



bringing habitat  
home to the  
CHAMPLAIN VALLEY

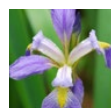
# Starter Plant List for



MEDIUM TO MOIST SOIL

FULL SUN

growwildvt.org



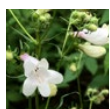
## Blueflag Iris

Iris versicolor

Blue Bloom  
Early-Mid

1 ft  
3 ft

Tidy vertical clumps. Host plant for moths. Pollinated by bumble bees, bees, beetles and hummingbirds.



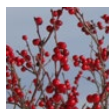
## Calico Beardtongue

Penstemon calycosus

Pale Pink Bloom  
Early-Mid

1.5 ft  
1.5–2 ft

Nectar source for long-tongued bees, sphinx moths, and hummingbirds. Host plant for several moth species. Allow it to reseed.



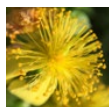
## Winterberry

Ilex verticillata

White Green Bloom  
Early-Mid

4–10 ft  
4–10 ft

**Need male and female shrubs for cross pollination.** Host plant for several moths and berries for birds and mammals.



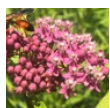
## Shrubby St. John's-wort

Hypericum sp: H. prolificum or H. kalmianum

Yellow Bloom  
Mid-Late

3–4 ft  
4 ft

Small shrub. Important midseason pollen source for bumblebees. Native to sandy areas of NY and NJ. H. prolificum is a vigorous seeder.



## Swamp Milkweed

Asclepias incarnata

Pink Bloom  
Mid-Late

1–2 ft  
2–4 ft

Clumping milkweed. Host plant for monarchs and swallowtails. Attracts multiple pollinators with its vanilla fragrance.



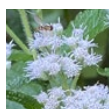
## White Turtlehead

Chelone glabra

White Bloom  
Mid-Late

2 ft  
1.5–2.5 ft

Tubular flower shape, great nectar source for long-tongued bumblebees. Host plant for Baltimore checkerspot and other butterflies.



## Boneset

Eupatorium perfoliatum

White Bloom  
Mid-Late

3–4 ft  
4–6 ft

Long blooming, attracting wasps, bees, butterflies and flies. Flattened top makes favored landing pads for short tongued bees. Host plant, too.



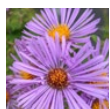
## Mountain Mint for Moist Soils

Pycnanthemum virginianum. Other species for dry to medium sites.

White Bloom  
Mid-Late

1–2 ft  
2–3 ft

Slowly spreads. Fragrant foliage. Many weeks of floral resources for multiple insects; a golden digger wasp favorite. Lightly reseeds.



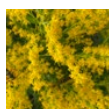
## New England Aster

Symphyotrichum novae-angliae

Purple or Pink Bloom  
Late

2–3 ft  
3–5 ft

Late season butterfly-preferred blooms. Important nectar source for migrating Monarchs, and next year's bumble bee queens pre-hibernation.



## Fireworks Rough Goldenrod

Solidago rugosa 'Fireworks'

Yellow Bloom  
Late

2–3 ft  
2–4 ft

The cultivar spreads less aggressively than the species! Important nectar source for migrating Monarchs and next year's bumble bee queens pre-hibernation.