




















North Carolina Native Plant Society

Favorite Natives for NC Gardens

Native species are those that occur naturally in an area. They are better adapted to local conditions requiring less care once established. Native plants support our native wildlife, in particular our birds, butterflies and bees (pollinators). Introduced plants may become invasive, outcompeting the natives and not providing the food and cover our native wildlife depend on.

The native plants below are all perennials and should return each year if planted properly. They all attract pollinators, provide a food source, and are available commercially. If your local nursery does not sell these native plants – encourage them to do so!

	Common Name	Scientific Name	Bloom Time	Area Found	Planting Needs	Native Notes
	Carolina Jessamine	<i>Gelsemium sempervirens</i>	Jan - May	Piedmont and Coast	Sun to part sun; average moisture	Evergreen vine; deer resistant
	Highbush Blueberry	<i>Vaccinium corymbosum</i>	Feb - May	Piedmont Coast and Mtns	Sun to part sun; average to dry soil	Deciduous shrub; fall color; edible fruits; attracts songbirds
	Eastern Columbine	<i>Aquilegia canadensis</i>	Mar - June	Piedmont Coast and Mtns	Part shade; moist well-drained soil	Semi Evergreen; spreads by reseeding itself
	Green-and-gold	<i>Chrysogonum virginianum</i>	Mar - June	Piedmont Coast and Mtns	Part sun-part shade; average to dry soil	Evergreen; great as ground cover; deer resistant
	Tickseeds (Coreopsis)	<i>Coreopsis verticillata</i> , <i>C. lanceolata</i> , <i>C. auriculata</i>	Mar - Aug	Piedmont Coast and Mtns	Mostly sun	Semi-Evergreen; deer resistant
	Foam Flower	<i>Tiarella cordifolia</i>	April - May	Piedmont Coast and Mtns	Shade; moist, well-drained soil	Reseeds slowly; moderate deer resistant
	American Beautyberry	<i>Callicarpa americana</i>	May - July	Piedmont and Coast	Sun to part shade; average to moist soil	Deciduous shrub; purple berries provide fall food for birds; crushed leaves repel mosquitoes
	Purple Coneflower	<i>Echinacea purpurea</i>	May - Aug	Piedmont Coast and Mtns	Sun; average to dry soil	Stately flowers; birds like seeds
	Butterfly-weed	<i>Asclepias tuberosa</i>	May - Aug	Piedmont Coast and Mtns	Sun to part sun; dry/moist soil	Host plant for monarch, queen and grey hairstreak; deer resistant

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	Bee Balm	<i>Monarda didyma</i>	May - Sept	Piedmont and Mtns	Sun to part shade; dry/ moist soil	Hardy perennial; spreads assertively
	Garden Phlox	<i>Phlox paniculata</i>	June - Aug	Piedmont Coast and Mtns	Mostly sun	Long blooming; butterfly favorite
	Black-Eyed Susan	<i>Rudbeckia fulgida</i> , <i>R. triloba</i>	June - Oct	Piedmont Coast and Mtns	Sun to part shade; dry/ moist soil	Long-flowering; Seed heads attract song birds
	Goldenrod	<i>Solidago odora</i> , <i>S. nemoralis</i> , <i>S. caesia</i>	June - Nov	Piedmont Coast and Mtns	Varies by species	Great for late season pollinators; avoid aggressive species
	Joe-Pye Weed	<i>Eutrochium (Eupatorium) fistulosum</i> , <i>E. purpureum</i>	July - Sept	Piedmont Coast and Mtns	Sun to part sun; moist soil	Special value to honey bees; will get tall in moist areas; seeds eaten by sparrows
	Cardinal Flower	<i>Lobelia cardinalis</i>	July - Oct	Piedmont Coast and Mtns	Sun/shade; moist soil	Depends on hummingbird for pollination; moderate deer resistance
	New York Ironweed	<i>Vernonia noveboracensis</i>	Aug - Sept	Piedmont Coast and Mtns	Full sun; wet, moist soil	Very tall; seeds attract song birds; deer resistant
	White Wood Aster	<i>Eurybia divaricata</i>	Aug - Oct	Piedmont and Mtns	Part shade/ shade; average to dry soil	Spreads readily; blooms nicely in shade
	Asters Symphyotrichum	<i>S. oblongifolium</i> , <i>S. cordifolium</i>	Aug - Nov	Piedmont Coast and Mtns	Mostly sun	Valuable for late season beauty and pollinators
	Perennial Sunflowers	<i>Helianthus angustifolius</i> , <i>H. divaricatus</i>	Aug - Nov	Piedmont Coast and Mtns	Mostly sun; average soils	Often large flowers; seed heads attract song birds; some spread vigorously

Create a native garden in your yard, and help sustain our native plant and pollinator populations.
Do your homework to make sure you choose native plants suited to your site conditions.
With proper planting and care, these perennials will become established in your yard.

For information about the North Carolina Native Plant Society or to find a local chapter, Visit: www.NCNPS.org - or email: ncnpsquestions@ncwildflower.org



Sources:

<http://www.ncnps.org>

<http://plants.usda.gov>

Mellichamp, Larry. 2014. *Native Plants of the Southeast*; Portland, Oregon: Timber Press

<http://www.xerces.org/pollinator-conservation>

<http://namethatplant.net>