

NATURAL ISLAND PLANT PROJECT

**LANDSCAPING TO SUSTAIN WILDLIFE
&
COASTAL ENVIRONMENTAL HEALTH**





THE NATURAL ISLAND PLANT PROJECT was created to encourage islanders to plant more native and wildlife friendly plants. Healthy native habitat is essential for the survival of the Island's small creatures as well as world-renowned Birds, Turtles and Sea Life as well as for reducing irrigation, fertilizer and maintenance needs.

BLACK EYED SUSAN
Rudbeckia hirta

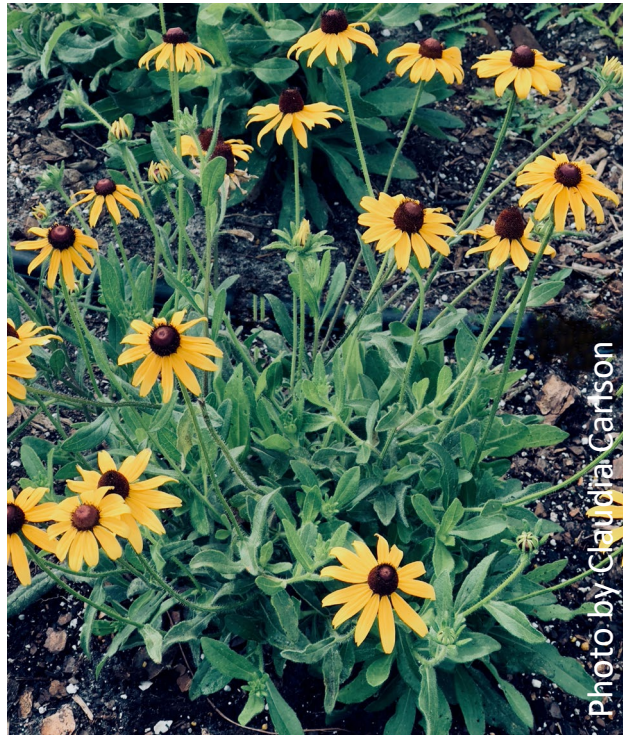
Wildflowers

Size: 1-2' tall

Culture: Full sun to partial shade
in sandy soils.

Wildlife: Larval host for some
moths; provides nectar for
butterflies and seeds for birds.

Comments: Blooms spring to fall.



**BLANKET FLOWER
(Gaillardia pulchella)**

Wildflowers

Size: 1' tall

Culture: Full sun in sandy dry soil.

Wildlife: Attracts a variety of pollinators.

Comments: Naturally suited for coastal sandy soils. Like the Dune Sunflower it is best treated as a long blooming annual. Readily reseeds.



BLAZING-STAR *Liatris spicata*

Wildflowers

Size: 2-4 'tall

Culture: Full sun in sandy soil

Wildlife: Robust attractor of pollinators

Comments: Blooms late summer to fall. Tall stalks may need staking especially if over-watered or fertilized. Cut back mid summer. Mark location during winter dormancy to avoid mistaking new growth for weeds.



DUNE SUNFLOWER
Helianthus debilis

Wildflowers

Size: 1.5- 2' tall. Spread 5'
Culture: Full sun and sandy soils
Wildlife: Pollinated by bees.
Seeds provide food to birds and small mammals.
Comments: A long blooming annual native to Florida west coast dunes. Tolerates salt spray.



LEAVENWORTHS TICKSEED (*Coreopsis leavenworthii*)

Wildflowers

Size: 1-2' tall

Culture: Full sun in organic or sandy moist soil, often near wetlands.

Wildlife: Attracts butterflies.

Comments: Florida state flower. Short-lived but reseeds. Trimming back after blooming encourages rebloom.



MISTFLOWER

Conoclinium coelestinum

Wildflowers

Size: 1-2' tall

Culture: Organic or sandy moist soil in full sun or part shade.

Wildlife: Nectar source for Skipper butterflies and other pollinators.

Comments: Showy blue flowered plant native throughout Florida. Blooms appear late spring through fall in Anna Maria area. Cut back during dormant season in winter to encourage new growth. Short-lived.



MILKWEEDS

BUTTERFLYWEED *Asclepias tuberosa*

Size: 2-4'

Culture: Full sun in well-drained soil .

Wildlife: Primary host plant for Monarch, Queen ad Soldier butterflies and nectar source for many other butterflies and bees

Comments: Occurs naturally in sandy uplands and is drought tolerant. Winter dormant. May need to mark location. Does well in pots. **Avoid non-native tropical milkweed!**



MILKWEEDS

PINK MILKWEED
Asclepias incarnata

WHITE MILKWEED
Asclepias perennis

Size: 2 to 4 ‘

Culture: Pink and White varieties are suited to moist wet soils such as along pond edges.

Wildlife: Nectar source for butterflies and native bees and larval host for Monarch, Queen and Soldier butterflies

Comments: Winter dormant. Mark location to avoid inadvertent weeding.

Avoid non-native tropical milkweed (*Asclepias curassavica*) Species not winter dormant and encourages overwintering of Monarchs.



SEASIDE GOLDENROD (*Solidago sempervirens*)

Wildflowers

Size: 1-2 ft tall; 4-6' in bloom

Culture: Full sun or partial shade in well drained sandy soil.

Wildlife: Attracts many pollinators

Comments: Valued for tall showy flower masses of yellow. Cut back mid summer before blooming to reduce height. No irrigation needed.



SPIDERWORT (Tradescantia ohiensis)

Wildflowers

Height: 1-2'

Culture: Dry to moist soil in full sun to light shade

Wildlife: Attracts bees

Comments: Low care, drought tolerant and adaptable to wide range of conditions. Best for naturalistic plantings due to reseeding. Flowers last one day but long bloom season. Forms small clumps and deep roots. Cut back in fall to encourage rebloom.



STARRY ROSINWEED
Silphium asteriscus

Wildflowers

Size: 2-5' tall

Culture: Full sun to partial shade in sandy well-drained soil

Wildlife: Attracts butterflies, bees and other pollinators. Birds consume seeds.

Comments: Long-lasting blooms spring through fall. Sturdy stems support tall structure. Provides striking massed planting against structure such as a pool cage or in pot. Cut back blooms only. Needs no irrigation once established.

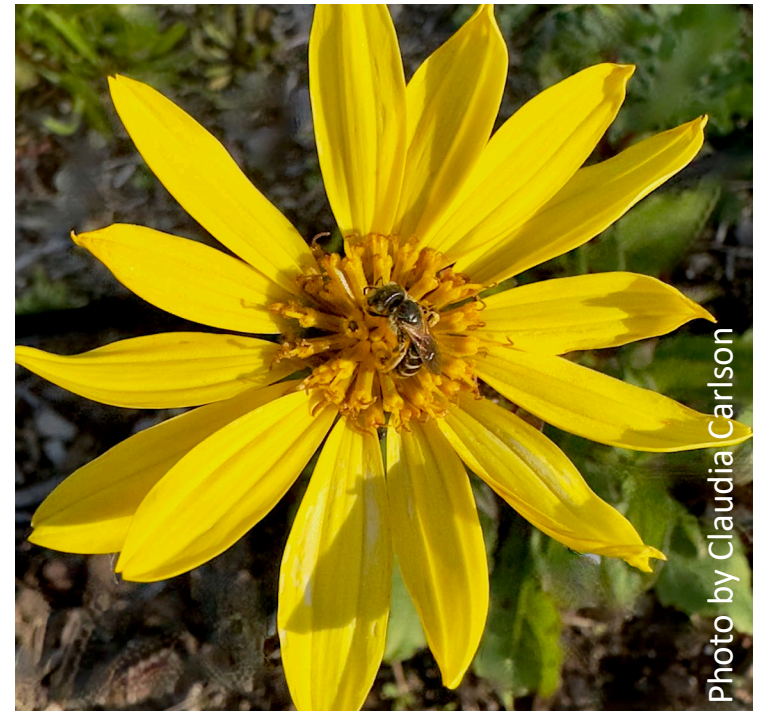


Photo by Claudia Carlson

STOKES ASTER
Stokesia laevis

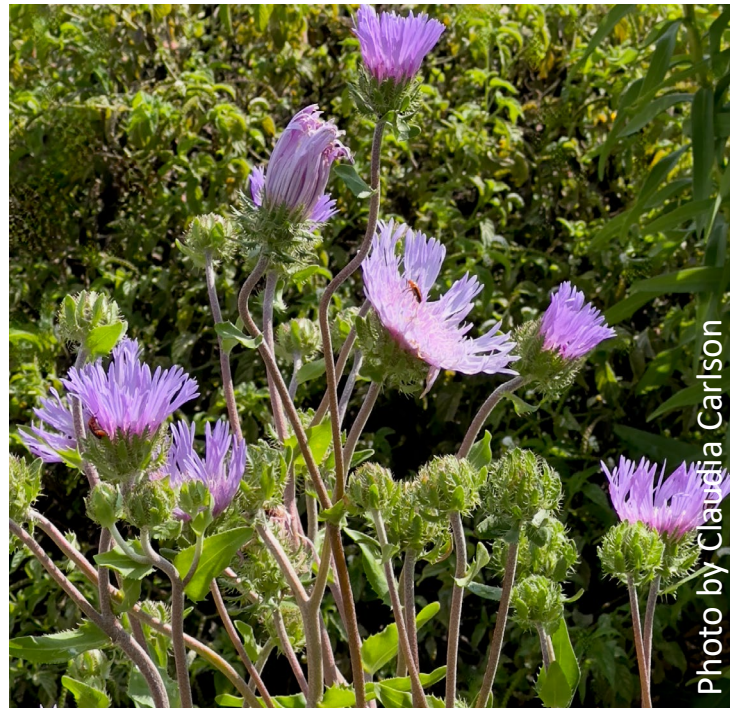
Wildflowers

Size: 1- 2' tall by 1-2'wide

Culture: Full sun to partial shade in well-drained sandy to loam soil

Wildlife: Attractive to butterflies and many native bees.

Comments: Large dramatic flowers appear late spring to summer. Remove dead flowers for a longer bloom.



TAMPA VERBENA
(*Gandularia tampensis*)

Wildflowers

Size: 1-1.5'

Culture: Moist to dry sandy soil in full sun.

Wildlife: Nectar source for a variety of butterflies and moths and bees.

Comments: This attractive and short-lived flower is and best treated as an annual. Avoid purchasing the many alien varieties that threaten native genetics and ecology.



TROPICAL SAGE (*Salvinia coccinea*)

Wildflowers

Size: 2-3' tall

Culture: Tolerates poor soil and dry conditions in full sun to light shade.

Wildlife: Flowers attract butterflies and hummingbirds.

Comments: Flowers all year with peak in spring. For fuller shape periodically prune to 2-3' height. Thin new seedlings each year to concentrate population. Works well in pots.



WILD PETUNIA *Ruellia Caroliniensis*

Wildflowers

Size: 6-8" tall

Culture: Adapts to moist or sandy soil, full sun or shade.

Wildlife: Nectar plant for many butterflies and bees. Host plant for the Common Buckeye butterfly.

Comments: Works as a replacement for impatiens along border edges. Avoid the widely sold Category I invasive exotic Mexican petunia (*Ruellia simplex*).



YELLOWTOP *Flaveria linearis*

Wildflowers

Size: 3'

Culture: Full sun in sandy or mucky soils

Wildlife: Nectar highly attractive to butterflies, bees and flower beetles

Comments: Plants found growing throughout Florida in coastal areas along mangrove swamps, sand dunes and disturbed areas. Adaptable and drought tolerant.



Photo by Claudia Carlson



Photo by Claudia Carlson

BEACH CREEPER
Ernodea littoralis

Groundcover/Small Shrubs

Size: 2-3' tall; 2-3' wide

Culture: Dry sandy soils in full sun or partial shade.

Wildlife: Nectar source for butterflies and hummingbirds; provides berries for birds and other wildlife

Comments: Excellent groundcover or formal low front border in coastal habitat



BLUE PORTERWEED

Stachytarpheta jamaicensis

Groundcovers

Size: 1' tall and 3-4' wide

Culture: Moist to dry soil in full sun to light shade in sand or lime soil.

Wildlife: Larval host for buckeye butterfly and a nectar plant for many butterfly species.

Comments: Year-round flowers. Drought and salt tolerant. Avoid planting the alien and invasive upright variety, *Stachytarpheta cayennensis*, often sold in retail outlets.



FROGFRUIT (Phyla nodiflora)

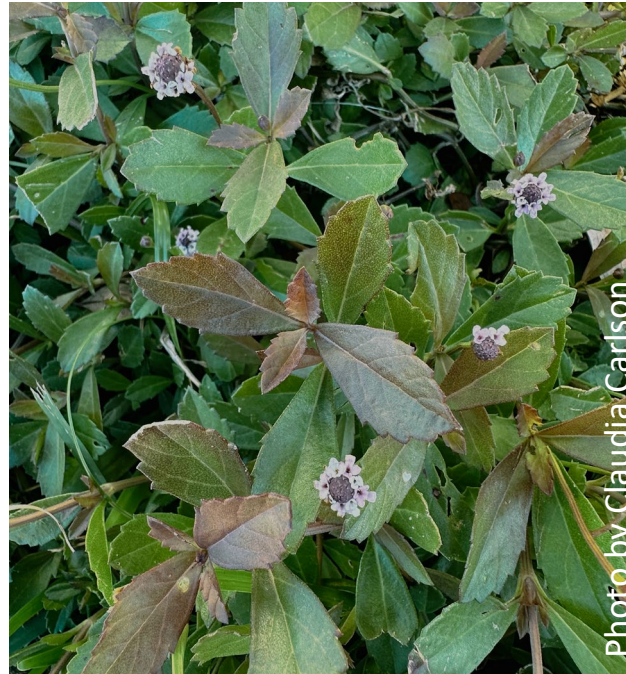
Groundcovers

Size: 2-3" tall

Culture: Moist to loamy soils in full sun to partial shade.

Wildlife: Host plant for several butterfly species and nectar attracts many pollinators.

Comments: Fast growing groundcover increasingly used as a turf grass substitute. Grows naturally amongst herbicide-free turf grass. Handles light foot traffic. Mow several times yearly.



NATIVE SWORD FERN
Nephrolepis exaltata

Groundcover

Size: 2'

Culture: Part shade to shade in wet to dry sandy or organic soils

Wildlife: Adaptable groundcover for shade. Plant where it can be contained and out of wildflower bed as it can be aggressive.

Comments: Obtain from native nursery to avoid similar appearing and highly invasive tuberous Sword Fern (Boston Fern).



SUNSHINE

MIMOSA

Mimosa strigillosa

Groundcovers

Size: 2-9" tall and 100 ' wide

Culture: Full sun in well drained sandy soil

Wildlife: Bee and butterfly nectar plant and host for Little sulphur butterfly.

Comments: Evergreen with pink powderpuff blooms spring through fall. Potential lawn alternative in light traffic areas. Can be mowed. Leaves sparse in winter. Deep rooted plant. **Plant in contained areas and out of wildflower bed as it can overtake space.**



BAHAMA CASSIA
(*Senna Mexicana chapmanii*)

Small Shrubs

Size: 4' with 4-6' spread

Culture: Well drained soil in full to part sun.

Wildlife: Nectar flower for butterflies and larval host for sulfur butterflies.

Comments: Popular butterfly garden plant due to long October to July bloom period. Allow room for spread. Cut back in Spring every few years. Relatively short lived. Purchase only from native nurseries as a similar appearing plant, *Senna pedulata*, is classified as an invasive species.



Photo by Claudia Carlson



Photo by Claudia Carlson

CALAMINT

Calamintha georgiana

Small Shrubs

Size: 1-2' tall and wide

Culture: Full sun in dry sandy soils.

Wildlife: Native bees attracted to nectar

Comments: Fall through winter flowering shrub useful as a border plant or low hedge.



COONTIE

Zamia integrifolia

Groundcover/Small Shrub

Size: 2-3'tall by 3-5' wide

Culture: Sandy soil in shade to full sun. Adaptable to moist or dry conditions.

Wildlife: Larval host for the rare Atala butterfly and Echo moth.

Comments: Ancient cycad plant existing throughout Florida. Provides an evergreen and hardy low groundcover beneath trees and taller natives. Needs little irrigation once established. Space plants appropriately for eventual size as pruning creates brown tips and deforms natural shape.



DWARF SHINY-LEAF WILD COFFEE

Psychotria nervosa

Small Shrubs

Size: 1-2.5' tall

Culture: Shade in sandy, loam or lime rock soil.

Wildlife: Flowers provide nectar for butterflies and bees; fruit is food source for birds, including mockingbirds

Comments: Invaluable evergreen native shade plant. Useful massed as low border plant, in a shaded courtyard or forest understory.



HORIZONTAL COCOPLUM *Chrysobalanus icaco horizontal*

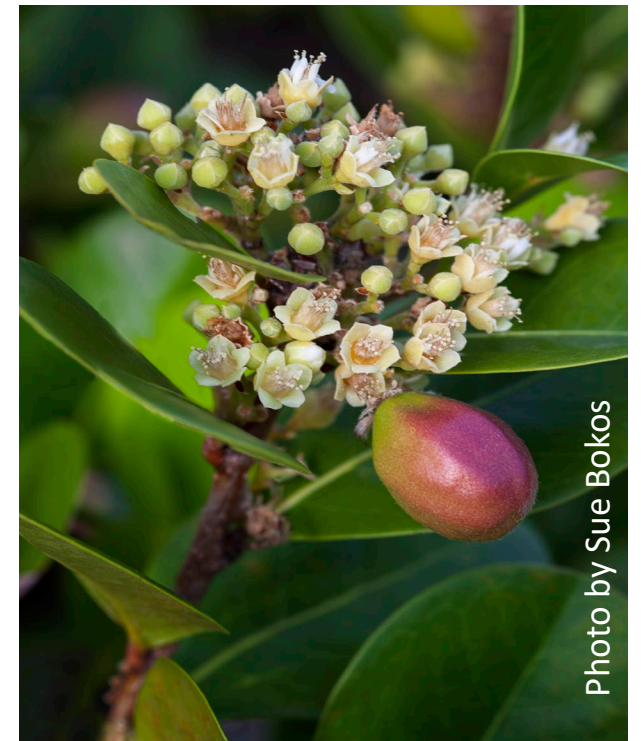
Groundcover/Small Shrub

Size: 4' tall and 10' wide

Culture: Full sun to part shade in moist to dry soils

Wildlife: Attracts pollinators. Birds and wildlife consume fruit Provides dense cover for wildlife. Fruit edible.

Comments: Ideal coastal groundcover with high salt and sandy soil tolerance. Trim twice yearly for lower profile.



ROCKLAND LANTANA
Lantana depressa

Small Shrubs

Size: 2' tall and 3' wide

Culture: Full sun in dry alkaline soil

Wildlife: Attracts butterflies

Comments: Attractive massed in front of border. Highly salt tolerant; short-lived. Purchase only from native nurseries as widely sold cultivar, *Lantana camara*, threatens native species.



BEAUTYBERRY

Callicarpa americana

Small Shrubs

Size: Part sun to full shade

Culture: Dry to moist well-drained soil

Wildlife: Nectar source for butterflies and bees. Birds eat the berries.

Comments: Grows throughout Florida and is an excellent plant for dry shade. Trim back in late winter when loses leaves. Planting amongst lower groundcover and grasses camouflages bare winter stems.



SEASIDE OXEYE

(*Borrichia frutescens*)

Small Shrubs

Height: 2 - 4'

Culture: Moist to wet soils in full to partial sun

Wildlife: Attracts a variety of pollinators

Comments: Coastal shrub tolerating saltwater inundation. Potential border plant for retention pond edges.



SCORPION-TAIL
(Heliotropium angiospermum)

Small Shrubs

Size: 2-3'

Culture: Dry rocky and sandy soils in full sun to partial shade.

Wildlife: Flowers attract butterflies and other pollinators.

Comments Rapid growing flowering shrub with tiny white curved flowers. Easy to cultivate and short-lived.

