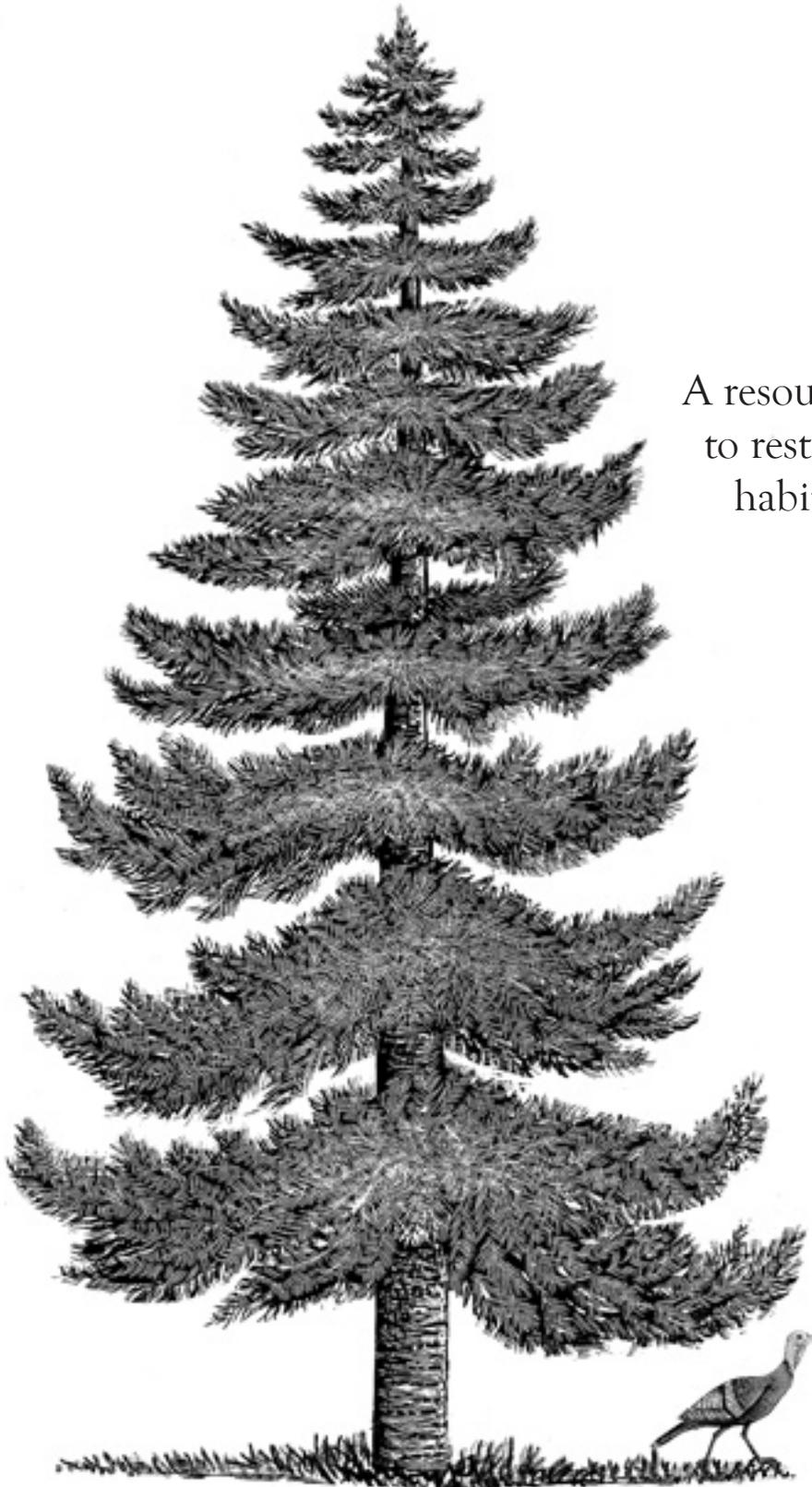


Loudoun Wildlife Conservancy

Gardening for Wildlife Plant List

A resource for gardeners working
to restore or enhance backyard
habitats using native plants



Sources used to develop this plant list include:

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“Top Butterfly Nectar Plants, Piedmont (Central Maryland),” by Denise Gibbs with assistance from Dick Smith and Stephanie Mason, North American Butterfly Association.



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“Nature, wild nature, dwells in gardens just as she dwells in the tangled woods, in the deep of the sea, and on the heights of the mountains; and the wilder the garden, the more you will see of her.”

-- Herbert Ravenal Sass

Trees			
Common Name	Scientific Name	Characteristics	Wildlife Benefit
Ash (White Ash and Green Ash)	<i>Fraxinus americana and Fraxinus pennsylvanica</i>	Attractive tree, often found in hardwood forests. Grows well in residential areas. There is an Ash blight of which to be aware.	Finches, grosbeaks, cedar waxwings, quail, red-winged blackbirds, cardinals and other birds enjoy the seeds. Also provides cover and nesting sites. Mourning cloak, eastern tiger swallowtail, hickory hairstreak, baltimore checkerspot butterflies use the Ash as a host plant. Harvester butterflies may feed on woolly aphids while they are caterpillars and on aphid honeydew as adult butterflies. Bears and beavers also appreciate this tree.
Bald Cypress	<i>Taxodium distichum</i>	Tall graceful tree with feathery light green foliage, medium growth rate.	Seeds and foliage provide food to ducks and marsh birds.
Beech	<i>Fagus grandiflora</i>	Slow grower, partial to full sun but will tolerate shade and grow under oaks and other taller trees.	Fruits are enjoyed by many of our local birds and mammals to include: foxes, raccoons, opossums, squirrels, chipmunks, beavers, deer, rabbits, mice, wild turkeys, blue jays, bobwhite quail, woodpeckers, ducks and others. American beech provides cover for many animals, and is a favorite nesting site of chickadees. Leaves are eaten by luna moth caterpillars. Harvester butterflies are attracted to it to feed on the woolly aphids.
Black Cherry	<i>Prunus serotina</i>	Full sun, adaptable, has spires of white flowers in spring time.	One of our most important food plants. Fruits attract a wide range of birds and mammals: robin, brown thrasher, mockingbird, bluebird, catbird, blue jay, cardinal, crow, woodpeckers, sparrows, bobwhite quail, wild turkey, red fox, rabbit, opossum, raccoon and gray squirrel. Turtles also enjoy the fruit. It serves as host plant for the eastern tiger swallowtail, viceroy, red-spotted purple, striped hairstreak and spring azure butterflies and prometheus moth.
Black Gum	<i>Nyssa sylvatica</i>	Handsome tree with glossy foliage, brilliant crimson in autumn.	Blueberry-like fruit and sap attracts yellow-bellied sapsuckers, thrushes, vireos, bluebirds, mockingbirds, robins, wood ducks, woodpeckers, grouse. Beavers, squirrels, raccoons and foxes also are attracted.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Black Locust	<i>Robinia pseudoacacia</i>	Black Locusts prefer sandy or rocky soil, and are most often found in old fields, open areas, woods, and stream sides. Flowers in late spring.	Black Locust flowers are pollinated by bees and hummingbirds. Seeds are eaten by bobwhite quail, mourning doves, wild turkeys, deer, rabbits and squirrels. Deer also eat leaves and twigs. Caterpillars of the silver spotted skipper, banded hairstreak and clouded sulphur use this as a host plant. Black locusts are good homes for birds and other animals, especially woodpeckers.
Black Walnut	<i>Juglans nigra</i>	Partial to full sun. Roots secrete a chemical that inhibits growth of other plants beneath it.	Nuts are eaten by squirrels, deer and many other mammals. Host plant for the luna moth who lays her eggs on the underside of the black walnut leaves.
Boxelder	<i>Acer negundo</i>	A maple species found in damp woods. Occurs naturally in floodplains and is good for wetland restoration projects.	Fast-growing, weak wood often forms cavities that make good cavities for birds and mammals. Seeds, sap and flowers provide food for many birds and small mammals. Birds use seed stalks for nesting material.
Chokecherry	<i>Prunus virginiana</i>	Hardy, white flowers, purple berries, yellow fall color, medium growth, 15-30'. Berries are an early-summer fruit.	Provides berries, buds and foliage for wildlife such as quail, bluebirds, catbirds, orioles, thrashers, woodpeckers, rabbits, squirrels.
Dogwood (Flowering Dogwood)	<i>Cornus florida</i>	Clustered tiny yellow flowers surrounded by large showy white bracts, red berries. Berries are a fall fruit.	Berries are an important energy food for migrating birds as well as year-round and winter residents such as bluebirds, cardinals, dark-eyed juncos, tufted titmice, robins, bobwhite quail, wild turkeys, crows, woodpeckers, grackles, raccoons, foxes, chipmunks, rabbits, squirrels, beavers, bears, skunks, white-footed mice and deer. It also serves as a food source for larvae of spring azure butterfly which lays the eggs in the flowers.
Elm (American Elm)	<i>Ulmus americana</i>	Fast growing tree that was once dominant in the US but was sharply reduced by Dutch Elm's disease.	Cavity dwellers, such as woodpeckers, chickadees, squirrels and raccoons often find homes in this tree. Favorite nesting tree of the baltimore oriole. Butterflies and bees are attracted to the flowers and many types of caterpillars feed on the leaves, especially the eastern comma, question mark, painted lady, and mourning cloak.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Hackberry	<i>Celtis occidentalis</i>	Partial/full sun, wet to well-drained soil, adaptable to wide range of conditions, naturally found in woodland edges and stream bottoms.	Berries attract towhees, mockingbirds, grosbeaks, robins, titmice, wrens as well as skunks, foxes, flying squirrels and gray squirrels. Hummingbirds use this as a nesting tree. Serves as a food source for the larvae of hackberry emperor, american snout, mourning cloak and comma & question mark butterflies.
Hawthorn (Cockspur Hawthorn)	<i>Crataegus crus-galli</i>	Partial sun, tolerates wide range of soil types.	Thorny branches provide good protection and cover for birds as well as other animals. Thorny branches provide abundant nesting spots used by birds such as hummingbirds, cardinals, indigo buntings and wood thrushes. Fruits provide food for wood ducks, grouse, wild turkeys, robins, cedar waxwings, grosbeaks, gray foxes, gray squirrels, rabbits.
Hemlock (Eastern Hemlock)	<i>Tsuga canadensis</i>	Short soft needles, pyramid shaped, medium growth rate.	Chickadees, crossbills, squirrels and deer enjoy the seeds, foliage and twigs. Excellent for protective cover and nesting. Juvenal's duskywing butterfly will nectar on flowers.
Hickory	<i>Carya (especially C. cordiformis)</i>	Grows well with Sycamores, Sassafras, Flowering Dogwoods. Prefers sun but will tolerate shade.	Nuts are favored by wood ducks, red-bellied woodpeckers, red foxes, squirrels, beavers, rabbits, chipmunks, wild turkeys, deer, mice and others. They also provide good nesting sites for birds. Luna moth caterpillars use the hickory for host plant food as do the caterpillars of hickory hairstreak and banded hairstreak butterflies.
Holly (American Holly)	<i>Ilex opaca</i>	Blooms April through June and has red berries for fall. Berries are a winter fruit. Need male and female plants to get berries.	Thrushes, woodpeckers, bluebirds, phoebes, robins, catbirds, mockingbirds, mourning doves, squirrels, raccoons, skunks and deer enjoy the berries. Sap is enjoyed by the yellow-bellied sapsucker. Dense prickly foliage provides protective cover. Serves as host plant for henry's elfin butterfly.
Hoptree	<i>Ptelea trifoliata</i>	Short, flat-topped tree, prefers moist well-drained soil. Flowers are whitish-green.	Host plant to the giant swallowtail and eastern tiger swallowtail butterflies.
Maple (Red Maple, Sugar Maple)	<i>Acer spp.</i>	Great fall color. Red maple is fast growing and the best native maple for the broadest range of growing conditions. It can be used in wetland restoration projects too. Both Red maple and Sugar maple are long lived.	Seeds are eaten by chipmunks, squirrels and songbirds such as robins, cardinals, finches and chickadees. Birds also use seed stalks for nest building.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Mulberry (Red Mulberry)	<i>Morus rubra</i>	Prefers sun and rich soil.	Used as shelter and nesting in addition to providing a terrific food source. Sweet fruit are enjoyed by cardinals, catbirds, blue jays, hermit thrushes, tufted titmice, towhees, cedar waxwings, opossums, foxes, raccoons, skunks and flying squirrels. Mourning cloak butterflies use this as a host plant. Turtles also enjoy the fruits.
Oak	<i>Quercus spp.</i>	Medium growth rate.	Acorns are a very important food source for bobwhite quail, wild turkeys, grouse, ducks, woodpeckers, blue jays, brown thrashers, towhees, nuthatches, gray squirrels, flying squirrels, chipmunks, raccoons, groundhogs, rabbits, opossums and deer. Butterflies that use oaks as host plants include: banded hairstreak, red-spotted purple, juvenal's duskywing, and horace's duskywing. Red-banded hairstreak caterpillars like to eat the fallen rotten leaves. Mourning cloak enjoys the sap as an adult.
Paw-Paw	<i>Asimina triloba</i>	Shade to full sun, found in woodlands and thickets, grows 20 feet or higher. Fruit are 2-5" long and ripen in fall. They have a pineapple/custard taste. They can be propagated from seeds if cold stratified for two-three months.	Host plant for the beautiful zebra swallowtail butterfly. Many animals enjoy the custard-like fruit.
Persimmon	<i>Diospyros virginiana</i>	Full sun, old fields, forest edges.	Raccoons, foxes, opossums, skunks, as well as birds such as wild turkeys, catbirds, mockingbirds, robins, cedar waxwings seek the fruit. Deer browse on the twigs. Fruits ripen much later in the year making it a good food source in the fall/winter.
Pine (Virginia, White and Loblolly Pine)	<i>Pinus virginiana, P. strobus, P. taeda</i>	Full sun, old fields, woodlands. White pine can also tolerate prolonged wet soils.	Winter shelter for birds. Especially favored by chickadees, bobwhite quail, brown creepers, finches, flickers, tufted titmice, carolina wrens. Woodpeckers favor these trees because of the softer wood. Doves, woodpeckers, nuthatches, brown creepers, finches and squirrels eat the sap and seeds. Often used as roosting spot for migrating robins and warblers. Host plant to the eastern pine elfin.
Redbud	<i>Cercis canadensis</i>	Adapts to many soils but prefers moist, well-drained sites.	Host plant for the henry's elfin butterfly.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
River Birch	<i>Betula nigra</i>	Partial to full sun.	Fruit enjoyed by nuthatches, chickadees, finches, foxes, sparrows and rabbits; host plant to the red-spotted purple, dreamy duskywing, and eastern tiger swallowtail butterflies.
Sassafras	<i>Sassafras albidum</i>	Partial to full sun. Roots secrete a chemical that inhibits growth of other plants beneath it.	Host plant for the spicebush and eastern tiger swallowtail butterflies. Birds such as bobwhite quail, wild turkeys, catbirds, flickers, mockingbirds, and thrashers feed on blue-black fruits.
Sourwood	<i>Oxydendrum arboreum</i>	White flowers, brilliant fall color, slow grower.	Twigs provide food for deer.
Sweet Gum	<i>Liquidambar styraciflua</i>	Adapted to a wide range of conditions, yellow-red fall color, fast growing.	Provides seeds to birds such as mourning doves, carolina wrens, finches, dark-eyed juncos; as well as other animals such as squirrels and chipmunks. Hummingbirds visit the tree for its nectar.
Sycamore	<i>Platanus occidentalis</i>	Has white and brown peeling bark, fast grower.	Some animals that eat sycamore seeds are goldfinches, chickadees, purple finches and squirrels. Owls and woodpeckers use the trees as nesting sites.
Tulip Poplar	<i>Liriodendron tulipifera</i>	Graceful, large yellow flowers, golden yellow fall color, fast growing.	Provides seeds, sap and nectar. Attracts chickadees, woodpeckers, cardinals, finches, hummingbirds and honeybees. Eastern tiger swallowtail and spicebush swallowtail use this as a host plant.
Virginia Fringetree	<i>Chionanthus virginicus</i>	White flowers on brush-like clusters. Dark blue egg-shaped fruit.	Creamy white fragrant flowers suspended from branches in May. Male flowers are more showy. Dark blue fruit in fall are eaten by rabbits and deer. Nectar attracts butterflies and other beneficial insects.
Virginia Red Cedar	<i>Juniperus virginiana</i>	Evergreen, full sun.	Provides nesting sites and shelter for birds. Berries provide food for a variety of wildlife and birds through the winter. Animals attracted include: robins, cedar waxwings, bobwhite quail, wild turkeys, starlings, mourning doves, mockingbirds, brown thrashers, finches, crows, flickers, downy woodpeckers, yellow-rumped warblers, juncos, sparrows, bluebirds, rabbits, foxes, squirrels, skunks, opossums and raccoons. Caterpillar of the juniper hairstreak (aka olive hairstreak) butterfly uses this as its host plant for food.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Willow (Black Willow)	<i>Salix nigra</i>	Excellent for wetland restoration. Grow fast, needs moist to wet soil.	Serves as a host plant to the eastern tiger swallowtail, mourning cloak, red-spotted purple, viceroy and striped hairstreak. As adults, the hoary elfin and mourning cloak sometimes nectar on flowers.

Shrubs

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Alder (Smooth Alder)	<i>Alnus serrulata</i>	Exceptional plant for wetland restoration, great for stabilizing stream and pond banks.	Dense branches support streamside nesting and provide good cover. Finches, mourning doves, ducks, quail and other birds eat the seeds and buds. Harvester butterfly caterpillars feed on woolly aphids that feed on Alder bushes. Baby wood turtles use the brush for protection.
Azalea	<i>Rhododendron prinophyllum</i> , <i>Rhododendron viscosum</i>	Partial to full sun depending on variety, slow growth rates. Don't be confused by the hybrid varieties that are prevalent in the nurseries. Deer seem to prefer to eat the hybrid varieties as well as <i>Rhododendron periclymenoides</i> .	Nectar loved by hummingbirds, butterflies and other insects.
Blackberry, Red Raspberry, Black Raspberry	<i>Rubus allegheniensis</i> , <i>R. idaedus</i> , <i>R. occidentalis</i>	Beautiful fragrant flowers. Can form thorny thickets. Berries are a mid-summer fruit.	Thickets provide protection favored by towhees, sparrows, warblers, thrushes and indigo buntings. Songbirds, turtles and various mammals eat the fruit. Baby wood turtles use the thickets for protection.
Blackhaw	<i>Viburnum prunifolium</i>	Wide flat clusters of white flowers in spring. Nice as a non-thorny hedge.	Great refuge for birds that like to feed in a protective canopy. Berries are eaten by birds such as brown thrashers, bluebirds, sparrows, mockingbirds and cedar waxwings and by mammals such as raccoons and foxes. A favored nesting shrub because of its density.
Blueberry	<i>Vaccinium spp.</i>	Partial sun, acidic soil, well-drained to dry soil, grow well near thickets. Berries are a mid-summer fruit.	Fruit are eaten by a wide array of woodland animals that include birds (bluebirds, catbirds, chats, crows, flickers, flycatchers, kingbirds, blue jays, orioles, thrushes, titmice) and large and small mammals (bears, foxes, opossums, skunks, rabbits, chipmunks). Turtles (box turtles, wood turtles) also enjoy the fruit. Butterflies that use it as a host plant include: striped hairstreak and henry's elfin.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Buttonbush	<i>Cephalanthus occidentalis</i>	Creamy white ball shaped flowers June-Aug. Can tolerate prolonged flooding.	Butterflies and hummingbirds are attracted for nectar. Used as nesting site by virginia rail and red-winged black-birds. Beavers also appreciate this bush.
Chokeberry (Red and Black Chokeberry)	<i>Aronia spp.</i>	Partial to full sun, white flowers, red fruit.	Fruits attract chickadees, cedar waxwings, meadowlarks, squirrels.
Devil's Walking Stick	<i>Aralia spinosa</i>	Also called Hercules club, Large thorns, small white flowers, bright red fruit.	Provides berries that attract robins, woodpeckers, catbirds, sparrows and chipmunks. Nectar attracts an assortment of butterflies.
Dogwood (Red Osier Dogwood)	<i>Cornus amomom, C. sericea</i>	Partial to full sun, wet to moist soil. Great stream bank stabilizer, fast growing, white flowers, berries.	Berries are enjoyed by a wide array of wildlife: woodpeckers, vireos, cardinals, finches, warblers, deer and other mammals.
Elderberry	<i>Sambucus canadensis</i>	Attractive white flowers, purple berries, partial to full sun. Berries are a mid-summer fruit.	Berries are enjoyed by a wide array of songbirds that include kinglets, orioles, tufted titmice, robins, grosbeaks, brown thrashers, mockingbirds, nuthatches, cedar waxwings, catbirds, phoebes, woodpeckers. Turtles enjoy the berries. Warblers, grosbeaks and goldfinches nest in the branches. Squirrels, groundhogs and rabbits also enjoy the fruits.
Inkberry	<i>Ilex glabra</i>	Partial to full sun, wet to moist soil, evergreen, black berries, slow growing.	Provides berries for woodpeckers, cedar waxwings, thrushes, finches, cardinals, chickadees, deer.
Mountain Laurel	<i>Kalmia latifolia</i>	Evergreen, showy pink to white flowers.	Provides nectar to butterflies and other insects.
New Jersey Tea	<i>Ceanothus americanus</i>	White flowers, likes partial sun/shade.	Nectar attracts hummingbirds, butterflies, bees and other insects. Host plant to summer azure.
Prickly Ash	<i>Xanthoxylum americanum, Zanthoxylum</i>	Often grows near thickets. Entire tree is covered in thorns. Has greenish flowers.	Host plant for giant swallowtail.
Rhododendron	<i>Rhododendron arborescens, R. atlanticum, R. calendulaceum, R. canescens (probably not native but good nectar plants: catawbiense, catawba)</i>	Evergreen, beautiful blooms May through July. R. canescens is also called Piedmont Azalea and it will spread through root suckers if you let it.	Nectar attracts hummingbirds, bees and other insects. Provide valuable shelter when planted in thickets.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Serviceberry	<i>Amelanchier arborea</i> and <i>Amelanchier canadensis</i>	Also called Shadbush. Pretty, small, shrub-like with white blossoms that herald springtime in Virginia. Berries are an early-summer fruit.	Top choice for the bird garden. Juicy sweet berries are relished by small mammals and song birds such as cedar waxwings, orioles, scarlet tanagers, and wild turkeys. Provides browse for deer. Host plant for red-spotted purple butterfly.
Spicebush	<i>Lindera benzoin</i>	Shade to full sun, great fall color.	Red berries attract birds such as robins, bobwhite quail, catbirds, kingbirds and great crested flycatchers. Raccoons and opossums eat them too. Leaves are a main food source for caterpillars of spicebush and eastern tiger swallowtail butterflies as well as the prometheus silk moth.
Sumac (Shining Sumac, Smooth Sumac, Staghorn Sumac)	<i>Rhus copallinum</i> , <i>Rhus glabra</i> , <i>Rhus typhina</i>	Greenish flower spikes, crimson fall color, fast growth rate. Berries are a winter fruit.	Fruit, twigs and foliage provide food to bobwhite quail, bluebirds, catbirds, robins, mockingbirds, rabbits and deer. Provides good shelter in summer. Host plant to spring azure butterfly. Red-banded hairstreak eats fallen, rotten leaves of <i>R. copallinum</i> and <i>R. typhina</i> .
Sweet Pepperbush, Summersweet	<i>Clethra alnifolia</i>	Showy white fragrant flower spikes.	Attracts butterflies, especially swallowtails, skippers, blues and hairstreaks.
Viburnum (Arrowwood)	<i>Viburnum dentatum</i> , <i>V. recognitum</i>	Moist to well-drained soil, partial to full sun; wood was used to make arrows. Has whitish flowers with blue-black berries.	Dense foliage and berries provide food and cover to songbirds and mammals.
Viburnum (Maple-leaved viburnum)	<i>Viburnum acerifolium</i>	A woodland native. Clusters of white flowers that make blue-black berries.	Berries provide food for cardinals, flycatchers, robins, thrashers, cedar waxwings and woodpeckers as well as foxes, rabbits, skunks, squirrels and chipmunks. A favorite nesting shrub. Host plant for the spring azure butterfly. Turtles enjoy the fruits too.
Viburnum (Witherod)	<i>Viburnum nudum</i>	Moist to well-drained soil, partial to full sun. Has creamy white flowers in flat clusters followed by berries that turn pink then bright red and then bluish black.	Berries provide food to songbirds and mammals.
Virginia Sweetspire	<i>Itea virginica</i>	A real show stopper when in bloom.	Provides nectar to butterflies and other insects.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Wax Myrtle and Bayberry	<i>Myrica cerifera</i> and <i>Myrica pennsylvanica</i>	Evergreen, small waxy berries are used in candle making. Berries are a fall fruit.	Provides shelter to many birds. Attracts yellow-rumped warblers, quail, bluebirds, catbirds, tree swallows. Red-banded hairstreak caterpillars feed on fallen, rotten leaves of <i>M.cerifera</i> .
Winterberry	<i>Ilex verticillata</i>	Partial/full sun. This is a native holly. Berries are a winter fruit. Need male and female plants to get fruit.	Bright red berries provide food to bluebirds, mockingbirds, robins, catbirds and other songbirds. Rabbits also enjoy the fruit.
Witchhazel	<i>Hamamelis virginiana</i>	Partial to full sun, moist to well drained soil, small yellow flowers Oct-Dec.	Seeds and twigs enjoyed by grouse and serve as browse for deer. Harvester butterflies feeds on aphids while a caterpillar and on aphid honeydew as adult butterfly.

Wildflowers and Grasses

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Aster (New England Aster, Smooth Aster, Showy Aster)	<i>Asteraceae novae angliae</i> , <i>Aster laevis</i> , <i>Aster spectabilis</i>	Blooms summer and fall, very dependable, adaptable, disease free.	Nectar avidly sought by insects including many butterflies that emerge in summer and fall. Seeds nourish birds. Butterflies that use asters as their host plant while caterpillars include: pearl crescent, northern crescent, silvery checkerspot and tawny crescent.
Beardtongue	<i>Penstemon laevigatus</i> , <i>Penstemon digitalis</i>	White or purple flowers that will last throughout the summer.	Enjoyed by butterflies and hummingbirds.
Bee Balm	<i>Monarda didyma</i>	Crimson flowers in mid-summer. Deer resistant. Also known as Oswego tea because the Oswego Indians used it to make a hot drink.	A real must-have for the wildlife garden. Ruby-throated hummingbirds and butterflies, especially the fritillaries, enjoy the nectar. Bumblebees also enjoy the flowers.
Big Bluestem	<i>Andropogon gerardii</i>	Grows in tufts and can grow 4-7 feet tall if left uncut. Grass blades are blue-green to silver-blue. Grass flowers in fall with purplish blooms. Turns tan or reddish during fall and winter.	Important winter plant for birds that eat seeds (juncos, chipping sparrows, field sparrows, tree sparrows and others). Also provides shelter to ground nesting birds like meadowlarks. Quail use it for shelter. Host plant to common wood nymph, northern pearlyeye and several grass skippers.
Black Cohosh, Bugbane	<i>Cimicifuga racemosa</i> , <i>C.americana</i>	12-24" long bottle-brushlike clusters of white flowers	Excellent nectar plant for insects and host plant for the spring azure butterfly.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Black-eyed Susan	<i>Rudbeckia serotina</i>	Easily grown. Provides flowers from early summer till frost. Deer resistant.	Nectar attracts butterflies and bees. Host plant for the silvery checkerspot butterfly. Seeds are eaten by birds and other wildlife.
Blazing Star, Liatris, Gayfeather	<i>Liatris spicata, L. aspera</i>	Pinkish or purplish flowers on tall spikes. Deer resistant.	Excellent nectar plant for butterflies and birds eat the seeds.
Bloodroot	<i>Sanguinaria canadensis</i>	Grows in rich woods and produces a white showy flower that appears briefly in early spring.	Provides nectar to bees that emerge early in the spring when other sources are scarce. Seeds are dispersed by ants.
Boneset	<i>Eupatorium perfoliatum</i>	White flower clusters, often found in fields and at woodland edges.	Nectar feeds a variety of butterflies.
Bottlebrush Grass	<i>Elymus hystrix</i>		Host plant to common wood nymph, northern pearlyeye and several grass skippers.
Butterfly weed	<i>Asclepias tuberosa</i>	Very pretty orange flowers throughout the summer. Sometimes tricky to get established as a perennial but well worth the effort for all the monarch butterflies it brings. Deer resistant.	Host plant of monarch butterfly caterpillars. Nectar attracts a variety of butterflies, especially hairstreaks, fritillaries and pearl crescent.
Cardinal Flower and Great Blue Lobelia	<i>Lobelia cardinalis, L. siphilitica</i>	Brilliant scarlet flowers on a tall stem, blooms July - Sept, prefers wet areas but adapts well to the garden.	A "must have" for attracting the ruby-throated hummingbird who visits for nectar. Also visited by swallowtail butterflies for nectar.
Columbine	<i>Aquilegia canadensis</i>	Fragile looking but in fact is very hardy. Flowers look like little nodding bells in yellow or red.	Spring nectar is invaluable to the ruby-throated hummingbird who seeks this plant's nectar as food on its migration northward. Also attracts bees and moths.
Common Cinquefoil	<i>Potentilla simplex</i>	Grows in fields and dry woods, flowers are similar to that of strawberries.	Attracts butterflies.
Common Milkweed	<i>Asclepias syriaca</i>	Round clusters of pinkish white fragrant flowers that attract the monarch butterfly. Deer resistant.	Monarch butterflies depend on this and other milkweed species. They lay their eggs on the underside of leaves. Larvae go through entire lifecycle through to butterfly on this plant - great to see.
Culver's Root	<i>Veronicastrum virginicum</i>	Spikes of densely-clustered white or purplish flowers.	Attracts butterflies and bees by providing nectar.
Dogbane	<i>Apocynum adrosaemifolium</i>	Likes Partial sun/shade. Deer resistant.	Attracts many butterflies for nectar, especially attracts hairstreaks, spring azures and eastern tailed blues.
Downy Lobelia	<i>Lobelia puberula</i>	Blue tubular flowers.	Attracts butterflies for nectar.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
False Nettles	<i>Boehmeria cylindrica</i>	Greenish flowers on stiff spikes, does not have stinging hairs like true nettles.	Host plant for the red admiral, question mark and comma butterflies.
Golden Alexanders	<i>Zizia aptera, Z. aurea</i>	Likes moist to wet soils. Flat clusters of bright yellow flowers in spring.	Sometimes serves as host plant for black swallowtail butterfly.
Goldenrod	<i>Solidago canadensis, S.caesia, S.graminifolia, S.nemoralis</i>	Clusters of small flowers in fall. Does not cause hay fever. Deer resistant.	An especially important nectar plant for monarchs as they migrate to Mexico in the fall. Other insects are also attracted for the nectar. Goldfinches, sparrows, dark-eyed juncos and other songbirds eat the seeds through the winter.
Green-headed coneflower	<i>Rudbeckia laciniata</i>	Handsome yellow-rayed flowers in late summer.	Seeds on dead flower heads are a great food source for finches and other birds. Great nectar for butterflies.
Ironweed (New York Ironweed)	<i>Vernonia noveboracensis, V. gigantea</i>	Tall plants with clusters of magenta-purple flowers that crowd the top of the plant for weeks. Stems are sturdy so the plant doesn't flop over. A winner for the garden. Tolerates damp places and clay soil.	Butterflies feed on the nectar. Host plant to american lady butterfly. Seeds provide food for songbirds.
Jack-in-the-Pulpit	<i>Arisaema triphyllum</i>	Grows in damp woods. There are female and male plants.	Scarlet berries are attractive to birds such as ring-necked pheasants and thrushes.
Jewelweed (Orange Jewelweed)	<i>Impatiens capensis</i>	Very pretty orange flowers in late summer and fall. Also called Touch-me-not because seed pod bursts open if touched when ripe. Self seeds.	A real favorite of ruby-throated hummingbirds- a key source of food as they migrate southward in the fall.
Joe Pye Weed	<i>Eupatorium fistulosum, E.maculatum, E.purpureum</i>	Tall plants with pink or purple clusters of fuzzy flowers in mid-late summer. Quite pretty and Deer resistant.	Attracts a whole array of butterflies especially the swallowtails and monarchs - an absolute must have in any butterfly garden.
Little Bluestem	<i>Schizachyrium scoparium</i>	Stems remain upright in winter and turn a rich wine-red which is striking against the snow.	Serves as forage, cover and seeds to field sparrows, grouse, quail, mice. Serves as host plant for the swarthy skipper butterfly as well as many other skippers.
Mayapple	<i>Podophyllum peltatum</i>	A natural ground cover that depends on bumblebees that emerge from their winter hibernaculum in spring in search of early spring flowers.	Host plant to the variegated fritillary butterfly. A very important plant to bumblebees in early spring. Lemon-shaped fruits are eaten by box turtles.
Mint	<i>Lamiaceae</i>	The mint family includes Germander, Wild Hyssops, Skullcaps, Bee Balm, Wild Bergamot, wild mints - they do well in wooded areas, wetlands and fields.	Flowers of most of the mint family are popular with butterflies. They also serve as a repellent to deer and rabbits and can be helpful in certain garden settings.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Mistflower, Ageratum	<i>Eupatorium coelestinum</i>	Flat clusters of fuzzy purplish flowers in summer. Grows well in moist woods and thickets, has blue flowers.	An excellent nectar flower to attract butterflies and other insects.
Monkey Flower	<i>Mimulus alatus</i> , <i>Mimulus ringens</i>	Violet pink flowers June-Oct.	Attracts butterflies for nectar. Host plant for the buckeye butterfly.
Mountain Mint	<i>Pycnanthemum incanum</i> , <i>P. virginianum</i>	Delicate white flowers in heavy clusters on top of square stems. Aromatic leaves.	Nectar plant for butterflies.
Obedient Plant, False Dragonhead	<i>Physostegia virginiana</i>	Lavender-pink flowers in summer, likes moist soil.	Attracts hummingbirds.
Oxeye	<i>Heliopsis helianthoides</i>	Bushy habit with yellow flowers from June through September. One variety is called <i>scabra</i> "Sommersonne"	Attracts butterflies.
Parsley Family (Queen Anne's Lace, Fennel, Dill)			Host plant for black swallowtail.
Pearly Everlasting	<i>Anaphalis margaritacea</i>	A member of the aster family, white flowers July through September.	Host plant for the american lady butterfly.
Phlox (Wild Blue Phlox)	<i>Phlox divaricata</i>	Found in woodland areas, blue to purple flowers in spring.	Attracts butterflies and hummingbirds.
Pickeralweed	<i>Pontederia cordata</i>	Grows well at the edges of ponds and streams.	Great nectar plant for butterflies.
Pokeweed	<i>Phytolacca americana</i>	A tough native that has large beautiful sprays of purple berries in fall.	Pokeweed berries are a very important food source for wildlife, especially since they mature in the fall as migrants move through the area. Robins, mockingbirds, mourning doves, catbirds, bluebirds, cardinals, great-crested flycatchers, eastern kingbirds, phoebes, yellow-bellied sapsuckers, brown thrashers, cedar waxwings, foxes, opossums, raccoons, deer and white-footed mice all eat the berries.
Primrose (Common Evening Primrose)	<i>Oenothera biennis</i>	Pale yellow flowers that may look bedraggled by day but are fresh and fragrant at night. They seem to open in slow motion.	Wonderful nectar plant for moths in a night garden. The sphynx moth is especially attracted.
Purple Coneflower	<i>Echinacea purpurea</i>	Large daisy-like purple flowers throughout summer. Deer resistant.	Goldfinches and other birds enjoy the seeds on dead flower heads. Great nectar for butterflies.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Purpletop	<i>Tridens flavus</i>	Upright clump-former with drooping flower clusters that are glossy reddish-purple in late summer.	Host plant to common wood nymph, northern pearlyeye and several grass skippers.
Pussytoes	<i>Antennaria plantaginifolia</i>	Flowers are wooly flower heads that resemble a kitten's paw. Often grows near oaks.	Host plant to american lady and painted lady butterflies.
Sneezeweed	<i>Helenium autumnale</i>	Pretty yellow flowers that last into fall. Does not cause sneezing!	Nectar is sought by butterflies.
Spiderwort	<i>Tradescantia virginiana</i>	Purple, blue-violet and sometimes white flowers in early spring. Grows approximately 12-24" tall.	Attracts butterflies for nectar.
Spring Beauty	<i>Claytonia virginica</i>	One of the earliest spring wildflowers. Grow in the wood, flowering before the forest trees leaf out.	Corms provide winter food for small mammals.
Summer Phlox	<i>Phlox paniculata</i>	Lavender flowers through the summer.	Attracts hummingbirds and butterflies for nectar.
Sunflower (Narrow leaved Sunflower, Woodland sunflower)	<i>Helianthus angustifolous, H.divaricatus</i>	Yellow flowers that last into October.	Butterflies enjoy nectar; birds enjoy the seeds especially mourning doves, quail, sparrows, blackbirds. Host plant for the silvery checkerspot butterfly.
Swamp Milkweed	<i>Asclepias incarnata</i>	Similar to the Common Milkweed but more refined in appearance. Prefers wet areas and pond edges. Deer resistant.	Host plant for the monarch butterfly, nectar plant for other butterflies including swallowtails and fritillaries.
Sweet Everlasting	<i>Gnaphalium spp.</i>	Whitish flowers in summer and fall.	Important host plant for the american lady butterfly.
Switchgrass and panic grass	<i>Panicum virgatum</i>	Perennial grass, medium height of 3-4', airy flower and seed heads.	Host plant to common wood nymph, northern pearlyeye and several grass skippers. Also provides shelter to many small butterflies.
Turtlehead	<i>Chelone glabra</i>	Prefers wet areas, especially along stream banks.	Serves as the host plant to the baltimore checkerspot butterfly which has become rather rare due to loss of habitat and loss of these plants. Also serves as host plant to the buckeye.
Tussock Sedge	<i>Carex stricta</i>	Grows in clumps, grass-like, soft weeping leaves, spreads moderately.	Attracts tree and field sparrows, finches and deer to the seeds and leaves.

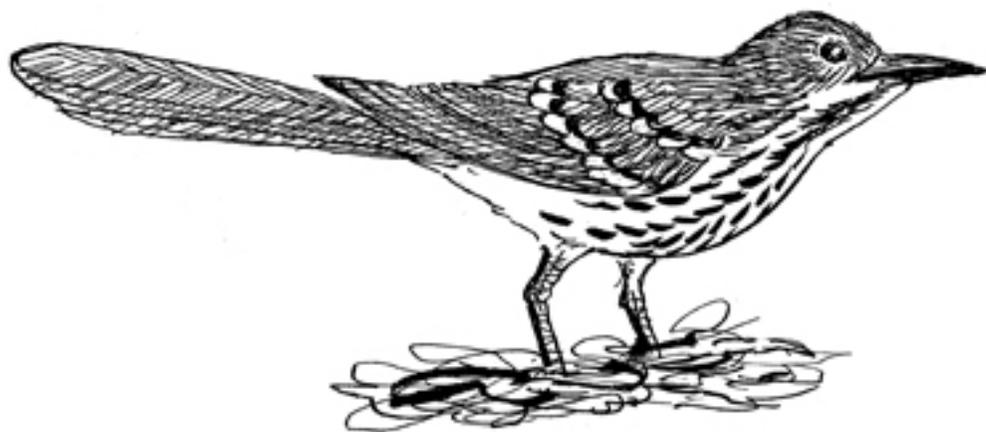


Common Name	Scientific Name	Characteristics	Wildlife Benefit
Violets	<i>Viola spp.: Viola canadensis, V. pubescens, V. sororia, V. striata</i>	Purple, yellow and white flowers. Moist to wet soils preferred.	Host plant for the great spangled fritillary, meadow fritillary and variegated fritillary butterflies. Young fritillary caterpillars over winter on the plant. Wild turkeys feed on their tuberous roots. Birdsfoot violet (<i>V. pedata</i>) is a food source for the larvae of the now rare regal fritillary butterfly.
Virginia Bluebells	<i>Mertensia virginica</i>	Blue flowers in early spring, makes little nutlet-fruits. Plant goes into dormancy in early summer just as fruits ripen. Needs moist soils.	Hummingbirds will visit for nectar along their spring migration.
Wild Bergamot	<i>Monarda fistulosa</i>	Showy flowers July-August, spreads on its own. Deer resistant.	Favorite of hummingbirds and butterflies. Attracts swallowtails and silver-spotted skippers for nectar. Host plant for the gray hairstreak butterfly.
Wild Blue Indigo	<i>Baptisia australis</i>	Indigo/blue flowers May-June.	Nectar provides food to butterflies and other insects. It serves as host plant for the caterpillars of the wild indigo duskywing, orange sulphur and eastern tailed blue.
Wild Stonecrop	<i>Sedum ternatum</i>	Small white flowers, well suited for a rock garden.	Host plant to the variegated fritillary.
Wild Strawberry	<i>Fragaria virginiana</i>	White flowers, red fruits, spread by runners in spring and early summer.	Many birds and small mammals as well as turtles enjoy its fruit.
Wingstem	<i>Verbesina alternifolia</i>	Yellow flowers throughout the summer.	Host plant to silvery checkerspot and spring azure. Adult butterflies enjoy nectar.
Yarrow	<i>Achillea millefolium</i>	Tolerates poor soil, plant in full sun, has fern-like foliage, is drought and deer resistant.	Attracts butterflies.

Vines

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Passion flower, Maypops	<i>Passiflora incarnata</i>	The coldest hardy of the Passion vines, big purple passion flowers.	Host plant to the variegated fritillary.
Pipevine	<i>Aristolochia macrophylla, Aristolochia serpentaria</i>	A climbing vine often used as an ornamental on porches and arbors.	Host plant to the beautiful pipevine swallowtail butterfly.
Trumpet Honeysuckle	<i>Lonicera sempervirens</i>	This is our native honeysuckle - the best alternative over the invasive japanese and european varieties.	Butterflies and hummingbirds enjoy the nectar.

Common Name	Scientific Name	Characteristics	Wildlife Benefit
Trumpet vine, Trumpet creeper	<i>Campsis radicans</i>	Strong climber, brilliant red blossoms in summer, June through September.	Flowers and nectar are a real favorite of hummingbirds as well as bumblebees. Many birds also nest in the vines.
Virginia Creeper	<i>Parthenocissus quinquefolia</i>	Likes sun and part shade. Flowers are white in clusters. Fruits are bluish-black with a waxy look. Leaves turn intense shades of red and purple in fall. This vine has one of the greatest fall colors.	Blue-black berries provide food for mockingbirds, flickers, thrushes, nuthatches, bluebirds, pileated woodpeckers, cardinals, chickadees and wild turkeys. Other animals such as mice, skunks, chipmunks, squirrels and deer eat them too. Deer also nibble on the leaves and stems. Many birds nest in the vines. Many moth caterpillars, such as the giant leopard moth, eat the leaves. It provides great cover for animals.
Wild Grape	<i>Vitis labrusca</i> , <i>V. riparia</i> , <i>V. aestivalis</i> , <i>V. rotundifolia</i> (<i>muscadine grape</i>)	Strong woody vines. Purplish grapes with a sweet or astringent taste depending on the plant.	A wide variety of songbirds, mammals and turtles (box turtles and wood turtles) eat the grapes.



Other Gardening Tips

Leave snags—Dead trees are a critical element to any wildlife habitat. Numerous birds and mammals use rotting logs and standing dead trees for shelter and as a place to raise young. Insects working to return the dead trees to the soil are also food for many birds that we enjoy.

Build a brush pile—Piles of twigs and branches create great places for all sorts of small mammals, reptiles and amphibians to make homes. Butterflies like the eastern comma will also find crevices in which to overwinter. You can place the brush pile off to the side of your yard and add to it through the season, or you can build it all at once and even make it look clean and neat if needed.

Leave garden cleanup till spring—Many butterflies overwinter as caterpillars or pupa in the stalks of our dead wildflowers. Birds and small mammals will eat the seeds as well. Leave the task of “cleaning up” the garden until May and you’ll be rewarded with more butterflies and birds.

Don’t use pesticides—Nature has means for keeping balance in the insect world. When we use pesticides we disrupt that balance. This disruption puts us into the vicious cycle of depending on chemicals to eliminate pests and it poisons our soils and streams in the process. When we use pesticides we also kill the wonderful butterflies that we enjoy and we reduce the supply of food (insects) for so many of our birds. Pesticides also can kill or sicken baby birds when parents, looking to feed their babies a high protein diet, feed them insects that have been sprayed.

Leave the leaves—Leaves are not only wonderful fertilizer for the soil, they are also important habitat for overwintering butterflies and a place where birds can find insects. Rather than taking those leaves to the dump, leave a nice pile in a quiet corner of your yard and see what wildlife is supported by it. Salamanders and turtles will also thank you.

Let the grass grow—We’ve been losing many of our grassland birds due to the loss of habitat. If you live in an area where you can leave your lawn or fields unmowed, you’ll be providing habitat for birds such as the bobwhite, meadowlarks and grassland sparrows. Mow either before or after the nesting season. The best windows for mowing are either late February to early March or late August to early September. Watch for rabbits and turtles as you mow too, since they are often nestled in the grass.

Keep an animal’s eye—All animals need 4 things for survival: food, water, shelter and a place to raise their young. As you enhance or restore your backyard habitat, be sure to include all of these elements.



Loudoun Wildlife Conservancy

For more information as well as listings of our free field trips and other activities, visit our website:
www.loudounwildlife.org



Loudoun Wildlife Conservancy is dedicated to promoting the preservation and proliferation of healthy wildlife habitats across Loudoun County, Virginia. We offer educational programs and field trips, habitat and species monitoring, habitat restoration projects and conservation advocacy. *Habitat Herald* newsletter available. Annual Membership: \$10 student, \$20 individual, \$30 family

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