



Recommended Native Wildflowers & Grasses for Naturalization Projects & Gardens in the Upper Thames River Watershed



The following herbaceous plant species are native to southwestern Ontario and are suitable for planting in the Upper Thames River watershed (Middlesex, Oxford and Perth Counties). These plants are adapted to the local climate and insect life and are hardier than non-native or horticultural species. All species listed may be available at nurseries that sell native plants (see "Southwestern Ontario Nurseries that Sell Native Plants & Seeds" at www.thamesriver.on.ca).

(R) – Rare in Ontario (S1 to S3 ranking), mainly due to habitat loss (A) – Aggressive and able to spread rapidly

Full Sun, Moist to Dry Soil (Meadows, Prairies)



Flowering Herbaceous Plants

<i>Asclepias syriaca</i>	Common Milkweed
<i>Asclepias tuberosa</i>	Butterfly Milkweed
<i>Coreopsis lanceolata</i>	Lance-leaved Coreopsis
<i>Desmodium canadense</i>	Showy Tick-trefoil
<i>Euphorbia corollata</i>	Flowering Spurge
<i>Fragaria virginiana</i>	Wild Strawberry
<i>Helenium autumnale</i>	Sneezeweed
<i>Helianthus divaricatus</i>	Woodland Sunflower (A)
<i>Helianthus giganteus</i>	Tall Sunflower (A)
<i>Heliopsis helianthoides</i>	False Sunflower, Sweet Ox-Eye (A)
<i>Lespedeza capitata</i>	Round-headed Bush-clover
<i>Lobelia siphilitica</i>	Great Lobelia
<i>Monarda fistulosa</i>	Wild Bergamot
<i>Oenothera biennis</i>	Common Evening-primrose
<i>Penstemon digitalis</i>	Foxglove Beard-tongue
<i>Penstemon hirsutus</i>	Hairy Beardtongue

<i>Pycnanthemum virginianum</i>	Virginia Mountain-mint
<i>Ratibida pinnata</i>	Grey-headed Coneflower (R)
<i>Rudbeckia hirta</i>	Black-eyed Susan
<i>Solidago nemoralis</i>	Gray Goldenrod
<i>Solidago patula</i>	Rough-leaved Goldenrod
<i>Solidago rugosa</i>	Rough-stemmed Goldenrod
<i>Symphotrichum laevis</i>	Smooth Aster
<i>Symphotrichum novae-angliae</i>	New England Aster
<i>Symphotrichum oolentangiense</i>	Sky Blue Aster
<i>Verbena stricta</i>	Hoary Vervain
<i>Vernonia gigantea (altissima)</i>	Tall Ironweed (R)(A)
<i>Veronicastrum virginicum</i>	Culver's Root (R)(A)

Grasses

<i>Andropogon gerardii</i>	Big Bluestem
<i>Calamagrostis canadensis</i>	Canada Bluejoint
<i>Elymus canadensis</i>	Canada Wild Rye
<i>Elymus virginiana</i>	Virginia Wild Rye
<i>Panicum virgatum</i>	Switch Grass
<i>Schizachyrium scoparium</i>	Little Bluestem
<i>Sorghastrum nutans</i>	Indian Grass

Full Sun, Wet Soil (Wetlands)



Herbaceous Plants

<i>Anemone canadensis</i>	Canada Anemone
<i>Asclepias incarnate</i>	Swamp Milkweed
<i>Caltha palustris</i>	Marsh Marigold
<i>Chelone glabra</i>	Turtlehead
<i>Eupatorium maculatum</i>	Joe-Pye-Weed
<i>Eupatorium perfoliatum</i>	Boneset
<i>Impatiens capensis</i>	Spotted Jewelweed
<i>Iris versicolor</i>	Blue-flag Iris
<i>Lobelia cardinalis</i>	Cardinal Flower
<i>Lobelia siphilitica</i>	Great Lobelia
<i>Lysimachia ciliata</i>	Fringed Loosestrife
<i>Mimulus ringens</i>	Square-stemmed Monkey-flower
<i>Monarda didyma</i>	Red Bee Balm
<i>Rudbeckia laciniata</i>	Green-headed Coneflower
<i>Sisyrinchium montanum</i>	Common Blue-eyed Grass
<i>Thalictrum pubescens</i>	Tall Meadow-rue
<i>Verbena hastata</i>	Blue Vervain
<i>Vernonia gigantea (altissima)</i>	Tall Ironweed (R)(A)

Sedges and Rushes

<i>Carex bebbii</i>	Bebb's Sedge
<i>Carex stipata</i>	Awl-fruited Sedge
<i>Carex comosa</i>	Bottlebrush Sedge
<i>Carex vulpinoidea</i>	Fox Sedge
<i>Eleocharis obtuse</i>	Blunt Spike-rush
<i>Juncus balticus</i>	Baltic Rush
<i>Juncus torreyi</i>	Torrey's Rush
<i>Scirpus pungens</i>	Common Three-square Bulrush

Grasses

<i>Calamagrostis canadensis</i>	Canada Bluejoint
<i>Elymus riparius</i>	Riverbank Rye
<i>Glyceria striata</i>	Fowl Manna Grass
<i>Leersia oryzoides</i>	Rice Cut Grass
<i>Poa palustris</i>	Fowl Meadow Grass
<i>Spartina pectinata</i>	Prairie Cord Grass
<i>Panicum virgatum</i>	Switch Grass

Aquatics (Pond Plants)

<i>Alisma plantago-aquatica</i>	Water Plantain
<i>Calla palustris</i>	Water Arum, Wild Calla
<i>Elodea canadensis</i>	Waterweed
<i>Nuphor lutea variegata</i>	Yellow Pond Lily
<i>Nymphaea odorata</i>	Sweet-scented White Water Lily
<i>Polygonum amphibium</i>	Water Smartweed
<i>Rumex orbiculatus</i>	Great Water Dock
<i>Sagittaria latifolia</i>	Arrowhead, Duck Potato, Wapato
<i>Sparganium eurycarpum</i>	Large-fruited Burreed
<i>Typha latifolia</i>	Common Cattail (A)

Full to Partial Shade, Moist Soil (Forest interior)



Flowering Herbaceous Plants

<i>Actaea rubra</i>	Red Baneberry
<i>Actaea pachypoda</i>	White Baneberry
<i>Anemone quinquefolia</i>	Wood Anemone
<i>Aquilegia canadensis</i>	Wild Columbine
<i>Arisaema triphyllum</i>	Jack-in-the-Pulpit
<i>Asarum canadense</i>	Wild Ginger
<i>Geranium maculatum</i>	Wild Geranium
<i>Hepatica acutiloba</i>	Hepatica
<i>Lilium michiganese</i>	Michigan Lily

<i>Maianthemum racemosum</i>	False Solomon's Seal
<i>Podophyllum peltatum</i>	Mayapple
<i>Polygonatum pubescens</i>	Solomon's Seal
<i>Sanguinaria canadensis</i>	Bloodroot
<i>Solidago caesia</i>	Blue-stemmed Goldenrod
<i>Solidago flexicalis</i>	Zig-zag Goldenrod
<i>Thalictrum dioicum</i>	Early Meadow Rue
<i>Tiarella cordifolia</i>	Foam Flower
<i>Viola spp.</i>	Violets

Ferns

<i>Athyrium filix-femina</i>	Lady Fern
<i>Matteuccia struthiopteris</i>	Ostrich Fern
<i>Onoclea sensibilis</i>	Sensitive Fern

Notes

- Lists compiled by UTRCA staff, updated 2018.
- Many additional native species that occur locally are not listed here because they are hard to source from nurseries.
- Horticultural varieties of native plants from commercial nurseries are often acceptable as single plantings in urban gardens, but not for naturalization or reforestation projects.
- Unknown plants and cultivated varieties should not be used in naturalization projects.

Additional Information at www.thamesriver.on.ca

- Recommended Native Trees, Shrubs and Vines for Naturalization Projects in the Upper Thames River Watershed
- Tallgrass Prairie Plant Species Native to Middlesex, Oxford & Perth
- Gardening with Native Plants
- Aggressive Non-Native Plants
- Southwestern Ontario Nurseries that Sell Native Plants & Seeds
- Butterfly Larvae Host Food Plants

Helpful References

- *Grow Wild: Native Plant Gardens in Canada*. Lorraine Johnson. Random House.
- *Newcomb's Wildflower Guide*. Lawrence Newcomb. Little, Brown and Company.
- North American Native Plant Society, www.nanps.org
- *Planting the Seed: A Guide to Establishing Prairie and Meadow Communities in Southern Ontario*. Environment Canada, 2000. Kim Delaney, Paul Morris, Gail Rhynard, Lindsay Rodger and P. Allen Woodliffe. Copies can be obtained from Tallgrass Ontario, www.tallgrassontario.org

The following southwestern Ontario nurseries sell some or specialize in locally native plants. List compiled by UTRCA staff, updated April 2019.

Name & Address	Phone	Email & Website	Plant Types Carried	Retail/Wholesale
The Blooming Bog 22049 Hyde Park Road N, Ilderton	519-666-0132	isa@bloomingbog.com www.bloomingbog.com	Some aquatics, herbaceous	Retail
Heeman's 20422 Nissouri Road, Thorndale	519-461-1416	www.heeman.ca	Some native trees, shrubs	Retail
Moore Water Gardens 4683 Sunset Road, Port Stanley	519-782-4052	moorewg@execulink.com www.moorewatergardens.com	Some native aquatics	Retail
Ontario NativeScape - a division of Rural Lambton Stewardship Network 6890 Baseline Road, Wallaceburg	519-809-5759	Jlozon.rlsn@gmail.com www.ontarionativescape.com	Herbaceous, seeds	Wholesale
Ontario Seed Company Ltd. 16 King Street South, Waterloo	519-886-2990 519-886-0557	seeds@osceeds.com www.oscseeds.com	Herbaceous seeds	Retail
Orange Dog Native Plants Forestville (online only)	416-704-3971	www.orangedognativeplants.com	Herbaceous, wetland, trees, shrubs	Online Retail
Sassafras Farms 120 Canby Street, Port Robinson	905-658-8907	cdiraddo@sassafrasfarms.ca www.sassafrasfarms.ca	Herbaceous, trees, shrubs, seeds	Retail + Wholesale
St. Williams Nursery & Ecology Centre 885 Highway 24 West, St. Williams	519-586-9116 1-866-640-8733	sales@stwilliamsnursey.com www.stwilliamsnursery.com	Herbaceous, seeds, trees, shrubs	Wholesale
Verbinnen's Nursery Ltd. 1504 Brock Road, Dundas (Hamilton)	905-659-7072	bernard@verbinnens.com www.verbinnens.com	Trees, shrubs, herbaceous	Wholesale
Windover Nurseries 3662 Petrolia Line, Petrolia	519-882-0120	windover@ebtech.net www.windovernurseries.com	Several native trees, shrubs, plants	Retail + Wholesale