



RUTGERS

New Jersey Agricultural
Experiment Station



Native Plants that Thrive in NJ

By Irene Wanat

Rutgers Master Gardener of Ocean and Monmouth Counties

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.

THERE ARE MANY POLLINATORS, MANY ARE NATIVE TO OUR AREA

- 700 U.S. butterflies
- 35 NJ butterflies
- 11,00 U.S. moths
- 367 New Jersey Moths
- 4000 native bees in North America

Other pollinators include wasps, beetles, flower/drone flies, ants, bats, birds, hummingbirds, etc.

LARVAL HOST – specific plants provide Lepidoptera (butterflies and moths) crucial food for hatched eggs which is the LARVAE or CATERPILLARS. They feed on their specific HOST PLANTS, which can range from a single species to many different species.

KEYSTONE PLANTS AND SPECIES are native plants that support the highest number of caterpillars of Lepidoptera (butterflies, moths, skippers, fritillaries) and native specialist bees that depend on the pollen of these plants. The plants they support provide a third of the food we eat.

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), *Lindera benzoin* (Spicebush)

HAVE A DRY SITE? PERENNIALS *Aruncus dioicus* (Goatsbeard) *Armeria maritima* (Sea Thrift) *Coreopsis lanceolata* (Tickseed) *Echinacea purpurea* (Purple Coneflower) *Aquilegia canadensis* (Columbine) *Helenium autumnale* (Sneezeweed) *Agastache foeniculum* (Anise Hyssop) *Asclepias tuberosa* (Butterfly Weed) *Liatris spicata* (Blazing Stars)

DRY SHADE - *Vaccinium angustifolium* (Lowbush Blueberry), *Viola sororia* (Common Blue Violet), *Tiarella cordifolia* (Allegheny Foamflower), *Heuchera americana* (American alumroot), *Aruncus dioicus* (Goatsbeard), *Stylophorum diphyllum* (Celadine Poppy), *Eurybia divaricata* (White Wood Aster)

DRY SHADE – FERNS: *Osmunda regalis* (Royal Fern), *Dryopteris filix-mas* (Male Fern), *Adiantum pedatum* (Northern Maidenhair Fern), *Dryopteris celsa* (Log Fern), *Athyrium filix-femina* (Lady Fern), *Matteuccia struthiopteris* (Ostrich Fern)

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) all NJ natives

PERENNIALS: *Packera aurea* (Golden Ragwort), *Filipendula rubra* (Queen-of-the-Prairie), *Zizia aurea* (Golden Alexanders), *Hibiscus moscheutos* (Swamp Mallow), *Eutrochium* spp. (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)

MOIST TO WET SITES – FERNS: *Osmunda regalis* (Royal Fern), *Dryopteris filix-mas* (Male Fern), *Adiantum pedatum* (Northern Maidenhair Fern), *Dryopteris celsa* (Log Fern), *Athyrium filix-femina* (Lady Fern), *Matteuccia struthiopteris* (Ostrich Fern)

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), *Hydrangea arborescens* (Smooth Hydrangea), *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* spp. (Joe-Pye Weed), *Agastache foeniculum* (Anise Hyssop), *Amsonia hubrichtii* (Arkansas Bluestar), *Heuchera americana* (American alumroot), *Echinacea purpurea* (Purple Coneflower), *Asclepias tuberosa* (Butterfly Weed), *Armeria maritima* (Sea Thrift)

SALT TOLERANT GRASSES - *Schizachyrium scoparium* (Little Bluestem) 2022 Perennial Plant of the Year, *Bouteloua gracilis* 'Blonde Ambition' (Blue Grama Grass), *Nassella tenuissima* (Mexican Feather Grass), *Muhlenbergia capillaris* (Pink Muhly Grass), *Panicum virgatum* (Switch Grass, Panic Grass) NJ

DEER ARE VERY SENSITIVE TO TASTES AND TEXTURES.

They usually don't browse:

- Heavily fragranced 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* (Shrubby St. John's Wort), *Fothergilla gardenii* (Dwarf Witch Alder), *Prunus maritima* (Beach Plum), *Comptonia peregrina* (Sweet Fern), *Ceanothus americanus* (New Jersey Tea), *Callicarpa americana* (Beautyberry), *Ilex glabra* (Inkberry Holly), *Lindera benzoin* (Spicebush)

DEER RESISTANT PERENNIALS - *Amsonia tabernaemontana* (Eastern Bluestar), *Lobelia cardinalis* (Cardinal Flower), *Packera aurea* (Golden Ragwort), *Pycnanthemum muticum* (Mountain Mint), *Stylophorum diphyllum* (Celadine Poppy, Wood Poppy) *Helenium autumnale* (Sneezeweed), *Agastache foeniculum* (Anise Hyssop), *Armeria maritima* (Sea Thrift)

DEER RESISTANT GRASSES - *Schizachyrium scoparium* (Little Bluestem) chosen 2022 Perennial Plant of the Year, *Bouteloua gracilis* 'Blonde Ambition' (Blue Grama Grass), *Nassella tenuissima* (Mexican Feather Grass), *Muhlenbergia capillaris* (Pink Muhly Grass), *Panicum virgatum* (Switch Grass, Panic Grass)

WOODY PLANTS - TREES AND SHRUBS

Ilex glabra (Inkberry Holly) NJ HOST PLANT, KEYSTONE PLANT, Evergreen, deer resistant, salt tolerant
Cercis canadensis (Redbud Tree, Eastern Redbud) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Amelanchier canadensis (Serviceberry, Shadblow, Juneberry) NJ HOST PLANT, KEYSTONE SPECIES, deer resistant, salt tolerant
Lindera benzoin (Spicebush) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Fothergilla gardenii (Dwarf Witch Alder) HOST PLANT, deer resistant
Physocarpus opulifolius (Eastern Ninebark) NJ, KEYSTONE PLANT, salt tolerant
Vaccinium angustifolium (Lowbush Blueberry) NJ HOST PLANT, KEYSTONE PLANT, deer resistant
Prunus maritima (Beach Plum) NJ HOST PLANT, KEYSTONE SPECIES, deer resistant, salt tolerant
Ceanothus americanus (New Jersey Tea) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Itea virginica (Virginia Sweetspire) NJ, deer resistant
Itea virginica 'Henry's Garnet' (Virginia Sweetspire) deer resistant
Cornus sericea or stolonifera (Redtwig, Red Osier Dogwood) NJ HOST PLANT, KEYSTONE PLANT, salt tolerant
Cornus stolonifera 'Arctic Fire' (Redtwig, Red Osier Dogwood) deer resistant, salt tolerant
Ilex verticillata (Winterberry Holly) NJ, salt tolerant
Hydrangea arborescens (Smooth Hydrangea, Wild Hydrangea) HOST PLANT, salt tolerant
Hydrangea arborescens 'Haas' Halo' (Wild Hydrangea) salt tolerant
Clethra alnifolia (Sweet Pepperbush, Summersweet) NJ, KEYSTONE PLANT, salt tolerant
Clethra alnifolia 'Hummingbird' (Summersweet) salt tolerant
Clethra alnifolia 'Ruby Spice' (Summersweet) salt tolerant
Hypericum prolificum (Shrubby St. John's Wort) HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant

PERENNIALS

Mertensia virginica (Virginia Bluebells) NJ ephemeral, KEYSTONE PLANT, deer resistant
Other ephemerals - *Dodecatheon meadia* (Shooting Star), *Erythronium americanum* (Yellow Trout-lily, Yellow Dogtooth Violet) NJ, *Sanguinaria canadensis* (Bloodroot) NJ, KEYSTONE PLANT, *Sanguinaria c.* 'Multiplex' (Double Flowered Bloodroot)
Heuchera spp. and hybrids (Coral Bells) Evergreen, deer resistant, salt tolerant www.mtcubacenter.org
Heuchera americana (American alumroot) NJ, KEYSTONE PLANT Evergreen, deer resistant, salt tolerant
Heuchera villosa (Hairy alumroot) Evergreen, deer resistant, salt tolerant
Armeria maritima (Sea Thrift) Evergreen, deer resistant, salt tolerant
Dicentra eximia (Wild or Fringed Bleeding Heart) NJ, KEYSTONE PLANT, deer resistant

Stylophorum diphyllum (Celadine Poppy, Wood Poppy) deer resistant
Aquilegia canadensis (Columbine) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Viola sororia (Common Blue Violet) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Aruncus dioicus (Goatsbeard, Bride's Feathers) NJ HOST PLANT
Asarum canadense (Wild Ginger) NJ HOST PLANT, deer resistant
Polystichum acrostichoides (Christmas Fern) NJ, KEYSTONE PLANT, deer resistant
Osmundastrum cinnamomeum (Cinnamon Fern) NJ, KEYSTONE PLANT, deer resistant
Phlox stolonifera (Woodland Phlox, Wild Sweet William) NJ, deer resistant
Amsonia hubrichtii (Arkansas Bluestar) deer resistant, salt tolerant
Amsonia tabernaemontana (Eastern Bluestar) NJ HOST PLANT, deer resistant
Zizia aurea (Golden Alexanders) NJ HOST PLANT, deer resistant, salt tolerant
Tiarella cordifolia (Allegheny Foamflower) NJ HOST PLANT, deer resistant
Packera aurea a.k.a. Senecio aureus (Golden Ragwort) NJ HOST PLANT, KEYSTONE PLANT, deer resistant
Coreopsis lanceolata (Tickseed) NJ, KEYSTONE PLANT, salt tolerant
Phlox paniculata (Garden Phlox) NJ, KEYSTONE PLANT
Phlox paniculata 'Jeana' (Garden Phlox)
Heliopsis helianthoides (False Sunflower, Ox-eye Daisy) NJ, KEYSTONE PLANT
Agastache foeniculum (Anise Hyssop) NJ, deer resistant, salt tolerant
Rudbeckia fulgida (Black-eyed Susan, Orange Coneflower) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Rudbeckia fulgida 'Goldsturm' (Black-eyed Susan) deer resistant, salt tolerant
Pycnanthemum muticum (Mountain Mint) NJ HOST PLANT, KEYSTONE PLANT, deer resistant
Hibiscus moscheutos (Hardy Hibiscus, Swamp Mallow) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Helenium autumnale (Sneezeweed, Helen's Flower) NJ, *Helenium flexuosum* (Purple-Headed Sneezeweed) NJ, *Helenium hoopesii* (Western Sneezeweed) HOST PLANT, deer resistant, salt tolerant
Eutrochium dubium a.k.a. Eupatorium (Joe-Pye Weed) NJ HOST PLANT, KEYSTONE PLANT, salt tolerant
Eutrochium dubium 'Little Joe' (Joe-Pye Weed) salt tolerant
Eutrochium 'Baby Joe' aka *Eupatorium* (Joe-Pye Weed) salt tolerant
Lobelia cardinalis (Cardinal Flower) NJ HOST PLANT, KEYSTONE PLANT, salt tolerant
Lobelia siphilitica (Great Blue Cardinal Flower) NJ HOST PLANT, KEYSTONE PLANT, salt tolerant
Echinacea purpurea (Purple Coneflower) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Echinacea spp. (Purple Coneflower) deer resistant, salt tolerant
Asclepias tuberosa (Butterfly Weed) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Asclepias incarnata (Swamp Milkweed) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Liatris spicata (Blazing Stars, Gay Feather) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Eurybia divaricata (White Wood Aster) NJ HOST PLANT, KEYSTONE PLANT, deer resistant
Helianthus angustifolius (Swamp Sunflower) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Symphotrichum novae-belgii (New York Aster) NJ HOST PLANT, KEYSTONE PLANT, salt tolerant
Symphotrichum novae-angliae (New England Aster) NJ HOST PLANT, KEYSTONE PLANT, salt tolerant
Symphotrichum laeve 'Bluebird' (Smooth Aster)
Solidago rugosa (Rough Goldenrod) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Solidago rugosa 'Fireworks' (Goldenrod) deer resistant, salt tolerant
Solidago sempervirens (Stiff Goldenrod) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant

ORNAMENTAL GRASSES

Nassella tenuissima a.k.a. *Stipa tenuissima* (Mexican Feather Grass) Evergreen, deer resistant, salt tolerant
Carex pensylvanica (Pennsylvania Sedge) NJ HOST PLANT, KEYSTONE PLANT, deer resistant,
Bouteloua gracilis 'Blonde Ambition' (Blue Grama Grass) deer resistant, salt tolerant
Panicum virgatum (Switch Grass, Panic Grass) NJ HOST PLANT, KEYSTONE PLANT, deer resistant, salt tolerant
Panicum virgatum 'Northwind' (Switch Grass) deer resistant, salt tolerant
Schizachyrium scoparium (Little Bluestem) NJ HOST PLANT, KEYSTONE PLANT, 2022 Perennial Plant of the Year, deer resistant, salt tolerant
Muhlenbergia capillaris (Pink Muhly Grass) NJ, deer resistant, salt tolerant

AVOID *Chasmanthium latifolium* (Northern Sea Oats) NJ 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: