



**Best native flowers and grasses for different areas and also for attracting bees and butterflies to your garden.**

**Easy to Grow Flowers** - no stratification needed, just plant in potting soil in a starter pot in spring.

Common Tall Sunflower, *Helianthus nuttallii* - self seeds

Gaillardia, *Gaillardia aristata* - very colourful

Giant Hyssop, *Agastache foeniculum* - self seeds, edible flowers and leaves. Bees love this plant.

Golden-aster, *Heterotheca villosa* - lovely ground cover

Meadow Blazingstar, *Liatris ligulistylis* - ENPS poster child!

Nodding Onion, *Allium cernuum* - leaves are edible

Smooth Fleabane, *Erigeron glabellus*

Wild Blue Flax, *Linum lewisii* - self seeds

Wild Bergamot (Monarda), *Monarda fistulosa* - attracts humming birds, edible flowers.

**Best Flowers for Bees. All native flowers are wonderful for bees, from early spring to late fall.**

**Here are the top picks:**

Giant Hyssop, *Agastache foeniculum* - the number 1 pick for bees. Blooms mid-summer.

Slender Blue Beardtongue, *Penstemon procerus* - blooms early.

All the Violets, *Viola* spp. - bloom early.

Prairie Crocus, *Pulsatilla nuttalliana* (formerly *Anemone patens*) - blooms very early.

Prairie Buttercup, *Ranunculus rhomboideus* - blooms very early.

Gaillardia, *Gaillardia aristata* - blooms mid-summer.

Meadow Blazingstar, *Liatris ligulistylis* - blooms mid-summer.

Heart-leaved Alexanders, *Zizia aptera* - blooms late spring.

Joe Pye weed, *Eutrochium maculatum* - blooms mid-summer.

All the Asters, *Symphyotrichum* spp., *Eurybia* spp. - bloom late summer and fall.

All the Goldenrods, *Solidago* spp. - bloom late summer and fall.

Common Tall Sunflower, *Helianthus nuttallii* - blooms late summer and fall.

**Best nectar flowers for butterflies.**

Meadow Blazingstar, *Liatris ligulistylis* - top pick for butterflies.

Joe Pye weed, *Eutrochium maculatum* - provides a landing pad for butterflies.

Heart-leaved Alexanders, *Zizia aptera* - provides a landing pad for butterflies.

Stiff Goldenrod, *Solidago rigida*

Showy Aster, *Eurybia conspicua* - tall robust plant.

Wild Bergamot (Monarda), *Monarda fistulosa* - attracts hummingbirds too.

**Best food plants for butterfly babies, (caterpillars).**

Early Blue Violet, *Viola adunca* - short small plants.

Canada Violet, *Viola canadensis* - good ground cover, long flowering period.

All the Asters, *Symphyotrichum* spp., *Eurybia* spp.

Most native grasses

Low Milkweed, *Asclepias ovalifolia* - for Monarch butterflies if they should ever visit again!

**Best Flowers and Grasses for Different Areas**

**Flowers and Grasses for Semi-shade: \* Recommended best**

\*Showy Aster, *Eurybia conspicua* - tall robust plant which can spread.

Smooth Fleabane, *Erigeron glabellus*

Low Goldenrod, *Solidago missouriensis* - spreads into a patch.

Flat-topped White Aster, *Doellingeria umbellata* - spreads into a patch.

\*Lindley's Aster, *Symphyotrichum ciliolatum*  
 \*Blue Columbine, *Aquilegia brevistyla*  
 \*Canada Violet, *Viola canadensis* - short ground cover.  
 Joe Pye weed, *Eutrochium maculatum* - large plant with large flowers.  
 Heart-leaved Alexanders, *Zizia aptera*  
 Giant Hyssop, *Agastache foeniculum* - self-seeds.  
 Harebell, *Campanula alaskana* - will grow in full sun too.  
 Purple Pea Vine, *Lathyrus venosus* - needs a trellis or support, but not tall.  
 \*Nodding Onion, *Allium cernuum* - self-seeds.  
 Philadelphia Fleabane, *Erigeron philadelphicus* - self-seeds abundantly.  
 Low Milkweed, *Asclepias ovalifolia* - will grow in full sun too. Spreads into a patch.  
 Siberian Aster, *Eurybia sibirica* - low ground cover.  
 Long-style Sweet Cicely, *Osmorhiza longistylis* - grows in deep shade too. Self-seeds abundantly. Edible leaves.  
 Tall Meadowrue, *Thalictrum dasycarpum* - try this stately plant.  
 \*Purple Oat Grass, *Schizachne purpurascens*  
 Fringed Brome, *Bromus ciliatus*  
 Nodding Brome, *Bromus porteri*  
 Tufted Hair Grass, *Deschampsia cespitosa* - likes a damp spot.

#### **Flowers and Grasses for a hot dry area. \* Recommended best**

Golden Bean (Buffalo Bean), *Thermopsis rhombifolia* - a spreader that pops up all over the place.  
 Prairie Cinquefoil, *Potentilla pensylvanica*  
 \*Wild Blue Flax, *Linum lewisii* - self-seeds abundantly.  
 \*Harebell, *Campanula alaskana* - will grow in semi-shade too.  
 \*Golden-aster, *Heterotheca villosa* - lovely ground cover.  
 Tufted White Prairie Aster, *Symphyotrichum ericoides*  
 \*Blue Grama Grass, *Bouteloua gracilis*  
 Poverty Oat Grass, *Danthonia spicata*

#### **Flowers and Grasses for a damper area or rain garden. \*Recommended.**

\*Purple-stemmed Aster, *Symphyotrichum puniceum*  
 \*Common Tall Sunflower, *Helianthus nuttallii* - self-seeds.  
 \*Three-flowered Avens, *Geum triflorum* - beautiful seed heads.  
 Blue-eyed Grass, *Sisyrinchium montanum* - hard to grow as it often needs 2 seasons to germinate, but worth it.  
 White Camus, *Anticlea elegans* - an attractive plant.  
 \*Wild Bergamot (Monarda), *Monarda fistulosa* - edible flowers.  
 \*Slender Blue Beardtongue, *Penstemon procerus* - self-seeds.  
 \*Tall Meadowrue, *Thalictrum dasycarpum* - tall and stately.  
 \*Heart-leaved Alexanders, *Zizia aptera*  
 \*Lindley's Aster, *Symphyotrichum ciliolatum*  
 \*Tufted Hair Grass, *Deschampsia cespitosa*  
 \*Purple Oat Grass, *Schizachne purpurascens*  
 \*Fowl Manna Grass, *Glyceria striata* - short grass that spreads into a nice patch.

You can check out the different plants on the ENPS website. It is an on-going work in progress as we add more plants.

[www.enps.ca](http://www.enps.ca)