



Native plants are trees, shrubs, flowers, grasses, and other plants that occur naturally in an area. Many people prefer to opt for native plants due to the benefits they provide, including:

- **Low maintenance:** Since native plants are accustomed to our environment, they require little upkeep to thrive, and often need little to no watering and fertilization after their first season.
- **Hardiness:** Native plants are acclimated to the diseases and pests that frequent our area, making them naturally more resistant to these conditions than plants that have been unnaturally introduced to the area.
- **Adaptability:** Native plants are accustomed to the erratic changes in light, temperature, and soil conditions in this area, and are therefore able to survive in a wide variety of conditions.
- **Promotion of Local Ecology:** Native plants provide local animals and insects with natural food and pollinators, benefitting the well-being of your area's ecology.

Luckily, you don't have to sacrifice diversity to reap these benefits! The East Coast and mid-Atlantic region hosts a wide variety of native plants, including those listed below.

Native Perennials

- *Agastache foeniculum* - Anise Hyssop
- *Amsonia* - Blue star
- *Asclepias* - Milkweed
- *Baptisia* - False indigo
- *Boltonia* - False aster
- *Chelone* - Turtlehead
- *Chrysogonum* - Golden knee
- *Cimicifuga racemose* - Black snakeroot
- *Coreopsis* - Tickseed
- *Dicentra eximia* - Bleeding heart
- *Echinacea* - Coneflower
- *Eupatorium* - American boneset
- *Gaillardia* - Blanket flower
- *Gaura* - Gaura
- *Helenium* - Sneezeweed
- *Helianthus* - Sunflower
- *Heliopsis* - False sunflower
- *Heuchera americana* - Coral bells
- *Heuchera villosa* - Hairy alum root
- *Iris cristata* - Dwarf crested iris
- *Iris versicolor* - Blue flag
- *Liatris* - Blazing star
- *Lobelia* - Cardinal flower
- *Mertensia* - Bluebells



More Native Perennials

- *Mondara* - Bee Balm
- *Oenothera* - Evening primrose
- *Penstemon* - Beardtongue
- *Phlox divaricata* - Woodland phlox
- *Phlox subulata* - Moss phlox
- *Physostegia* - Obedient plant
- *Polemonium* - Jacob's ladder
- *Rudbeckia* - Black eyed susan
- *Sedum divergens* - Cascade stonecrop
- *Sedum ternatum* - Three-leaved stonecrop
- *Senecio aureus* - Golden ragwort
- *Sisyrinchium* - Blue-eyed grass
- *Solidago* - Goldenrod
- *Stokesia* - Stoke's aster
- *Tiarella* - Foam flower
- *Tradescantia* - Spiderwort

Native Trees

- *Acer rubrum* - Red maple
- *Acer saccharum* - Sugar maple
- *Betula nigra* - River birch
- *Cornus florida* - Flowering dogwood
- *Crataegus viridis* - Green hawthorn
- *Juniperus virginiana* - Red cedar
- *Magnolia grandiflora* - Southern magnolia
- *Malus spp.* - Crabapple
- *Nyssa sylvatica* - Black gum
- *Pinus strobus* - Eastern white pine
- *Quercus palustris* - Pin oak
- *Quercus rubra* - Red oak
- *Taxodium distichum* - Bald cypress
- *Tilia americana* - American linden
- *Ulmus americana* - American elm

Native Shrubs

- *Clethra alnifolia* - Sweet pepperbush
- *Fothergilla major* - Witch alder
- *Gaultheria procumbens* - Wintergreen
- *Hydrangea arborescens* - Smooth hydrangea
- *Hydrangea quercifolia* - Oakleaf hydrangea
- *Itea virginica* - Virginia sweetspire
- *Rhus aromatica* - Fragrant sumac
- *Rubus* - Blackberry
- *Vaccinium* - Blueberry
- *Yucca filamentosa* - Adam's needle

Native Ferns

- *Athyrium filix-femina* - Lady Fern
- *Dennstaedtia punctilobula* - Hayscented Fern
- *Dryopteris marginalis* - Evergreen Wood Fern
- *Dryopteris x australis* - Dixie Wood Fern
- *Matteuccia pensylvanica* - Ostrich Fern
- *Osmunda chinnamomea* - Cinnamon Fern
- *Osmunda regalis* - Royal Fern
- *Polystichum acrostichoides* - Christmas Fern

Native Vines

- *Campsis* - Trumpet creeper
- *Lonicera sempervirens* - Trumpet honeysuckle

Native Ornamental Grasses

- *Carex stricta* - Tussock sedge
- *Chasmanthium* - Northern Sea Oats
- *Juncus effusus* - Common rush
- *Nasella* - Mexican Feather Grass
- *Panicum* - Switchgrass
- *Phalaris* - Ribbon Grass
- *Schizachyrium* - Little bluestem
- *Scirpus* - Soft-stemmed bulrush