

Native Plants for Rochester Gardens



“Knowledge generates interest, and
interest generates compassion.”

- Douglas Tallamy

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Why Natives?

Cultivating native plants protects and restores the entire ecosystem web, while providing food for insects and birds that share an evolutionary history. Without an abundance of native plants to feed on, insect populations decline sharply, leading to declines up the food chain.

Eighty-six percent of the land east of the Mississippi River is privately owned. A large percentage of that land is planted in monoculture of either food crops or lawns. Turning half of these lawns into native gardens would mean the equivalent of 20 million acres of food for moths, butterflies, birds and all those they feed.

With a loss of 3 billion birds in North America since 1970, a 97% loss of Monarch butterflies, and devastating declines in many bee populations, the time is now to act on preservation and restoration.

What can you do?

Adding native plants to your garden can be as simple as replacing a plant that didn't make it through the winter, or as involved (and impactful) as creating a new native flower garden. Both are worthy ventures! Over time, creating an environment and community that supports native flora supports a vital restoration to entire ecological communities.



“Keep an eye to Nature’s untouched habitats to see how she arranges her gardens.”

- Proverb

Many of the plants included in this brochure are known to be of large importance for feeding native creatures of all sorts. Some, like the Oak tree and Goldenrod, have specific importance due to the amount of support they provide to the whole ecosystem. Protecting and restoring this fragile system begins with each of us doing what we can in our own backyard. Furthermore, you can share these ideas with friends and family. Becoming a native purist is not necessarily the answer, but striving to add more and more natives while encouraging others to do the same will bend the long arm toward a future of healing.

A note on botanical names :

These are found throughout this guide in italics. Plants often have many common names, but only one botanical name. When purchasing plants, use the botanical name to be sure you are purchasing the correct plants.



You'll also find these symbols in the pages that follow, which indicate the types of wildlife that depend on certain plant species.

Photo: Doug Tallamy

“Sometimes I tell myself, I may only be planting a tree here, but just imagine what's happening if there are billions of people out there doing something. Just imagine the power of what we can do.”

- Wangari Maathai

TREES



Amelanchier canadensis

Shadbush, Serviceberry



- Plant in full sun
- Blooms in spring
- Grows to 20'
- Edible berries



Betula nigra

River Birch



- Plant in full sun
- Several species are native with varying growth from 30 to 70'
- Multi-stemmed tree with attractive branching patterns and bark



Cornus florida

Flowering Dogwood



- Plant in full sun/part shade
- Blooms in spring
- Grows 15-30'



Juniperus virginiana Eastern Red Cedar



- Plant in full sun/part shade
- Grows 30–40'
- Evergreen, excellent for screening



Magnolia virginiana

Sweet Bay Magnolia



- Plant in part sun/shade
- Grows 20–30'
- 3" creamy white lemon-scented flowers in summer



Quercus spp.

Oak



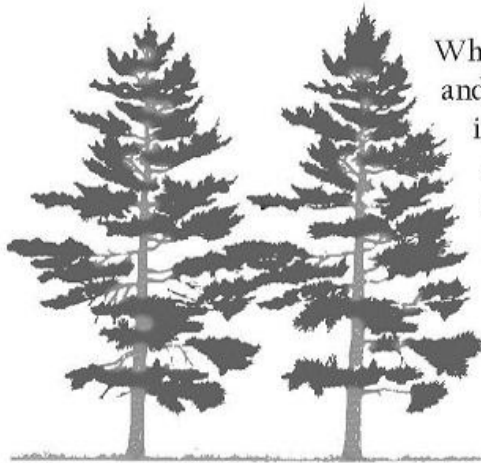
- Plant in full sun
- Grows 50–75'
- *Quercus rubra* (Red Oak) and *Quercus alba* (White Oak) are native to New York
- *Quercus prinoides* is a dwarf, shrubby Oak species that grows 3–12'

*If you can plant only one native plant, plant an oak tree!
Though it may not mature during your lifetime,
you are offering a gift to future generations.*



The Peace of Wild Things

Wendell Berry



When despair grows in me
and I wake in the middle of the Night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the Peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting for their light. For a time
I rest in the grace of the world, and am free.



SHRUBS



Ceanothus americanus
New Jersey Tea



- Plant in sun/part sun
- Blooms in spring
- Grows 2-3'



Cephalanthus occidentalis
Buttonbush



- Plant in full sun/part shade
- Blooms late spring/early summer
- Grows 6-12'



Physocarpus opulifolius
Common Ninebark



- Plant in sun/part shade
- 'Diablo' has deep purple foliage
- Grows 5-7'



Rosa palustris

Swamp Rose



- Plant in full sun
- Blooms summer-fall. with ornamental and medicinal hips in fall
- Grows 3-10'



Symphoricarpos spp.

Coralberry, Snowberry



- Plant in sun/part sun
- Grows 2-5'
- Blooms in summer with berries persisting through fall and winter



Viburnum dentatum

Arrowwood Viburnum



- Plant in full sun/part shade
- Flowers in late spring
- Grows 6-10'

Native Americans reportedly used the straight stems of Viburnum dentatum for arrows, hence its common name.

“We don't inherit the Earth
from our ancestors; we borrow
it from our children.”

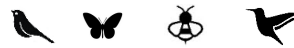
- Native American Proverb

PERENNIALS



Aquilegia canadensis

Wild Columbine



- Plant in shade/part shade
 - Blooms late spring/early summer
 - Grows 18"-2'
 - Prefers moist soils, can be cut back during dry periods to encourage new growth
-



Asclepias spp.

Swamp Milkweed



- Plant in sun/part sun
 - Blooms in summer
 - Grows 3-4'
 - **Provides the only food suitable for Monarch caterpillars**
-



Actaea racemosa

Black Cohosh



- Plant in shade/part shade
 - Fragrant white flowers summer-fall
 - Grows 3-6'
-



Dryopteris goldiana
Goldie's Fern

- Plant in shade/part shade
- Grows 3-4'



Eupatorium spp.
Boneset, Joe Pye Weed



- Plant in full sun/part shade
- Blooms late summer/early fall
- Grows 4-5'
- Easily grown in average soils



Hibiscus moscheutos
Rose Mallow



- Plant in full sun
- Blooms late summer



Monarda dydima

Beebalm



- Plant in full sun
- Grows 2-3'
- Blooms in summer/fall
- Susceptible to powdery mildew; increase air space, decrease overhead watering



Phlox divaricata

Wild Blue Phlox



- Plant in sun/part shade
- Blooms in spring
- Grows 8-18"



Pycnanthemum muticum

Mountain Mint



- Plant in full sun/part shade
- Blooms mid-late summer
- Grows 2-3'

Mountain Mint's ornamental qualities may be subtle from afar, but it offers food to a wide variety of pollinators and is a serious contender for attracting the most interesting insects!



Rudbeckia laciniata
Green-headed Coneflower



- Plant in full sun
- Blooms summer-fall
- Grows 3-10'



Schizachyrium scoparium
Little Bluestem



- Ornamental grass
- Plant in sun/part sun
- Grows in dense mounds 18-24" tall; flower stems reach 3' by fall



Symphyotricum spp.

Asters



- Plant in sun/part sun
- Flowers in fall
- Grows 3-4'
- Grows in boggy soil



Solidago spp.

Goldenrod



- Plant in full sun
- Grows 2-3'
- Flowers in late summer
- **Incredible late-season source of food for lepidopterans (moths/butterflies)**



Veronicastrum virginicum

Culver's Root

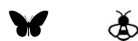


- Plant in Full Sun
- Blooms throughout Summer if spent blossoms removed
- Grows 4-7'
- An excellent host for a variety of bees and lepidopterans!



Trillium grandiflorum

Wood Lily



- Plant in shade/part shade
- Grows 8-18"
- Flowers in early spring; dormant in summer

“In some Native languages the term for plants translates to ‘those who take care of us.’ ”

- Robin Wall Kimmerer

Additional Resources

Local Nurseries

Amanda's Garden – Dansville, NY
amandasnativeplants.com

Amanda's is open to the public on only certain days- check their website for their annual Spring event! They carry 100% native plants and are very knowledgeable.

White Oak Nursery – Geneva, NY
whiteoaknursery.biz

White Oak Nursery specializes in native trees and shrubs. They are open by appointment only.

Bristol's Garden Center – Victor, NY
www.bristolsgardencenter.com

Broccolo Tree and Lawn – Fairport, NY
www.broccolotreeandlawn.com

Ask for designer Jennifer Evershed; she has an incredible knowledge of native plants. The owner, Laurie Broccolo, is also a very good resource.

Sara's Garden Center – Brockport, NY
www.sarasgardencenter.com

Wayside Garden Center – Macedon, NY

Palmiters Garden Nursery – Avon, NY
<https://palmitersgardennursery.com>

Web Resources

Finger Lakes Native Plant Society
<https://flnps.org/native-plant-profiles>

NYS Dept. of Environmental Conservation
www.dec.ny.gov/docs/lands_forests_pdf/factnatives.pdf

Buffalo Niagara Waterkeeper
<https://bnwaterkeeper.org/projects/nativeplantguide/>

Genesee Valley Audubon Society
<https://gvaudubon.org/2014/03/10/gvas-native-plants-and-trees-for-birds/>

Homegrown National Park
<https://homegrownnationalpark.org/>

A fun treat!

Goldenrod Cornbread Recipe
<https://bit.ly/3sBRoTw>

Books

Douglas Tallamy
The Nature of Oaks (2021)
Nature's Best Hope (2020)
The Living Landscape (2014)
Bringing Nature Home (2009)

Donald Leopold
Wildflowers of the Adirondacks (2020)
Native Plants of the Northeast (2005)

Robin Wall Kimmerer
The Democracy of Species (2021)
Braiding Sweetgrass (2020)

Ruth Rogers Clausen & Gregory D. Tepper
Deer-Resistant Native Plants for the Northeast (2021)

Earth, I thank you
for the pleasure of your language
You've had a hard time
bringing it to me
from the ground
to grunt thru the noun
To all the way
feeling seeing smelling touching
—awareness
I am here!

- Anne Spencer