



Our New Jersey Native Plants

By Irene Wanat

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WHY CHOOSE NATIVE PLANTS?

- ❖ They occur naturally in the region in which they have evolved, adapting to local soils, rainfall, climate, insects, and diseases and are, therefore, environmentally and ecologically friendly.
- ❖ They will grow with minimal use of water as well as fertilizers and pesticides and are, therefore, environmentally friendly.
- ❖ Native plants attract beneficial wildlife by providing the best source of food such as seeds and berries for all kinds of songbirds and other wildlife.
- ❖ Colorful plants provide nectar and pollen spring, summer and fall for a parade of butterflies, hummingbirds, bees, and other pollinators as well as beneficial insects.
- ❖ Native plants also provide nesting places and cover for frogs, dragonflies, birds, and other critters, many of which feed on insects.
- ❖ Using native plants helps preserve the balance and beauty of natural ecosystems.

GROWING CONDITIONS TO CONSIDER FOR THE RIGHT PLANT FOR THE RIGHT SPOT

- **KNOW YOUR HARDINESS ZONE - We are zone 6b to 7b**
 - **Plants for planters in EASTERN COAST OF NJ must be hardy to 2 hardiness zones lower than Zone 7.** Zone 5 or lower = 2 HARDINESS ZONE lower
- **HOW MUCH SUN DOES THE SITE ACTUALLY GET THROUGHOUT THE DAY?**
 - **FULL SUN** - 6 to 8 or more hours of DIRECT sun (mostly between 10 a.m. and 4 p.m.)
 - **FULL SHADE** - At least 3 to 4 hours of sun mostly in the morning or late afternoon.
 - Anything in between is **PART SHADE/PART SUN** (4 to 6 or more hours of sun with most of the shade in the afternoon)
- **HOW MUCH “NATURAL” MOISTURE DOES THE SITE GET?**
 - **Dry** areas where water does not remain after a rain, draining quickly (usually sandy soil)
 - **Dry** due to slope where water runs off
 - **Dry** due to lack of water source
 - **Dry shade** due to tree root competition
 - **Dry shade** due to walls, eaves, fences
 - **Moist** - where the soil is damp and gets occasionally saturated
 - **Wet** - where the soil is saturated for a few days except in droughts

HAVE A DRY SITE?

DROUGHT TOLERANT SHRUBS: *Itea virginica* (Virginia Sweetspire), *Hypericum prolificum* (St. John’s Wort), *Prunus maritima* (Beach Plum), *Vaccinium angustifolium* (Lowbush Blueberry), *Physocarpus opulifolius* (Eastern Ninebark), *Cercis canadensis* (Eastern Redbud), *Ceanothus americanus* (New Jersey Tea), *Potentilla fruticosa* a.k.a. *Dasiphora fruticosa* (Bush Cinquefoil)

DROUGHT TOLERANT PERENNIALS: *Aruncus dioicus* (Goatsbeard), *Gaillardia* (Blanket Flower), *Coreopsis lanceolata* (Tickseed), *Geranium maculatum* (Cranesbill, Wild Geranium), *Muhlenbergia capillaris* (Pink Muhly Grass), *Aquilegia canadensis* (Columbine), *Agastache foeniculum* (Anise Hyssop), *Eurybia divaricata* (White Wood Aster), *Asclepias tuberosa* (Butterfly Weed), *Liatris spicata* (Blazing Stars)

MOIST TO WET SITES?

SHRUBS: *Itea virginica* (Virginia Sweetspire), *Ilex verticillata* (Winterberry Holly), *Ilex glabra* (Inkberry Holly), *Cornus sericea* or *stolonifera* (Redtwig, Red Osier Dogwood), *Amelanchier canadensis* (Serviceberry), *Clethra alnifolia* (Sweet Pepperbush), *Lindera benzoin* (Spicebush), *Physocarpus opulifolius* (Eastern Ninebark)

PERENNIALS: *Packera aurea* (Golden Ragwort), *Filipendula rubra* (Queen-of-the-Prairie), *Symphotrichum novae-angliae* (New England Aster), *Hibiscus moscheutos* (Swamp Mallow), *Eutrochium* (Joe-Pye Weed), *Lobelia cardinalis* (Cardinal Flower), *Heliopsis helianthoides* (False Sunflower, Ox-eye Daisy), *Asclepias incarnata* (Swamp Milkweed), *Phlox stolonifera* (Creeping Phlox), *Helenium autumnale* (Sneezeweed)

RESEARCH MOIST TO WET LANDSCAPING or any or your site's conditions for LOTS of info with suggestions for your hardiness zone on the internet. Here's one of the results, some NJ NATIVES

- A) Variegated dogwood (*Cornus alba* 'Elegantissima'), Zones 2-8
- B) Cardinal flower (*Lobelia cardinalis*), Zones 2-8 NJ NATIVE
- C) Joe-Pye weed (*Eupatorium maculatum*), Zones 5-11 NJ NATIVE
- D) Variegated iris (*Iris pallida* 'Variegata'), Zones 1-9
- E) Yellow loosestrife (*Lysimachia vulgaris*), Zones 4-8 INVASIVE
- F) Bee balm (*Monarda didyma*), Zones 4-10 NJ NATIVE
- G) Creeping Jenny (*Lysimachia nummularia* 'Aurea'), Zones 4-8
- H) Culver's root (*Veronicastrum virginicum*), Zones 4-8 NJ NATIVE
- I) Summersweet (*Clethra alnifolia*), Zones 3-9 NJ NATIVE
- J) Arrowwood (*Viburnum dentatum*), Zones 3-8 NJ NATIVE
- K) Rose mallow (*Hibiscus moscheutos*), Zones 5-10 NJ NATIVE
- L) Virginia sweetspire (*Itea virginica*), Zones 5-9 NJ NATIVE

Keep in mind that all the above plants do well in regular soil, not just moist to wet sites.

SOIL – WHAT KIND OF SOIL DO YOU HAVE? Saline soil by the seashore or winter salting for snow is the most difficult to deal with

SALT TOLERANT SHRUBS – *Prunus maritima* (Beach Plum), *Ilex verticillata* (Winterberry Holly), *Aronia melanocarpa* (Chokeberry), *Cornus sericea* (Redtwig, Red Osier Dogwood), *Clethra alnifolia* (Sweet Pepperbush), *Hypericum prolificum* (St. John's Wort), *Ilex glabra* (Inkberry Holly), *Physocarpus opulifolius* (Eastern Ninebark)

SALT TOLERANT PERENNIALS - *Aquilegia canadensis* (Columbine), *Eutrochium purpureum* (Joe-Pye

Weed), *Agastache foeniculum* (Anise Hyssop), *Coreopsis verticillata* (Threadleaf Tickseed), *Caltha palustris* (Marsh Marigold), *Echinacea purpurea* (Purple Coneflower), *Asclepias tuberosa* (Butterfly Weed), *Hibiscus moscheutos* (Swamp Mallow)

SALT TOLERANT GRASSES - *Schizachyrium scoparium* (Little Bluestem) NJ 2022 Perennial Plant of the Year, *Andropogon gerardi* (Big Bluestem, Turkeyfoot), *Deschampsia cespitosa* (Tufted Hairgrass), *Muhlenbergia capillaris* (Pink Muhly Grass), *Panicum virgatum* (Switch Grass, Panic Grass)

DEER ARE VERY SENSITIVE TO TASTES AND TEXTURES.

They usually don't browse:

- Heavily fragrant plants (they won't browse a plant that smells distasteful)
- Fuzzy, hairy and finely dissected foliage (deer don't like those textures against their tongues)
- Toxic plants (avoided so as not to feel sick)
- Prickly plants (plants with spines on their leaves or stems, but not always...)
- Ornamental grasses (they don't like the "mouth feel")

Reference that may be helpful but not foolproof – Rutgers University fact sheet E271 Landscape Plants Rated by Deer Resistance

DEER RESISTANT SHRUBS - *Hypericum prolificum* (St. John's Wort), *Itea virginica* (Virginia Sweetshrub),

Prunus maritima (Beach Plum), *Aronia melanocarpa* (Chokeberry), *Ceanothus americanus* (New Jersey Tea), *Kalmia latifolia* (Mountain Laurel), *Ilex glabra* (Inkberry Holly), *Potentilla fruticosa* a.k.a. *Dasiphora fruticosa* (Bush Cinquefoil)

DEER RESISTANT PERENNIALS - *Amsonia tabernaemontana* (Eastern Bluestar), *Monarda fistulosa* (Wild Bergamot, Beebalm), *Spigelia marilandica* (Indian Pink), *Pycnanthemum muticum* (Mountain Mint), *Lobelia cardinalis* (Cardinal Flower), *Helenium autumnale* (Sneezeweed), *Agastache foeniculum* (Anise Hyssop), *Packera aurea* (Golden Ragwort)

DEER RESISTANT GRASSES - *Schizachyrium scoparium* (Little Bluestem) NJ 2022 Perennial Plant of the Year, *Andropogon gerardi* (Big Bluestem, Turkeyfoot), *Deschampsia cespitosa* (Tufted Hairgrass), *Muhlenbergia capillaris* (Pink Muhly Grass), *Panicum virgatum* (Switch Grass, Panic Grass)

STEERING CLEAR OF DEER WHEN DRIVING

- Drive more carefully during twilight hours (dusk and dawn), as this is when deer are more active.
- Watch for glowing eyes from the side of the road car due to deer's eyes reflecting headlights.
- Slow down or stop, if needed, when you see a deer near the roadway as there's never just one.
- Honking may ward it off, but **DON'T FLASH YOUR HEADLIGHTS**, which will cause "deer-in-the-headlights" stop and stare.
- If you can't avoid a collision, **break firmly but DON'T SWERVE. Let up on the brakes just prior to impact**. This allows your vehicle to go over the deer, rather than the deer going through your windshield.

LARVAL HOST – specific plants provide crucial food for hatched eggs of butterflies and moths in our area, which is the LARVA or CATERPILLAR. They feed on their specific HOST PLANTS, which can range from a single species to many different species.

WOODY PLANTS - TREES AND SHRUBS

Amelanchier canadensis (Serviceberry, Shadblow, Juneberry) HOST PLANT, deer resistant, salt tolerant
Ceanothus americanus (New Jersey Tea) HOST PLANT, deer resistant, salt tolerant
Cephalanthus occidentalis (Common buttonbush) HOST PLANT, salt tolerant

Cercis canadensis (Redbud Tree, Eastern Redbud) HOST PLANT, deer resistant, salt tolerant
Clethra alnifolia (Sweet Pepperbush, Summersweet) salt tolerant
Comptonia peregrina (Sweet Fern) HOST PLANT, deer resistant, salt tolerant
Cornus sericea or stolonifera (Redtwig, Red Osier Dogwood) HOST PLANT
Hydrangea arborescens (Smooth Hydrangea, Wild Hydrangea) HOST PLANT, salt tolerant
Hypericum prolificum (Shrubby St. John's Wort) HOST PLANT, deer resistant, salt tolerant
Ilex glabra (Inkberry Holly) HOST PLANT, deer resistant, salt tolerant
Ilex verticillata (Winterberry Holly) salt tolerant
Ilex verticillata Jim Dandy' (5 - 6') early (E) salt tolerant
Ilex verticillata 'Raritan Chief' (7-12') mid-season (M) salt tolerant
Ilex verticillata 'Apollo' (10-12') late (L) salt tolerant
Ilex verticillata 'Southern Gentleman'(8') very late (LL) salt tolerant
Itea virginica (Virginia Sweetspire) deer resistant
Itea virginica 'Henry's Garnet' (Virginia Sweetspire) deer resistant
Kalmia latifolia (Mountain Laurel) HOST PLANT, deer resistant
Lindera benzoin (Spicebush) HOST PLANT, deer resistant, salt tolerant
Physocarpus opulifolius (Eastern Ninebark) salt tolerant
Prunus maritima (Beach Plum) HOST PLANT, deer resistant, salt tolerant
Sambucus canadensis (American Black Elderberry) HOST PLANT, deer resistant
Vaccinium angustifolium (Lowbush Blueberry) HOST PLANT
Vaccinium corymbosum (Highbush Blueberry) HOST PLANT

EPHEMERALS

Erythronium americanum (Yellow Trout-lily, Yellow Dogtooth Violet) deer resistant, salt tolerant
Sanguinaria canadensis (Bloodroot) deer resistant
Anemonella thalictroides (Rue Anemone) deer resistant
Mertensia virginica (Virginia Bluebells)
Uvularia perfoliata (Merrybells, Perfoliate Bellwort) deer resistant

PERENNIALS

Actaea pachypoda (White baneberry, Doll's Eyes) deer resistant
Actaea racemosa (Black Cohosh) HOST PLANT deer resistant
Actaea rubra (Red baneberry) deer resistant
Agastache foeniculum (Anise Hyssop) deer resistant, salt tolerant
Ageratina altissima a.k.a *Eupatorium rugosum* (White Snakeroot) HOST PLANT, deer resistant
Amsonia tabernaemontana (Eastern Bluestar) HOST PLANT
Antennaria plantaginifolia (Pussytoes) HOST PLANT, deer resistant, salt tolerant
Aquilegia canadensis (Columbine) HOST PLANT, deer resistant, salt tolerant
Aruncus dioicus (Goatsbeard, Bride's Feathers) HOST PLANT, deer resistant
Asarum canadense (Wild Ginger) HOST PLANT, deer resistant
Asclepias incarnata (Swamp Milkweed) HOST PLANT, deer resistant, salt tolerant
Asclepias tuberosa (Butterfly Weed) HOST PLANT, deer resistant, salt tolerant
Baptisia australis (False Indigo) HOST PLANT, deer resistant, salt tolerant
Boltonia asteroides (Thousand Flower Aster) deer resistant, salt tolerant
Caltha palustris (Marsh Marigold) deer resistant, salt tolerant
Chelone glabra (White Turtlehead) HOST PLANT
Coreopsis lanceolata (Tickseed)
Coreopsis rosea (Pink Tickseed) deer resistant, salt tolerant
Coreopsis verticillata (Threadleaf Tickseed) deer resistant, salt tolerant

Dicentra eximia (Wild or Fringed Bleeding Heart) deer resistant
Echinacea purpurea (Purple Coneflower) HOST PLANT, deer resistant, salt tolerant
Eryngium yuccifolium (Rattlesnake Master) HOST PLANT, deer resistant, salt tolerant
Eurybia divaricata (White Wood Aster) HOST PLANT deer resistant
Eutrochium dubium (Coastal plain Joe Pye Weed) HOST PLANT, salt tolerant
Eutrochium maculatum (Spotted Joe-pye Weed) HOST PLANT, salt tolerant
Eutrochium purpureum a.k.a Eupatorium (Joe-Pye Weed) HOST PLANT, salt tolerant
Filipendula rubra (Queen-of-the-Prairie)
Geranium maculatum (Cranesbill, Wild Geranium) HOST PLANT, deer resistant
Helenium autumnale (Sneezeweed, Helen's Flower) HOST PLANT, deer resistant, salt tolerant
Helianthus angustifolius (Swamp Sunflower) HOST PLANT, deer resistant, salt tolerant
Heliopsis helianthoides (False Sunflower, Ox-eye Daisy)
Hibiscus moscheutos (Hardy Hibiscus, Swamp Mallow) HOST PLANT, deer resistant, salt tolerant
Heuchera americana (American alumroot) deer resistant, salt tolerant
Liatris spicata (Blazing Stars, Gay Feather) HOST PLANT, deer resistant, salt tolerant
Lobelia cardinalis (Cardinal Flower) HOST PLANT, deer resistant
Lobelia siphilitica (Great Blue Cardinal Flower) HOST PLANT, deer resistant
Monarda didyma (Scarlet Beebalm, Oswego Tea) HOST PLANT, deer resistant, salt tolerant
Monarda didyma 'Jacob Cline' (Bee balm) deer resistant, salt tolerant
Monarda fistulosa (Wild Bergamot, Beebalm) HOST PLANT, deer resistant, salt tolerant
Monarda punctata (Spotted Bee Balm) HOST PLANT, deer resistant, salt tolerant
Oenothera fruticosa (Evening Primrose, Sundrops) HOST PLANT, deer resistant, salt tolerant
Opuntia humifusa var. humifusa (Eastern Prickly-pear) HOST, deer resistant, salt tolerant
Packera aurea a.k.a.Senecio aureus (Golden Ragwort) HOST PLANT, deer resistant
Phlox divaricata (Woodland Phlox, Wild Sweet William) deer resistant, salt tolerant
Phlox paniculata (Garden Phlox)
Phlox stolonifera (Woodland Phlox, Wild Sweet William) deer resistant
Phlox subulata (Moss Phlox, Moss Pinks) deer resistant, salt tolerant
Polemonium reptans (Creeping Jacob's Ladder) deer resistant
Pycnanthemum muticum (Mountain Mint) HOST PLANT, deer resistant
Ratibida pinnata (Gray-headed Coneflower) HOST PLANT, salt tolerant
Rudbeckia fulgida (Black-eyed Susan, Orange Coneflower) HOST PLANT, deer resistant, salt tolerant
Rudbeckia hirta (Black-eyed Susan) HOST PLANT, deer resistant, salt tolerant
Rudbeckia triloba (Brown-eyed Susan) HOST PLANT, deer resistant, salt tolerant
Salvia lyrata (Lyreleaf Sage) HOST PLANT, deer resistant, salt tolerant
Scutellaria integrifolia (Helmet Skullcap, Large Skullcap) deer resistant
Sedum ternatum (Woodland or Whorled Stonecrop) HOST PLANT, deer resistant, salt tolerant
Sisyrinchium angustifolium (Blue-eyed Grass) deer resistant
Solidago rugosa (Rough Goldenrod) HOST PLANT, deer resistant, salt tolerant
Solidago sempervirens (Stiff Goldenrod) HOST PLANT, deer resistant, salt tolerant
Spigelia marilandica (Indian Pink) salt tolerant
Symphyotrichum novae-angliae (New England Aster) HOST PLANT, salt tolerant
Symphyotrichum novae-belgii (New York Aster) HOST PLANT, salt tolerant
Tiarella cordifolia (Allegheny Foamflower) HOST PLANT, deer resistant
Tradescantia virginiana (Spiderwort, Spider Lily) HOST PLANT, deer resistant
Verbena hastata (Swamp Verbena, Blue Vervain) HOST PLANT, deer resistant
Vernonia noveboracensis (New York Ironweed) HOST PLANT, deer resistant
Viola sororia (Common Blue Violet) HOST PLANT, deer resistant

Zizia aurea (Golden Alexanders) HOST PLANT, deer resistant, salt tolerant

FERNS

Polystichum acrostichoides (Christmas Fern) deer resistant
Adiantum pedatum (Northern Maidenhair Fern) deer resistant
Athyrium filix-femina (Lady Fern) deer resistant
Dryopteris celsa (Log Fern) deer resistant
Matteuccia struthiopteris (Ostrich Fern) deer resistant
Osmunda regalis (Royal Fern) deer resistant
Osmundastrum cinnamomeum (Cinnamon Fern) deer resistant

GRASS AND GRASS-LIKE

Carex pensylvanica (Pennsylvania Sedge) HOST PLANT, deer resistant
Carex plantaginea (Seersucker Sedge) HOST PLANT, deer resistant
Chasmanthium latifolium (Northern Sea Oats) HOST PLANT, salt tolerant
Deschampsia cespitosa (Tufted Hairgrass) deer resistant, salt tolerant
Muhlenbergia capillaris (Pink Muhly Grass) deer resistant, salt tolerant
Panicum virgatum (Switch Grass, Panic Grass) HOST PLANT, deer resistant, salt tolerant
Schizachyrium scoparium (Little Bluestem) HOST PLANT deer resistant, salt tolerant

FOR MORE INFORMATION ABOUT NATIVE PLANTS ONLINE INFO:

The Native Plant Society of New Jersey

http://www.npsnj.org/pages/nativeplants_Plant_Lists.html

Jersey-Friendly Yards Plant Database www.jerseyyards.org

Mt. Cuba www.mtcubacenter.org

Chicago Botanic Garden <http://www.chicagobotanic.org>

Missouri Botanical Garden <https://www.missouribotanicalgarden.org/plantfinder/plantfindersearch.aspx>

Brooklyn Botanic Garden <https://www.bbg.org>

The New York Botanical Garden <https://www.nybg.org>

<https://www.google.com> type in plant name and rely on site links ending in .edu and .org.

Most .com sites are commercial entities selling plants.

BOOKS:

[Bringing Nature Home](#) by Doug Tallamy

[Armitage's Native Plants for North American Gardens](#) by Allan M. Armitage

[The New England Wild Flower Society Guide to Growing and Propagating Wildflowers of the United States and Canada](#) by William Cullina

[Native Trees, Shrubs, and Vines: A Guide to Using, Growing, and Propagating North American Woody Plants](#) by William Cullina

[Native Ferns, Moss, and Grasses: From Emerald Carpet to Amber Wave, Serene and Sensuous Plants for the Garden](#) by William Cullina

[Native Plants of the Northeast: A Guide for Gardening & Conservation](#) by Donald J. Leopold

GARDENS TO VISIT:

Bowman's Hill Wildflower Preserve 1635 River Rd, New Hope, PA 18938

<http://www.bhwp.org/>

Mt. Cuba Center 3120 Barley Mill Road, Hockessin, DE 19707- <http://www.mtcubacenter.org/>

Brooklyn Botanic Garden - 1000 Washington Ave, Brooklyn, NY 11238 -

<http://www.bbg.org/>

The New York Botanical Garden - 2900 Southern Blvd, Bronx, NY 10458 -

<http://www.nybg.org/exhibitions/2013/native-plant-garden/>

Longwood Gardens 1001 Longwood Rd, Kennett Square, PA 19348

<https://longwoodgardens.org>

The High Line - Park-level access is also available at 30th Street at Hudson Yards. The Western Rail Yards between 30th and 34th Streets and 11th Avenue and the West Side Highway are currently closed for the season. <https://www.thehighline.org/>

NOTES: