

Species Name	Common Name	Form	Description	Moisture	Light
<i>Allium canadense</i>	Wild Garlic	Forb	Slender foliage. Purple blooms. Spreads but bulbets. Best for a naturalized, informal planting. Can be used like scallions.	Dry - Wet	Sun - Shade
<i>Allium cernuum</i>	Nodding Onion	Forb	Nodding onion is a perennial herb found on dry, rocky slopes and banks. Its nodding umbels of white to lavender blooms attract bumblebees. Its edible onion-flavor bulbs are a traditional food for Native peoples.	Dry - Mesic	Sun - Part Sun
<i>Allium tricoccum</i>	Wild Leek	Forb	In gardens, it can be utilized as a showy low herb near borders and in rock gardens. It reproduces clonally from bulb offsets. A beautiful ephemeral groundcover and a coveted gourmet wild onion. Its straps of lush foliage evoke tulips or lily-of-the-valley. Leaves are edible for sustainable harvesting, as is the pungent bulb. Foliage goes dormant by June and is followed by flowers and then seed. Deer resistant. Also known as "Ramps".	Mesic - Moist	Part Shade - Shade
<i>Amelanchier canadensis</i>	Canadian serviceberry	Small Tree	A small tree with delicious fruit	Dry - Moist	Sun - Part Shade
<i>Amelanchier laevis</i>	Smooth Serviceberry	Small Tree	A lithe and elegant small tree with pretty white blooms in early spring. Bears small, delicious fruit in June to July. Also called Juneberry and myriad other names.	Dry - Moist	Sun - Part Shade
<i>Amelanchier stolonifera</i>	Running Serviceberry	Shrub	A low shrub with delicious fruits	Dry - Mesic	Sun - Part Shade
<i>Amphicarpa bracteata</i>	Hog Peanut	Vine, herbaceous	A groundcover legume with edible tubers	Mesic - Moist	Part Sun - Shade

<i>Angelica atropurpurea</i>	Purplestem Angelica	Forb	<p>A truly giant herb of rich swamps and riverbanks. Purplestem Angelica is prized for its candied stems, medicine from its dried root, and its incredible, spherical blooms and seedheads.</p> <p>Purplestem angelica has an interesting life cycle, dying back after seeding in great exuberance in its second or third year. A great plant to outcompete weeds in a wet meadow, stand strong in a border or edge, or keep company with other meadow giants like Joe Pye weed.</p>	Mesic - Wet	Sun - Part Sun
<i>Apios americana</i>	Groundnut	Vine, herbaceous	A twining, herbaceous vine with ornate flowers and edible tubers. It grows in rich moist soils, usually along bodies of water. Grown as a garden ornamental or food crop, its tubers become large and numerous and compare favorably with potatoes, with a more nutty and leguminous flavor.	Moist - Wet	Sun - Part Sun
<i>Aquilegia canadensis</i>	Wild Columbine	Forb	A fiery-colored flower found on exposed bluffs and in rocky woods. Columbine's intense crimson attracts hummingbirds, with which its intricate floral structure has co-evolved. Put it on edges where it can get some extra sun. Its flowers are a sweet edible treat.	Dry - Mesic	Part Sun - Shade
<i>Aralia nudicaulis</i>	Wild Sarsaparilla	Forb	A tall groundcover herb with edible fruit and rhizomes	Dry - Mesic	Part Sun -
<i>Aralia racemosa</i>	Spikenard	Forb	One of the largest forest herbs in eastern North America, Spikenard is shrub-like in form. Clusters of tiny deep red fruits perch above broad compound foliage. Its spicy and fragrant roots are an ingredient in root beer and tea.	Mesic	Part Sun - Shade
<i>Aronia melanocarpa</i>	Black Chokeberry	Shrub	A medium-sized shrub of swamps and also xeric rocky areas. Edible fruit, ideal for juice, high in anthocyanins. Beautiful flame-red fall color.	Dry - Wet	Sun - Part Shade
<i>Asarum canadense</i>	Wild Ginger	Forb	A heart-leaved groundcover that spreads via ginger-flavored rhizomes. Its foliage is lush and iridescent, lending a tropical quality to a thick patch of the herb. Prefers shade and rich moist soil, thrives along shaded streambanks and in rich, rocky woods. Sometimes used as a spice, or candied. Alternate food plant for pipevine swallowtail caterpillars.	Mesic - Moist	Part Shade - Shade

<i>Asclepias syriaca</i>	Common Milkweed	Forb	A superb pollinator plant, Monarch host, and delicious perennial vegetable with edible parts through most of the growing season. Ideal for permaculture and naturalizing.	Dry - Moist	Sun - Part Sun
<i>Asimina triloba</i>	Pawpaw	Small Tree	Pawpaw is a lush-foliaged large shrub to small tree with edible fruits. The fruits are rich and custardy, with notes of banana and pineapple. Pawpaw is the only member of the typically tropical custard apple family to have successfully evolved to live this far north; here in New Jersey we're near the northeast terminus of its range. In shade, behaves like a tall shrub and like a small tree in full sun. Can be pruned to either a single- or multi-trunked form. Host plant for the spectacular zebra swallowtail butterfly and the pawpaw sphinx moth.	Mesic - Moist	Sun - Shade
<i>Betula lenta</i>	Black Birch	Tree	A favorite of ours, the fine twigs and sweet inner bark of this tree make a delicious wintergreen tea with soothing properties. This fast growing tree thrives in forest gaps in well-drained soil. Its silver-purple bark is often graced with seafoam green lichen in maturity, which glows after rainstorms. Has permaculture applications as a dynamic accumulator of soil nutrients and both edible and medicinal properties. Larval host for the Green Comma butterfly.	Dry - Moist	Sun - Part Shade
<i>Bromus pubescens</i>	Hairy Woodland Brome	Grass	A woodland grass with elegant, drooping panicles bearing grouped, oat-like seed clusters. Grows in glades, riparian soils, edges, and rich woods.	Dry - Mesic	Part Sun - Shade
<i>Cardamine diphylla</i>	Toothwort	Forb	A native mustard with wonderfully horseradish-like leaves, sometimes called "native wasabi". Also an attractive spring flower.	Mesic	Part Shade - Shade
<i>Carex swanii</i>	Swan's Sedge	Sedge	A highly versatile, disturbance-adapted woodland sedge found in a variety of upland habitats from successional edges to open woods.	Dry - Mesic	Sun - Shade
<i>Comptonia peregrina</i>	Sweetfern	Shrub	A short, deer resistant shrub of well-drained habitats. Foliage has been used as a tea. Spreads to form a drift.	Dry	Sun - Part Sun

<i>Corylus americana</i>	American Hazelnut	Shrub	A tall shrub, showy twice a year: in early spring when its long elegant catkins expand yellow against the winter landscape, and in fall when its foliage turns rusty ochre and bronze. Delicious, edible nuts enjoyed by people and wildlife alike.	Dry - Moist	Sun - Shade
<i>Cunila origanoides</i>	Dittany	Forb	A small forest mint found on dry slopes and outcroppings. Aromatic with a scent reminiscent of thyme or wild bergamot. An excellent late-season bumblebee attractor. Deer resistant.	Dry - Mesic	Sun - Part Shade
<i>Diospyros virginiana</i>	American Persimmon	Tree	A beautiful tree with delicious fruit, American persimmon is a slender tree of woods edges and gaps. It develops a dark checkered bark over time that resembles snakeskin. The fruits are nectar-sweet when ripe and soft, and are also prized by wildlife including many mammals and several songbirds. Host for the ephemeral Luna Moth.	Dry - Moist	Sun - Part Shade
<i>Eragrostis spectabilis</i>	Purple Lovegrass	Grass	A very pretty low grass of dry edges and back dunes of coastal regions. The inflorescence has a hazy purple hue to it, very effective in masses. Excellent for rock gardens and edging.	Dry	Sun - Part Sun
<i>Eurybia macrophylla</i>	Bigleaf Aster	Forb	A beautiful late-summer woodland aster with large white blooms. Large evergreen basal leaves form a groundcover as the plant spreads colonially. Native to rich soil with a wide tolerance for moist or well-drained sites. Larval host for the Pearl Crescent butterfly.	Dry - Moist	Part Sun - Shade
<i>Fragaria virginiana</i>	Virginia Strawberry	Forb	Our native wild strawberry is a tough little plant, found in a wide variety of habitats - dry woods, edges, and meadows. The small fruits are purely delicious, and a joy to pick from garden or trailside. Spreads to form a colonial groundcover in good conditions. The leaf tea is soothing and nutritious, a gentle remedy for diarrhea and stomach upsets. Larval host for Grizzled Skipper and Grey Hairstreak.	Dry - Mesic	Sun - Part Shade
<i>Gaultheria procumbens</i>	Wintergreen	Subshrub	A native subshrub with wintergreen-flavored evergreen foliage and attractive red fruit in fall. Used as a groundcover and as a tea herb.	Dry - Mesic	Part Sun - Shade

<i>Gaylussacia baccata</i>	Black Huckleberry	Shrub	To our taste, even better than blueberries. Huckleberries are similar but less acidic and with a slight seedy crunch. A low-growing, colonial shrub of sandy, well drained soils. Red, bell-shaped flowers visited by a host of bees and others, occasionally butterflies. Foliage turns a stunning flame-orange in autumn.	Dry - Mesic	Sun - Part Shade
<i>Geum rivale</i>	Water Avens	Forb	A petite wildflower of pond edges, swamps, and bogs. Low foliage acts as a groundcover while red and yellow flowers rise above. Ornamental seedheads. Also called chocolate root for its edible qualities. Herbal uses.	Moist - Wet	Part Sun - Shade
<i>Helianthus tuberosus</i>	Jerusalem Artichoke	Forb	A perennial native sunflower with abundant, edible tubers. Aggressive in a garden, best grown in a mass in a place where it is free to spread, or deliberately contained. In addition to its food value, a beautiful late season flower, with seeds edible to goldfinches and other seed-eating birds and small mammals.	Mesic - Moist	Sun - Part Shade
<i>Hibiscus moscheutos</i>	Swamp Rose Mallow	Forb	A glorious native hibiscus with enormous five-petaled blooms in combinations of white, red, and pink. A tall wildflower rising from stocky stems in large clusters. Native to marshes, wet floodplains, and other rich, moist habitats, but adaptable in the home garden. Flowers can be used as a garnish for salads. Deer resistant.	Moist - Wet	Sun - Part Shade
<i>Hydrophyllum virginianum</i>	Virginia Waterleaf	Forb	An herb of moist forests, found most frequently alongside streams. Showy flower clusters bloom in spring above the foliage. Spectacular massed as a flowering ground cover. Leaves are often mottled with attractive "watermarks" during spring, which fade as the foliage matures. An excellent spring wildflower for native bees and bumblebees.	Mesic - Moist	Part Sun - Shade

<i>Laportea canadensis</i>	Wood Nettle	Forb	One of the best perennial greens, delicious and deeply nutritive. More tender and with a longer harvest season than the related stinging nettle, this is an excellent permaculture plant. Host plant for the Red Admiral butterfly. Wood nettle is a colonial species of rich, moist woods, found along rivers and streams.	Mesic - Moist	Part Shade - Shade
<i>Lilium superbum</i>	Turk's Cap Lily	Forb	A spectacular wildflower with speckled orange blooms and whorled foliage. Native to moist meadows, open woods, and edges. Use as a showy accent or mass for mid-summer color.	Mesic - Wet	Sun - Part Shade
<i>Lonicera sempervirens</i>	Coral Honeysuckle	Vine, woody	A showy native vine with long tubular red flowers, very attractive to hummingbirds. Incredibly long bloom season. Native vines are an often-overlooked ecological component and ideal for an edge planting.	Mesic	Sun - Part Shade
<i>Malus coronaria</i>	Crabapple	Small Tree	A native crabapple		Sun - Part Shade
<i>Matteuccia struthiopteris</i>	Ostrich Fern	Fern	The popular edible "fiddlehead fern", it doubles as a luxuriant landscaping plant in moist, part shade to shade. Grow in masses and give it space. Deer resistant.	Mesic - Moist	Part Shade - Shade
<i>Mentha arvensis</i>	Water Mint	Forb	A native mint	Wet	Sun - Part Sun
<i>Monarda didyma</i>	Bee Balm	Forb	Bee balm's crimson blooms make it one of the better known native ornamentals, a classic homestead plant and a fine choice for home landscapes. Like other red, tubular wildflowers, Bee balm is sought out by hummingbirds, which are evolved to its drink nectar and provide pollination. Also an excellent butterfly nectary. Bee balm makes an aromatic tea with stomach-soothing and antiseptic properties. The flowers are a sweet edible, with overtones of rose, oregano, and citrus.	Mesic - Moist	Sun - Part Shade
<i>Monarda fistulosa</i>	Wild Bergamot	Forb	A showy wildflower, with nearly everything going for it – a great butterfly attractor, deer resistant and drought-hardy. Its spicy oregano-like foliage has wide use as a flavoring.	Dry - Mesic	Sun - Part Shade

<i>Morella pensylvanica</i>	Bayberry	Shrub	A semi-evergreen shrub with a rounded habit. Its small white fruits are eaten and dispersed by yellow-rumped warblers. The fruits' waxy coating is also used to make bay candles. Foliage used like culinary bay. Nitrogen fixer. Deer resistant. Formerly <i>Myrica pensylvanica</i> .	Dry - Moist	Sun - Part Sun
<i>Morus rubra</i>	Red Mulberry	Tree	A native tree with delicious fruit	Mesic - Moist	Sun - Shade
<i>Oxalis violaceae</i>	Violet wood sorrel	Forb	A groundcover with edible foliage	Mesic	Part Sun - Shade
<i>Packera aurea</i>	Golden Ragwort	Forb	Golden Ragwort in spring is a sight to see — the low blooms are as cheerful and sunny as one could wish for after a long winter. Ragwort has heart-shaped basal foliage, forming an evergreen groundcover where grown densely. Deer resistant. Also known as <i>Senecio aureus</i> .	Mesic - Wet	Sun - Part Shade
<i>Polygonatum commutatum</i>	Giant Solomon's Seal	Forb	A woodland wildflower with clusters of bell-shaped flowers hanging from its arching stems. In addition to its virtues as an ornamental plant, Solomon's Seal is an excellent edible (springtime shoots used like asparagus) and an important remedy for joint pains. Giant Solomon's Seal is an especially productive variety for gardens and permaculture applications, creating large, nutritious rhizomes in many conditions including full sun, given adequate moisture.	Mesic	Part Sun - Shade
<i>Polygonatum pubescens</i>	Downy Solomon's Seal	Forb	A woodland wildflower with clusters of bell-shaped flowers hanging from its arching stems. In addition to its virtues as an ornamental plant, Solomon's Seal is an excellent edible (springtime shoots used like asparagus) and an important remedy for joint pains.	Dry - Mesic	Part Sun - Shade
<i>Prunus americana</i>	American Plum	Shrub	A spreading, mounded native plum with abundant spring blooms and edible plums later in the season. Hard to find in the nursery trade, but an excellent choice for structure and fruit.	Mesic - Moist	Sun - Part Shade
<i>Prunus maritima</i>	Beach Plum	Shrub	A delicious wild plum native to the sandy soils of the northeastern coastal plain. Versatile in gardens. Ornamental blooms.	Dry	Sun

<i>Prunus virginiana</i>	Chokecherry	Shrub	This is one of the most important Native American staple fruits, a shrub to small tree with abundant flowers and glowing dark cherries in late summer. Like so many plants of our continent, it is maligned with a nasty name. But it excels as lepidopteran host, pollinator plant, songbird food, and as a jam, syrup, fruit leather, and pemmican fruit. In herbal medicine, it is used (like black cherry) as a cough remedy.	Dry - Mesic	Sun - Part Shade
<i>Pycnanthemum incanum</i>	Hoary Mountain Mint	Forb	A native mint with a cooling aroma. The uppermost leaves are “hoary” – they look as though they are coated in frost. A superb pollinator plant – when in bloom, mobbed by an astonishing diversity of skippers, native bees, and other small beneficial insects. Deer resistant.	Dry - Mesic	Sun - Part Shade
<i>Pycnanthemum muticum</i>	Broadleaf Mountain Mint	Forb	A mountain mint with a pleasing minty aroma, good for teas and herbal steams. Its flowers are a great attractor of beneficial insects. Known as “short-toothed mountain mint” for the small teeth on its broad, attractive foliage. Its minty volatile oils make it deer resistant.	Mesic - Moist	Sun - Part Shade
<i>Pycnanthemum virginianum</i>	Virginia Mountain Mint	Forb	A fantastic pollinator attractor, Virginia Mountain Mint is of exceptional value to small bees, butterflies, beetles, and other beneficial insects. Its numerous flowers are borne on bushy stems with a minty/thyme fragrance. Its aromatic volatile oils can be used in culinary and medicinal preparations. A hardy and carefree plant, thriving in many soil conditions in full to partial sun. Deer resistant.	Dry - Moist	Sun - Part Sun
<i>Quercus bicolor</i>	Swamp White Oak	Tree	This majestic oak bears large acorns providing excellent human and wildlife sustenance.	Mesic - Wet	Sun - Part Shade
<i>Ribes cynosbati</i>	Prickly Gooseberry	Shrub	A tasty native gooseberry with prickly fruit that become smooth when ripe.	Mesic	Sun - Shade
<i>Ribes rotundifolium</i>	Appalachian Gooseberry	Shrub	A native gooseberry found on edges and in rocky woodlands, this is a low armed shrub with tasty edible fruit. Its flowers are utilized by hummingbirds and bees.	Mesic - Moist	Sun - Shade

<i>Rubus idaeus v. strigosus</i>	Red Raspberry	Shrub	<p>The native variety (var. <i>strigosus</i>) of the wild ancestor of the domesticated red raspberry. Our plants come directly from a delicious wild population we sampled extensively (delicious!) in the Catskills of New York.</p> <p>Raspberry leaf tea is vitamin and mineral rich, an astringent toner for the uterus, and a gentle remedy for stomach complaints including diarrhea.</p>	Mesic - Moist	Sun - Part Shade
<i>Rubus occidentalis</i>	Blackcap Raspberry	Shrub	<p>A delicious wild raspberry with dark purple to black fruits. Novel, tasty, and quite hardy. Stems are purplish-red with a light purple bloom. Excellent for naturalizing areas. Foliage can be used as a tea. Tolerant of juglone.</p>	Dry - Moist	Sun - Part Shade
<i>Rubus odoratus</i>	Purple Flowering Raspb	Shrub	<p>A thornless raspberry species, with large, vaguely star-shaped velvety leaves and stunning rose-like blooms. Native to moist slopes, especially in mountainous areas. Its fruits are sweet and flavorful, though different from red raspberry.</p>	Mesic - Moist	Part Sun - Shade
<i>Rudbeckia laciniata</i>	Tall Coneflower	Forb	<p>A big, beautiful wildflower that thrives in the rich alluvium of shaded streambanks and floodplains. Abundant flowerheads with sun-yellow petals stand over broad foliage. Attractive in masses, will spread over time. Finches and other seed-eating birds feast on its abundant seeds in late summer. Leaves are edible in early spring as sauteed greens.</p>	Mesic - Wet	Sun - Part Shade
<i>Sambucus canadensis</i>	Elderberry	Shrub	<p>A multi-stemmed shrub topped with large white flower clusters that mature into small purple fruits. Flowers are made into tea used by herbalists to reduce fever, fruits are used for syrups and jams and are widely recognized for supporting immunity and improving recovery from colds and flu. Fruits are also relished by frugivorous birds. Grows quickly in moist soils of all types.</p>	Moist - Wet	Sun - Part Shade
<i>Schizachyrium scoparium</i>	Little Bluestem	Grass	<p>A warm season bunchgrass with green, blue, copper, red, and bronze tones to its foliage, especially beautiful in fall and winter. Excellent in sandy or otherwise well-drained soils, it spreads colonially in the right conditions. Host plant for a number of skippers. Deer resistant.</p>	Dry - Mesic	Sun - Part Sun

<i>Solidago odora</i>	Sweet Goldenrod	Forb	A wildflower with foliage used for tea	Dry - Mesic	Sun - Part Sun
<i>Tilia americana</i>	Basswood	Tree	A tree with edible foliage in spring, and flowers used for tea	Mesic	Part Sun - Shade
<i>Vaccinium corymbosum</i>	Highbush Blueberry	Shrub	The wild progenitor of many cultivated blueberries, this shrub is common in swampy, acidic woodlands. In addition to bearing delicious fruit, it has flame-like fall foliage and a wonderfully eccentric form with peeling bark. Its bell-shaped flowers support native bees, and it is deer-resistant. In plantings, it benefits from an acidic soil and ample moisture.	Wet - Dry	Sun
<i>Vaccinium pallidum</i>	Lowbush Blueberry	Shrub	A low growing shrub of 1' to 2' tall. White, bell-shaped flowers bloom in May and June. In summer, the familiar, edible blue fruits form. Though smaller than cultivated fruits of highbush blueberry, fruits are very tasty. Red foliage in autumn.	Dry	Sun - Part Shade
<i>Viburnum lentago</i>	Nannyberry	Small Tree	A small tree with small but plump edible fruit in fall. Attractive form with wider, lusher leaves compared to its close relative blackhaw viburnum.	Mesic - moist	Sun - Part shade