# Native Plant Recommendations

There are numerous benefits to planting native plants on your property. Native plants are adapted to our region's climate, making them a robust and resilient option for landscaping. They can also provide food and habitat for wildlife, attracting various species of native birds and pollinators. Hudson's Conservation Commission has compiled this list to help town residents make informed decisions on incorporating native plants into their landscaping plans.

### **Landscaping with Native Plants**

This guide includes information on height, flower color, bloom times, and soil/sun requirements. This information can inform your landscaping plan and create beautiful, sustainable native surroundings on your property. With information on plant height, you can create visual layers to your landscape, placing taller and shorter plants amongst each other to create a visual field of depth. Incorporating plants that bloom at different times of the year will not only create a beautiful, multi-season landscape, but will also provide food and habitat to native wildlife throughout the year. This guide takes time to mention some of the wildlife benefits of specific native plants. You can select plants based on what wildlife you would like to attract. If you enjoy seeing butterflies, try creating a butterfly garden. If you enjoy bird watching, choose plants that provide seed sources for native birds like the chickadee. Native plants can also be used for erosion control. Thoughtful plantings can protect water bodies, - such as lakes and streams - from soil/road runoff by absorbing excess nutrients, pollutants, and excess soil before they enter the water. Such plantings benefit the fish, frogs, and waterfowl that live there and ensure that our water resources are enjoyed by future generations to come.

### **Additional Notes on the Guide**

There are a few notes the commission would like to make regarding this guide. This guide may mention or include cultivars, so it is not intended for use in restoration projects, but rather for residents looking to incorporate native flora on their properties. These recommendations are also not intended as an encyclopedic list, and we encourage residents to explore and investigate additional native plant options. When selecting or purchasing plants, keep in mind that scientific names may experience updates, and common names may vary. We also encourage residents to research suitability for pets and/or livestock, as some attributes of some plants can be toxic to certain animals. This guide was created with the Town of Hudson in mind, so any use of the guide in other areas should take care to conduct additional research to maintain accuracy for your specific residence.

### **Key for Guide**

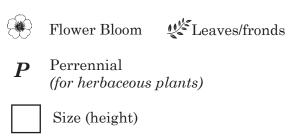
The commission created a symbology for this guide to help navigation through the details of these recommended native plants. We focused on environmental conditions required for the plant to thrive and it's ecological benefits to native wildlife. Additional research may be required for residents to determine whether or not the plant in question is right for them.

#### **Plant Preferences**

Symbols are used to indicate plant preferences, including whether the plant prefers shade or sun and whether it prefers dry, moist, or wet conditions. At times, the plant can grow in more than one of these conditions.

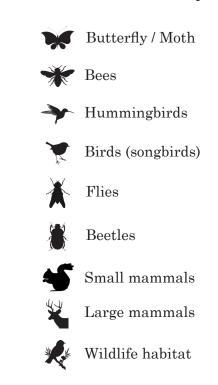


#### **Plant Attributes**



#### **Benefits**

This guide uses symbols to list which species the plant will benefit. This may indicate pollination, food resource, host plant, or wildlife habitat. Additional details are likely to be indicated in the description.



### **Herbaceous Plants for Shade**

#### Wild Columbine

Aquilegia can a densis Red with yellow flowers bloom in May. Part-Shade. Attracts hummingbirds, long-tongued bees, hawk moths, and butterflies













1'

#### Wild Ginger

Asarum canadense Inconspicuous maroon flowers bloom late April-May. Deciduous species with bold leaves. Not edible to humans. Crushed leaves smell like ginger. smell like rotting fruit. Flowers Thought to be pollinated by flies.

















#### **Blue Wood** Aster

Aster cordifolius



Pale blue flower blooms in Sept. Attractive to wildlife. Host plant to Pearl Crescent butterfly caterpillars. Supports specialist Adrenid Bees. Root system effective erosion control on hillsides.















#### White Wood Aster

Aster divaricatus



White flowers bloom in July-Oct. Attractive to wildlife. Late season nectar and seeds benefits pollinators and birds. Host plant for Pearl Crescent and Checkerspot butterflies.

















Left photo by: David J. Stang

#### **Hay-scented** Fern

Dennstaedtia punctilobula







Lacy, green-yellow leaves are fragrant when crushed. Shade or full-sun, Edible fiddleheads. spreads fast. Can provide cover for wildlife. Grow rapidly in distrubed areas.







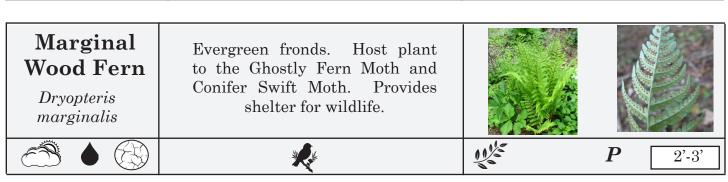






### **Herbaceous Plants for Shade**

Northern Maidenhair Fern Adiantum pedatum	Provides shelter for small mammals, toads, lizards, birds, and other animals. Songbirds use for nesting materials and cover. Deer resistant. New fronds red-bronze color that turn green.	
		<b>P</b> 12"



### Shrubs/Trees for Shade

#### Oak-leaved Hydrangea

Hydrangea quercifolia

White flower turning rose, blooms in June. Shady - partial sun. Red fall foliage. Provides nectar/pollen for pollinators & seeds for birds. Deciduous. Great roosting & nesting place for birds and small mammals.

















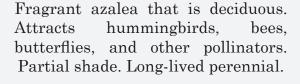






#### Swamp Azalea

Rhododendron viscosum













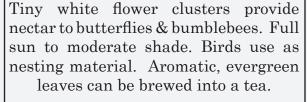




3'-8'

#### Bog Labrador-tea

Rhododendron groenlandicum























1'-3'

#### Arrowwood Viburnum

Viburnum dentatum

Flowers white to cream, bloom May-June. Partial shade only. Blue blue-black berries. Attracts many species of birds.















May-June



#### Highbush Cranberry

Viburnum trilobum



White flowers bloom in May. Bright red berries held into winter. Partial shade only. Attracts many species of birds. Host plant for spring azure butterfly.



















Left photo credit: Cephas



### **Native Grasses**

#### Broomsedge Bluestem

Andropogon virginicus

Provides cover for ground-nesting birds. Wildlife eats seeds. Larval host for the Zabulon Skipper butterfly. Grows well on eroded, low-fertility soil. Spreads quickly. Great for erosion control.

























#### Purple Lovegrass

 $Eragrostis\\ spectabilis$ 

Color changes through seasons. Spring: blue-green blades. Summer: rosy-purple spikelets. Fall: bronzy-red with beige seeds. Tolerant to poor soils and salt. Short-lived perrenial. Host plant to Zabulon skipper.

















Autumn



#### Prairie Dropseed

Sporobolus heterolepis



Golden foliage in fall. A rarer native to New England, found in CT and MA. Great for erosion control. Salt tolerant. Host plant to several skipper butterfly species. Native songbirds eat seeds.









 $\bigcirc$  July-Sept.

**1**'-2'

#### Pennsylvania Sedge

Carex pennsylvania



An excellent lawn alternative. Spreads via rhizomes to form turf. Tolerant of drought and foot traffic. Doesn't require mowing, 2-3 times a year max recommended. Seeds eaten by birds. Wind-pollinated.









July-Sept.

**P** 6"-12"

#### Heath Aster

Symphyotrichum ericoides

Usually white, but occasionally have pink or blue flowers. Attractive to wildlife. Late season nectar and seeds benefits pollinators and birds. Host plant for Silvery Checkerspot butterflies and several moth species.













Yellow flowers.







Shallow nectaries

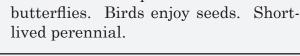






#### Golden Alexander

Symphyotrichum ericoides













attract small beneficial bees, wasps

and flies. Host plant for swallowtail



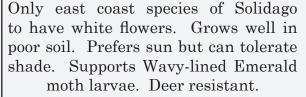
May-June



1'-2'

#### **Silverrod** /White Goldenrod

Solidago bicolor















 $\sqrt{July}$ 

Left photo credit: Fritzflohrreynolds

#### Goldenrod

Solidago spp.

Yellow flowers. 20+ species are native to New England. Great for pollinators. Deer resistant. An amazing host plan, supporting 100+ species of native caterpillars. Native songbirds enjoy seeds.

Flowers bloom in late summer. Host

plant for the Silvery Checkerspot

mammals eat seeds. Pollinated by

hoverflies, butterflies, & bees.

Songbirds













July-Oct.

P 1'-6'

#### Woodland Sunflower

Helianthusdivaricatus



butterfly.







&



small

















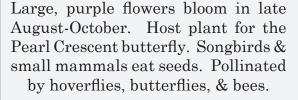






### New England Aster

Symphyotrichum novae-angliae





















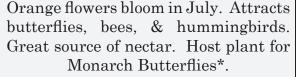




3'-7'

#### Butterfly Weed

Asclepias tuberosa



















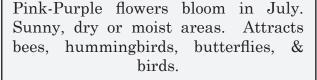
July

P

2'

#### Purple Coneflower

Echinacea purpurea

















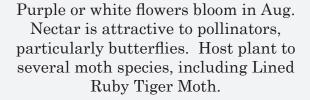






#### Common Boneset

Eupatorium spp.















July-Oct.

 $\boldsymbol{P}$ 



#### Wild Bee Balm

Monarda fistulosa







Lavender, pink, or white flowers. Does best in sunny, moist conditions. Attractive to wildlife. Attracts hummingbirds & pollinators. Edible flowers, with leaves used for seasoning or boiled for tea. Several varieties of cultivar exist.







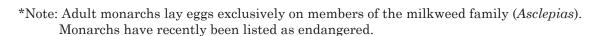




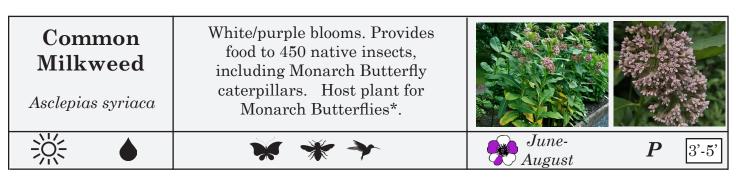
May - Sept.

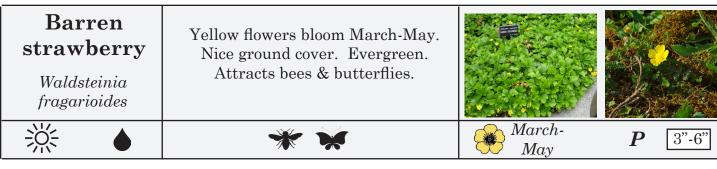


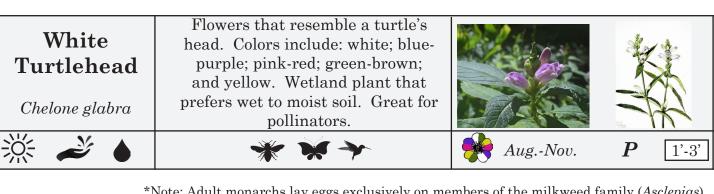
2'-4'



#### Cinnamon Robust leaves with fertile fronds & fiddleheads that turn cinnamon Fern color. Provides habitat for groundfeeding birds, amphibians, reptiles Osmunda (i.e. turtles), and insects. cinnamomea July P Black-eyed Orange-yellow flowers bloom Jul-Aug. Short-lived perennial. Susan Cultivars may be longer-lasting. Host plant for Silvery Checkerspot Rudbeckia hirta and Bordered Patch butterflies. July-August

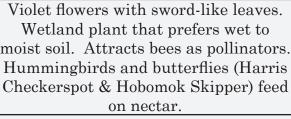






#### Northern Blue Flag

Iris versicolor







P









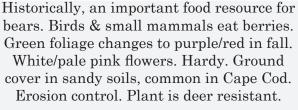




#### Red **Bearberry**

Arctostaphylos uva-ursi























March-June



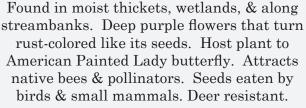


#### New York **Ironweed**

Vernonia noveboracensis













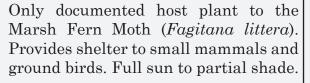




#### Marsh Fern

*Thelypteris* palustris













#### Sweet Pepperbush

Clethra alnifolia

White, fragrant spikes of flowers bloom July-Aug. Birds eat the plant's fruit. Seeds eaten by birds and small mammals.















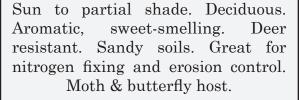
Aug.

Left photo credit: Andrea Moro

3'-10'

#### Sweetfern

Comptonia peregrina



















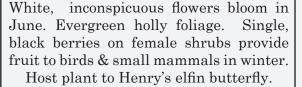
April-

P

1'-3'

### Inkberry or Gallberry

Ilex glabra







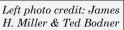














#### Winterberry

Ilex verticillata

White flowers in June (inconspicuous). Host plant to 34 species of butterflies & moths. Berries provide birds & mammals with food in winter. Male & female (f=berries) shrubs req. for pollination & fruit.

















## Flowering Dogwood

Cornus florida /Benthamidia florida Full sun to partial shade. Flowers attract pollinators. Larval host to Spring Azure butterfly. Provides habitat for wildlife.

Birds and mammals eat red fruit.











 $March ext{-}June$ 

20'-30'

#### Lowbush Blueberry

Vaccinium augustifolium Flowers white sometimes tinged with pink, bloom in May. Sweet berries in summer. Red autumn foliage. Many cultivars exist.















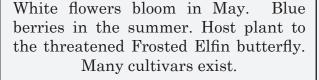




up to 2

#### Highbush Blueberry

Vaccinium corymbosum















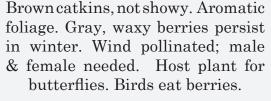






#### **Bayberry**

Myrica pensylvanica















Right photo credit: Famartin



#### American Cranberry

Vaccinium macrocarpon

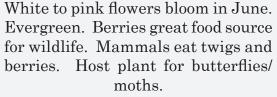
















Photo Credits: Kristine Paulus & Rob Routledge



#### Black Chokeberry

Aronia melanocarpa



White flowers for a few weeks in May. Sun-part shade. Black fruits in fall with deep red foliage. Host plant for butterflies. Hedge plant. Fruits eaten by birds & some mammals.











#### **Bayberry**

Myrica pensylvanica

Brown catkins, not showy. Aromatic foliage. Gray, waxy berries persist in winter. Wind pollinated; male & female needed. Host plant for butterflies. Birds eat berries.















Right photo credit: Famartin

#### American Hophornbeam

Ostrya virginiana







Low-maintenance, resilient tree with shallow roots. Tolerant to drought & all soil types. Leaves turn yellow in fall. Butterfly host plant. Edible nuts provide important food source to wildlife.









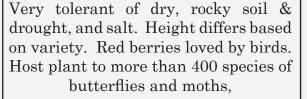


25'-40'

#### Chokecherry

Prunus virginiana

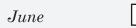








12'-30



#### Eastern Redbud

Cercis canadensis



Purple/pink flower clusters. shaped leaves turn yellow/yellowgreen in winter. 2"-3" seed pods attract wildlife.



Important food resource for large &

small mammals. Turkeys & songbirds eat nuts and flowers. Primary host

for some butterflies & moths. Canopy provides bird habitat. Can grow up to







April-May

20'-30'

#### **Pignut Hickory**

Carya glabra



















50'-65'



#### White Oak

Quercus alba

Wind-pollinated flowers. Valuable food resource for mammals & some birds. Preferred acorn amongst most wildlife. Canopy provides habitat for wildlife. Host to 600+ caterpillar species in NE.























#### Pin Oak

Quercus palustris

Wind-pollinated flowers. Small acorns. Valuable food resource for mammals & some birds. Common gray hairstreak butterfly caterpillars eat leaves. Canopy provides habitat for wildlife.

























#### Scrub/Bear Oak

Quercus ilicifolia



Wind-pollinated flowers. Bitter acorns are predominately eaten by bears. Intolerant to shade. Host species for caterpillars. Slow-growing and shortlived (20-30 yrs.). Thrives in fire regimes. Ruffed grouse habitat.



















Photos by: MayBruce Kirchoff



#### Sugar Maple

Acer saccharum

Maple tree that can be tapped for syrup. Squirrels enjoy tree sap. Vibrant colors in the fall. Host for 300+ caterpillar species. Samaras ("helicopter seeds") provide food for birds & wildlife.















Resistance to drought, heat, and cold.

Tolerant to wind, salt, and range of

soil conditions. Important food source for wildlife, particularly the Cedar





April - May

60'-100'

#### Eastern Red Cedar

Juniperus virginiana









Provides nesting material











30'-65'









Waxwing.







#### **Red Maple**

Acer rubrum

One of first trees to change leaf color in fall. Vibrant colors in the fall. Host for 200+ caterpillar species. Samaras ("helicopter seeds") provide food for birds & wildlife.







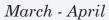








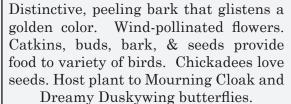






#### Yellow Birch

Betula alleghaniensis



















May-June

50'-100

#### **Gray Birch**

Betula populifolia





Wind-pollinated flowers. Thrives along streams, lakes, ponds, and swamps. Twigs supply nesting material. Seeds catkins feed overwintering/ migrating birds & native wildlife. Host to several species of butterfly.







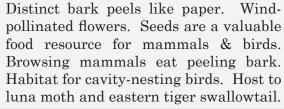


Left photo by: Nicholas A. Tonelli

60'-100

#### Paper Birch

Betula papyrifera























May-June

50'-70'

#### Downy Serviceberry

Amelanchier arborea



Red/purple berries are edible to humans. Summer fruits provide food for wildlife, including 35 species of birds. Multi-stem tree, untrained, will become shrublike. Host plant for butterfly species like the Viceroy.















Left photo by: Nicholas A. Tonelli











### References

This guide was created by collecting and referencing information provided by various resources online, including: the Native Plant Trust; US Forest Service; extension programs throughout the United States; the Lady Bird Johnson Wildflower Center at the University of Texas at Austin; the Arbor Day Foundation; and many others.

### **Additional Resources**

If you'd like to learn more about native plants and landscaping, the Hudson Conservation Commission recommends the following resources to consider:

#### Websites:

- Native Plant Trust at <a href="https://www.nativeplanttrust.org">https://www.nativeplanttrust.org</a>
- The "This Old House" YouTube channel for landscaping techniques and advice.
- UMass Extension's Landscape, Nursery and Urban Forestry Program at https://ag.umass.edu/resources/home-lawn-garden
- Grow Native Massachusetts at <a href="https://www.grownativemass.org">https://www.grownativemass.org</a>

#### **Books/Literature:**

- Native Plants for New England Gardens by Mark Richardson and Dan Jaffe\*
- The Northeast Native Plant Primer: 235 Plants for an Earth-Friendly Garden by Uli Lorimer\*

<sup>\*</sup>These books are available for interlibrary loan through World Cat interlibrary loan services. Visit https://www.worldcat.org or your local library to use this free service.