

Common Name	Characteristics	Bloom Season	Height/Width	Scientific Name	Image
Hairy Beardtongue	Lavendar - trumpet-shaped - hummingbirds - forms clumps	Mid (June/July)	3'x2'	Penstemon hirsutus	
Wild Bergamot	Lavendar - bee balm - aromatic - spreads heavily - may need stakes	Mid (June/July)	4'x4'	Monarda fistulosa	
New England Aster	Violet - late season - showy - larval host - spreads heavily	Late (August/October)	4'x3'	Symphytrichum novi-belgii	
Virginia Mountain Mint	White - midsummer - aromatic - dense flower	Mid (June/July)	3'x2'	Pycnanthemum virginiana	
Wild Strawberry	White - groundcover - tasty - spreads	Early (April/June)	4"x1'	Fragraria virginiana	
Swamp Milkweed	Pink - medicinal - attracts monarchs - spreads	Mid (June/August)	5'x3'	Asclepias Incarnatas	
Cutleaf Coneflower	Yellow - sunflower-like - coned center - medicinal - spreads	Mid/Late (July/October)	6'x3'	Rudbeckia laciniata	

2025 Resilient Yards: Native Plants Fact Sheet

Shady Species

Common Name	Characteristics	Bloom Season	Height/ Width	Scientific Name	Image
Pennsylvania Sedge	Green - spiky grass-like - okay in either sun or shade - lawn substitute - groundcover	Early (April/May)	16"x12"	Carex albicans	
Golden Ragwort	Yellow - spreads - daisy-like - stout and thick	Early (May/June)	3'x2'	Packera aurea	
Foamflower	White - accented pink - groundcover - showy	Early (May/June)	1'x2'	Tiarella cordifolia	
Blue Wood Aster	Blue - prolific self-seeds - blue to violet	Late (August/October)	3'x2'	Symphotrichum cordifolium	
Zig Zag Goldenrod	Yellow - late season - spreads easily - larval host	Late (August/October)	3'x3'	Solidago flexicaulis	
Tall Anemone	White - long season - ornamental	Early (May/June)	3'x2'	Anemone virginiana	