

Asclepias exaltata

Common Name: Poke Milkweed

Family: Asclepiadaceae

Height: 2-6 ft.

Spread: 2 feet

Bloom: green or pale purple, hoods white or light pink

Bloom Time: May-June

Sun: partial or dappled sunlight

Water: medium

This is a tall-growing milkweed with unusual bicolored flowers. Habitats consist of woodland openings, rich mesic woodlands, sandy woodlands, upland rocky woodlands, wooded slopes, areas along paths in woodlands, and woodland borders. The flowers of Poke Milkweed attract bumblebees and butterflies, including the Monarch and Great Spangled Fritillary butterflies. Mammalian herbivores avoid consumption of milkweeds as their foliage contains toxic cardiac glycosides and it is bitter-tasting. Poke Milkweed has been known to hybridize with Common Milkweed, producing plants with intermediate characteristics.



Blephilia hirsuta

Common Name: Hairy Wood Mint

Plant Type: Herbaceous perennial

Family: Mint family (Lamiaceae)

Height: 1-3'

Bloom: pink, purple or white

Spread: 2 feet

Sun: partial sun to light shade

Water: moist to mesic



The preference is a rich loamy soil with decaying leaf mold. Habitats include mesic deciduous woodlands, areas along woodland paths, woodland borders, woodland openings, limestone glades, and thickets. The preference is a rich loamy soil with decaying leaf mold. Habitats include mesic deciduous woodlands, areas along woodland paths, woodland borders, woodland openings, limestone glades, and thickets. The dense whorls of flowers distinguish the genus *Blephilia* from many other members of the Mint family. Another member of this genus that occurs in Ohio is Downy Wood Mint (*Blephilia ciliata*). Downy Wood Mint prefers habitats that are somewhat sunnier and drier; it is sometimes found in prairies and savannas.

Lobelia siphilitica

Common Name: Great Blue Lobelia

Family: Campanulaceae

Height: 2 to 3 feet

Spread: 1 to 1.5 feet

Bloom Time: July - September

Bloom Color: Blue

Sun: Full sun to part shade

Water: Medium to wet

Will tolerate full sun in cool, northern

climates, but otherwise appreciates part shade. Pollinators

attracted include yellow-faced bees, sweat bees, small

carpenter bees, and bumble bees. Provides late summer bloom to the perennial border, wild

garden, native plant garden, woodland garden or naturalized planting. Also effective near ponds

or streams. Great Blue Lobelia produces violet-blue flowers during late summer or early fall,

when forbs with yellow flowers are typically dominant.



Penstemon hirsutus

Common Name: Hairy Beardtongue

Family: Snapdragon family
(Scrophulariaceae)

Height: 1-3 feet

Spread: 1-2 feet

Bloom Time: June-July

Bloom Color: pale purple

Sun: full to partial sun

Water: dry to medium

The tubular flowers of this plant

attract long-tongued bees, including honeybees, bumblebees, Anthophorine bees, Miner bees, Mason bees, and large Leaf-Cutting bees. Butterflies, Sphinx moths, and hummingbirds may visit

the flowers. The caterpillars of the Chalcedony Midget moth feed on the foliage of this and

other beardtongues. There have been reports that the caterpillars of the Baltimore butterfly

feed on the foliage of beardtongues. It is probably one of the easiest *Penstemons* to grow east

of the Mississippi river. The flowers are quite showy, and the blooming period is rather long for

an early season plant.



Polemonium reptans

Common Name: Jacob's Ladder

Family: Phlox family (Polemoniaceae)

Height: 1-1½' feet

Bloom Time: late spring

Bloom Color: blue

Sun: light shade or partial sun

Water: medium dry to medium wet

Jacob's ladder prefers high quality natural habitats, and rarely wanders far from wooded areas. The nectar and pollen of the flowers attract bees primarily, including honeybees, bumblebees, Little Carpenter bees, Mason bees, Cuckoo bees, Halictid bees (including Green Metallic), and Andrenid bees. The flowers are also visited by Giant Bee Fly and various butterflies, skippers, or moths, which seek nectar. The bell-shaped flowers and compound leaves together provide Jacob's ladder with a distinctive appearance. The common name of *Polemonium reptans* refers to the pairs of opposite leaflets on the compound leaves, which supposedly resemble a series of steps on a ladder in a dream by the biblical Joseph.



Scutellaria incana

Common Name: Downy or Hoary Skullcap

Plant Type: perennial

Family: Mint family (Lamiaceae)

Height: 2 to 3 feet

Bloom color: blue-violet or purple

Bloom Time: mid to late summer

Sun: partial sun to light shade

Water: medium to dry medium

The flowers are pollinated by primarily bumblebees, which suck nectar or collect pollen. Less common visitors are bee flies, skippers, or small butterflies. Some species of wasps may perforate the base of the flower and steal nectar (specifically, the Eumenid wasp has been observed to do this), and Halictid bees sometimes take advantage of these perforations to suck nectar themselves. Swallowtail butterflies and other butterflies occasionally visit the flowers, but they are also less effective at cross-pollination. Downy Skullcap has attractive foliage and flowers; it is one of the showier species in this genus. This wildflower is a good choice for shade gardens.



Sisyrinchium angustifolium

Common Name: Narrow leaf Blue-Eyed Grass

Plant Type: perennial

Family: Iris family (Iridaceae)

Height: 6 to 12 inches

Bloom Time: April to June

Bloom Color: blue-violet

Sun: Full Sun, Partial Sun

Water: Dry, Moist



Forms a tidy clump of grassy

leaves, with yellow-throated blue flowers on upright

stems. Especially nice in a colony of several plants. Best grown in medium moisture, well-drained soil in full sun. Tolerates light shade. Prefers consistently moist soils that do not dry out, but drainage must be good. Will freely self-seed in optimum growing conditions. Plantings may be sheared back after bloom to avoid any unwanted self-seeding and/or to tidy foliage for remaining part of the growing season. Plants may need to be divided every 2-3 years to keep plantings vigorous.

Conoclinium coelestinum AKA *Eupatorium coelestinum*

Common Name: Mist Flower

Family: Aster family (Asteraceae)

Height: 1-2½' tall

Spread: 2-3 feet

Bloom Time: July- September

Bloom Color: purplish pink to blue

Sun: light shade to full sun

Water: moist to medium



The flowers attract long-tongued

bees, butterflies, and skippers. Other occasional visitors include short-tongued bees, various flies, moths, and beetles. Insects that feed on *Eupatorium* spp. (Bonesets) also feed on Mistflower. Insect feeders of this group of plants include the caterpillars of the Clymene Moth and Lined Ruby Tiger Moth who eat the foliage, Eupatorium Borer Moth which bores into the roots, and Three-Lined Flower Moth which eats the florets & developing seeds. Mammalian herbivores rarely consume Mistflower because of its bitter foliage.

Arisaema triphyllum

Common Name: Jack-in-the-Pulpit

Plant Type: perennial

Family: Arum family (Araceae)

Height: 1 to 2 feet

Bloom Time: May to June

Bloom Color: Light green

Sun: Part shade to full shade

Water: Medium to wet

Jack-in-the-Pulpit is a favorite woodland wildflower because of its curious flowers which are pollinated by fungus gnats and the larvae of parasitic thrips. The foliage and corms (especially the latter) contain crystals of calcium oxalate, which can cause a burning sensation in the mouth and irritation of the gastrointestinal tract. As a result, mammalian herbivores rarely eat this plant. However, some upland gamebirds feed on the foliage occasionally, including Wild Turkey. The red berries are eaten by some woodland birds, including Wood Thrush and the Wild Turkey. Jack-in-the-Pulpit often occurs in the same habitats as the closely related *Arisaema draconitum* (Green Dragon), but the former species is the more common of the two. This plant adapts to shady areas underneath trees and doesn't like to dry out. It has few problems with disease and insect pests.



Aster cordifolius, Symphyotrichum cordifolium

Common Name: Blue Wood Aster

Plant Type: Herbaceous perennial

Family: Asteraceae (Aster Family)

Height: 2 -5 feet

Spread: 1.5 to 2 feet

Bloom Time: August to September

Bloom Color: Pale blue to rich blue with yellow centers

Sun: Full sun to part shade

Water: Dry to medium

The nectar and pollen of the flowers attracts many insects, including long-tongued bees, short-tongued bees, wasps, flies, butterflies, skippers, and beetles. Caterpillars of the Silvery Checkerspot and Pearl Crescent butterflies feed on the foliage, as do the caterpillars of many moth species. Pinching back stems before mid-July helps control plant height and promote bushiness. Easily grown from seed and often self-seeds in the garden. Plants may be cut to the ground after flowering to prevent any unwanted self-seeding and/or if foliage has become unsightly. No serious insect or disease problems. Works well in open shade gardens, native plant gardens, cottage gardens or butterfly gardens.



Chrysopsis mariana

Common Name: Maryland golden aster

Family: Aster family (Asteraceae)

Height: 2 ft.

Spread: 2 ft.

Bloom Time: late summer into fall

Bloom Color: yellow

Sun: full sun to part shade

Water: dry to medium



This golden beauty spreads slowly from short rhizomes and tends to self-seed. Spent flowers can be removed if seeding is undesirable. Otherwise, plant *Chrysopsis mariana* and allow it to seed around until it finds the perfect spot. This is a short-lived perennial or biennial that may disappear if shaded or crowded by taller more aggressive companions. Usually, though, a few seedlings are left behind. This durable drought tolerant wildflower is easy to grow and is a wonderful choice for beginning wildflower gardeners.

Sedum ternatum

Common Name: Wild Stonecrop, three-leaved stonecrop

Family: Stonecrop family (Crassulaceae)

Height: 3-6 inches

Spread: 6-10 inches

Bloom Time: June to July

Bloom Description: white

Sun: Full sun to part shade

Water: medium



Wild Stonecrop is fairly easy to distinguish from other *Sedum* spp., whether native or introduced, because it has nearly orbicular leaves in whorls of 3 and flowers with 4 white petals. Tolerates part shade and moist soils better than most other sedums. Although it spreads by creeping stems, and any unwanted plants are easy to remove. Best in rock gardens or as a ground cover. The flower nectar and pollen of stonecrops attract various kinds of bees and less often, wasps and flies visit flowers of these plants. Insects that feed on the foliage of Wild Stonecrop include the *Sedum* Aphid and the aphid *Aphis acrita*. The Eastern Chipmunk eats the roots of this plant.

Silene stellata

Common Name: **Starry Champion**

Plant Type: Herbaceous perennial

Family: Pink family (Caryophyllaceae)

Height: 1-2 1/2 feet

Spread: 1-2 feet

Bloom Time: July -Oct.

Bloom Color: white

Sun: light shade to partial sun

Water: dry to medium

Starry Champion should not be confused with the similar-looking naturalized weed, Bladder Champion which features the most inflated calyx pouch. Starry Champion reproduces by reseeding itself. This conservative species is usually found in higher quality natural areas. The flowers are pollinated primarily by moths and, to a lesser extent, by bumblebees. Generally, the foliage and seeds of *Silene* spp. contain varying amounts of saponins and are somewhat toxic to mammalian herbivores. The faunal-floral relationships of Starry Champion are still poorly understood. The flowers of Starry Champion are quite beautiful. It should be grown more often in flower gardens.



Silene virginica

Common Name: **Fire Pink**

Plant Type: perennial

Family: Pink family (Caryophyllaceae)

Height: 6 inches to 2 feet

Spread: 0.75 to 1.50 feet

Bloom Time: late spring to mid-summer for about 1½ months

Bloom Color: red

Sun: partial sun

Water: medium to dry

Little information is available about floral-faunal relationships. The flowers are probably cross-pollinated by the Ruby-Throated Hummingbird and various large butterflies, which seek nectar from the flowers. The sticky hairs on the surface of the calyx discourage ants from climbing up the flower to steal nectar. Fire Pink produces spectacular red flowers.



Hypoxis hirsuta

Common Name: Yellow Star Grass

Family: Liliaceae

Height: 6-12 inches

Bloom Time: April-June

Bloom Color: yellow

Sun: full to partial sun

Water: moist to slightly dry conditions

This small native perennial plant consists of a rosette of slender basal leaves and shorter

flowering stems. This dainty wildflower is easily overlooked, except when it is in bloom. Habitats include mesic black soil prairies, hill prairies, savannas, open woodlands and paths through woodlands, fens, sandstone glades, abandoned fields, and lawns. Like *Claytonia virginica* (Spring Beauty), Yellow Star Grass can spread into lawns if mowing is delayed until late in the spring. The flowers attract small bees primarily, including Little Carpenter bees, Mason bees, and Halictine bees. These insects collect pollen and are usually females. Cross-pollination is required for fertile seeds.



Solidago rugosa

Common Name: Wrinkle-Leaved Goldenrod

Plant Type: Herbaceous perennial

Family: Asteraceae

Height: 2.5 to 3.5 feet

Spread: 2.5 to 3 feet

Bloom Time: September - October

Bloom Color: Yellow

Sun: Full sun to light shade

Water: Medium to wet

Attractive to bees and butterflies. Insectivorous birds benefit indirectly from goldenrods because of the numerous insects that they attract. Other birds feed directly on goldenrods to a minor extent, including the Indigo Bunting, Eastern Goldfinch and Swamp Sparrow. White-Tailed Deer and Cottontail Rabbits feed on young foliage to a limited extent, while Meadow Voles eat both the seeds and foliage. Good cut flower. Provides good color and contrast for the late summer to early fall perennial border, wild garden, meadow or naturalized area.

