



Native Flower Perennial Seeds Easy Growing; Require No Pre-Treatment



These seeds are supplied free to Ashford residents by Ashford Pollinator Pathway (PP) with support from the Ashford Conservation Commission.

Some seeds have been harvested from our own native plant gardens in Ashford, others are purchased online at Prairie Moon Nursery (<https://www.prairiemoon.com/>). These easy seeds require no pre-treatment to germinate during the growing season and can be sown directly into the ground in Spring. Water throughout the growing season to ensure they establish. The easy seeds are available for pick up at the Ashford Town Library during the Spring or via mail from Jennifer Sterling-Folker, Ashford PP Town Coordinator (email jsfolker@yahoo.com or cell/text 860-6347700). Numbering before the seed names are just for Ashford library's internal purposes. Please scan QR code above to access our blog & join our emailing list.

200. Purple Coneflower (Echinacea purpurea): Blooms appear June-September and some Purple Coneflowers may re-bloom in the fall, especially if dead-headed early on. Matures to 4' in height. Prefers full or partial sun, and moist to medium conditions. Grows best in fertile loam, but the soil can contain some gravel or clay. Much-loved by bees. Drought-tolerant, also deer resistant.



201. Hairy Mountain Mint (Pycnanthemum pilosum): Max height 3' in average soils and full sun. 1-2' more likely in drier soils and part shade. Small white to lavender flowers have subtle purple spots; packed with nectar enjoyed by bees, wasps, flies, beetles, moths and butterflies. Mammals will not bother this plant due to its strong mint smell. Clump-forming, can spread by rhizomes so not great for small areas but roots can be easily cut back once a year to prevent spreading.

202. Slender Mountain Mint (Pycnanthemum tenuifolium): Also known as Narrow-leaved Mountain Mint, has clusters of showy white flowers with faint lavender spots, blooms July thru September. Multi-branching habit of stalks with very narrow, almost needle-like, silvery green leaves. Grows 2'-4' tall, spreads via rhizomes to form small colonies. Can be aggressive, but easily divided to control spread. Grows best in full or partial sun and prefers medium soils. Bees and butterflies love their flowers.



203. Sneezeweed (Helenium autumnale): Large, numerous daisy-like, yellow flowers bloom in late summer and autumn. Prefers full to partial sun, wet to wet-medium soils and grows 4-5' high in height. Despite its common name, it presents no problems for most allergy sufferers (named after its former use in snuff, not because it causes hayfever). Its pollen is distributed by insects, not wind. Sneezeweed is one of the host plants of the Dainty Sulphur.

204. Wild Bergamot (Monarda fistulosa): Commonly called Bee Balm or Horse-Mint, has a lavender blossom which appear from July through September. Grows to 4' in full sun to partial shade and medium-wet to dry soil. Easy-care, deer resistant, adaptable to most soil types, and freely spreads. A favorite of butterflies, bees and hummingbirds, also a host plant for the Raspberry pyrausta butterfly.



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205. Smooth Blue Aster (*Symphotrichum laeve*): Full sun to partial shade, Medium-wet to Medium dry soil, grows up to 4' high, blooms August to October. Non-aggressive rhizomatous root system allows the plant to spread slowly and in a garden setting will persist for many years. The beautiful late blooming flowers attract many different pollinators. Also a host plant for the Silvery Checkerspot and the Pearl Crescent butterflies.

206. Culver's Root (*Veronicastrum virginicum*): A strong upright accent to any perennial garden. Its elegant unbranched plant reaches heights of 5' with candelabra-like spikes of white flowers that open from the bottom up mid-summer. The small white flowers densely packed together can sometimes take on a purple hue; the contrast of these flowers against the dark green foliage is stunning. Grows in full sun to partial shade, prefers moist, well-drained soil and moist habitats. Attracts butterflies, sweat bees, small carpenter bees, bumble bees, and honeybees.



207. Purple Prairie Clover (*Dalea purpurea*): Grows in sunny locations in medium to dry soils. Not picky about soil characteristics, as long as the site is well-drained. Has a deep taproot and grows 2' high. Has thimble-shaped flower arrangement which blooms July thru September and from the bottom to the top. Attracts a number of pollinators including the Rusty Patched Bumblebee, honeybees, bumblebees, cuckoo bees, and leafcutter bees. Other insects feed on the seeds, foliage, and other parts.

208. Yarrow (*Achillea millefolium*; perennial) – currently unavailable

209. Spotted Beebalm (*Monarda punctata*): Also called Dotted Mint or Dotted Horsemint. Prefers sandy soils and full to part sun. Tolerant of drought and intense sun. Complex blossoms topping 2' stems in hues of pinkish-purple, green, beige, and maroon. Attracts honeybees, bumblebees, and many butterflies, including Karner Blue butterfly and a host plant for the Raspberry pyrausta butterfly. The scent of this plant is repugnant to deer and other mammals so is rarely consumed by them.



210. Wildflower Meadow Mix: A combination of native perennials and grasses that typically bloom the first growing season. Long-lasting perennial species that establish over time and offer continuous blooms and foraging for pollinators for years to come. Appropriate for sites that receive at least 4 to 6 hours of sunlight a day and have well-drained soils. Includes a combination of Anise Hyssop, Black-eyed Susan, Blazing Star, Blue Aster, Lanceleaf Coreopsis, Blue Lobelia, Partridge Pea, Yellow & Pale Purple Coneflower, Purple & White Prairie Clover, Sneezeweed, Rattlesnake Master, Stiff Goldenrod, Wild Bergamot, Little Bluestem, Mountain Mint, Foxglove Beardtongue, Blue Vervain and Golden Alexander.

The Pollinator Pathway project encourages residents to get involved in local efforts to save pollinators -- butterflies, bees, hummingbirds – whose #s have declined due to habitat loss, fragmentation and pesticide-usage. We collaborate with local gardeners, land-owners, businesses & town officials to encourage best practices to support pollinators including planting more native plants, controlling invasives, avoiding pesticides and reducing lawn sizes. For more information & to join, visit <https://www.pollinator-pathway.org/>