

Native Plants for Long Island Landscapes

Trees and Shrubs

Plant Species	Type	Height	Spread	Description	Sun Requirements	Water Requirements	Soil Preference	Wildlife Value	Bloom Time	Bloom Description
Northern bayberry (<i>Myrica pensylvanica</i>)	Deciduous shrub	5 to 10 ft	5 to 10 ft	This dense, branching dioecious shrub (must have male and female plants for pollination and berry production) has tiny, grayish-white fruits (on female plant) in the late summer through winter.	Full sun to part shade	Dry to medium	Average, well-drained; tolerates a variety of soils including poor; salt tolerant	Attracts birds which eat berries and provides cover for wildlife.	July to October	Small, yellowish green
Carolina rose (<i>Rosa carolina</i>)	Deciduous shrub	1 to 3 ft	5 to 10 ft	This small shrub has pink flowers with 5 petals and a pleasant fragrance. It also has smooth, dark green foliage and thorny stems.	Full sun	Dry to wet	Average, well-drained	Provides food for birds, butterflies, native bees and other pollinating insects.	May to June	Pink, showy
Black chokeberry (<i>Aronia melanocarpa</i>)	Deciduous shrub	3 to 6 ft	3 to 6 ft	A multi-stemmed suckering, shrub. Have delicate white flowers in spring/summer, purple/black berries in the fall, and orange/red/purple leaves in the late autumn.	Full sun to part shade	Dry to wet	Tolerant of most soils	Berries provide food for birds and cover for wildlife.	May	White
Highbush blueberry (<i>Vaccinium corymbosum</i>)	Deciduous shrub	6 to 12 ft	8 to 12 ft	A shrub with numerous upright stems and twiggy branches. Has reddish-green spring leaves which turn blue-green in the summer and red, yellow, orange and purple in fall. Produces white or pink bell-shaped flowers followed by edible, blue fruit.	Full sun to shade	Dry to wet	Acidic, well-drained soils	Berries are relished by songbirds, small mammals and twigs and foliage are eaten by rabbits. Its flowers are an important food source for native bees.	May to June	White or pinkish
Lowbush blueberry (<i>Vaccinium angustifolium</i>)	Deciduous shrub	0.5 to 2 ft	2 ft	The more sun the more it blooms. Reddish stems, bluish-black fruit, which is edible to wildlife and humans. Twiggy branches.	Full sun to part shade	Dry to wet	Acidic, well-drained	Fruit is eaten by birds, mammals and wood turtles. Pollen and nectar used by many species of bees. Other insects feed on foliage and stems. Provides cover for ground nesting birds and other wildlife.	May to June	Small, white
Inkberry (<i>Ilex glabra</i>)	Broadleaf evergreen shrub	5 to 8 ft	5 to 8 ft	A slow-growing, evergreen shrub in the holly family with smooth ovate green leaves. It can spread by root suckers to form colonies and has separate female and male plants. The female plants bear small, black fruits in the fall.	Full sun to part shade	Medium to wet	Acidic, tolerant of salt	Hosts bees and butterflies that are attracted to its blooms. It is of special value to honey bees. Fruit is eaten by birds and small mammals.	June to September	Very small and white
American holly (<i>Ilex opaca</i>)	Broadleaf evergreen tree	15 to 30 ft	15 to 30 ft	This evergreen tree has stout, stiff branches and is pyramidal in shape. Its leaves are dark green, non-glossy and spine-tipped. It is dioecious (has separate male and female plants) and the female trees produce bright red berries that are eaten by local wildlife, but are somewhat toxic to humans.	Full sun to part shade	Dry to medium	Acidic	Its foliage provides cover for songbirds and mammals, fruit is a food source for songbirds and flowers are attractive to bees, butterflies and other insects, which gain nectar and pollen from them.	March to June	Tiny, white/ green
American cranberry (<i>Viburnum opulus var. americanum</i>)	Deciduous shrub	8 to 12 ft	8 to 12 ft	This shrub has a dense, rounded, spreading habit and features lacecap white flowers in spring and maple-like, dark green leaves. The flowers give way to red berries in the fall. The berries are edible by humans and wildlife.	Full sun to part shade	Medium	Average, well-drained loams	The berries make an excellent winter-survival food for songbirds and small mammals because they remain about the snow and are sweeter after freezing. It is also the host species for the Spring Azure butterfly.	April to May	White, flat-topped clusters
Arrowwood viburnum (<i>Viburnum dentatum</i>)	Deciduous shrub	6 to 10 ft	6 to 10 ft	A shrub with multiple, erect-arching stems in a loose, round habit. Its white flowers are followed by dark blue berries which are cherished by wildlife. Dark-green foliage turns yellow to wine-red in fall.	Full sun to part shade	Medium	Average, well-drained, prefers moist loams, but tolerates a wide range, established plants have drought tolerance	Songbirds and small mammals use the berries as a winter food source. The foliage also provides great cover and nesting sites. Many native butterflies and moths use it as a larval host and bees use it for gaining nectar and pollen. It also attracts predatory insects that prey upon pest insects.	May to June	White, flat-topped clusters
Maple-leaved viburnum (<i>Viburnum acerifolium</i>)	Deciduous shrub	3 to 6 ft	2 to 4 ft	A densely branched shrub with bright to dark green foliage. The leaves are maple shaped and colorful in fall. Flowers give way to red to blue-black berries.	Full sun to part shade	Medium	Well- drained, prefers loams, but tolerates a wide range of soils	Birds use its berries for food, while bees, butterflies and other insects use its nectar and pollen. It is also a larval host for the Spring Azure butterfly.	June	White, flat-topped clusters

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New Jersey tea (<i>Ceanothus americanus</i>)	Deciduous shrub	3 to 4 ft	3 to 5 ft	This low growing shrub has very deep roots, and toothed, ovate shaped green leaves. Its leaves were dried and used to make a type of tea during the American Revolution.	Full sun to part shade	Dry to medium	Average, well-drained soils, tolerant of drought and shallow-rocky soil	Butterflies and bees utilize the flowers for nectar and pollen while hummingbirds eat insects that are attracted to the plant. Other bird species also eat its seeds. It is also a larval host for many butterflies.	May to July	Small, fragrant, white
Spice bush (<i>Lindera benzoin</i>)	Deciduous shrub	6 to 12 ft	6 to 12 ft	This shrub has a single stem or few stems with glossy leaves and slender, light green branches. Flowers give way to glossy red berries. Leaves turn a vibrant golden-yellow in autumn. Tea can be made from the leaves and twigs and the fruit can be used as a spice.	Full sun to part shade	Medium	Average, well-drained, tolerant of drought and clay soils	Birds use its berries for food, while bees, butterflies and other insects use its nectar and pollen. It is also a larval host for swallowtail butterflies.	March	Clusters, tiny, greenish yellow, aromatic on female plants
Black huckleberry (<i>Gaylussacia baccata</i>)	Deciduous shrub	1 to 3 ft	1 to 3 ft	This shrub is densely branched and spreads easily in sunny areas to form thickets. Its beautiful flowers give rise to dark purple-black berries, which are edible to humans and wildlife.	Full sun to part shade	Dry to wet	Average, tolerates sandy, rocky or acid soils	Honeybees, bumble bees, butterflies and other insects consume the nectar and pollen including the endangered Karner Blue butterfly. It is also a larval host to several moths and its berries and branches provide important food for birds and mammals. This shrub also provides nesting habitat for birds as well as cover for birds and mammals.	May to July	White, bell-like
Northern bush-honeysuckle (<i>Diervilla lonicera</i>)	Deciduous shrub	2 to 3 ft	2 to 4 ft	This shrub is small and mound-shaped with dark green leaves that change from yellow to red in autumn. It should not be confused with <i>Lonicera japonica</i> , which is a highly invasive species.	Full sun to part shade	Dry to medium	Average, well-drained, drought tolerant and does well in rocky, slightly acidic soils	Hummingbirds and butterflies will use this plant for nectar. It is said to have special value for bumble bees.	June to August	Yellow, trumpet shaped, tubular
Mountain Laurel (<i>Kalmia latifolia</i>)	Broadleaf evergreen shrub/ small tree	5 to 15 ft	5 to 15 ft	This multi-stemmed, evergreen shrub or small tree is found in a variety of habitats including open rocky or sandy woods, cool meadows, and woodland margins. It has dark green year round foliage and showy spring flowers. All parts are toxic if ingested.	Part shade	Low to medium	Rich, acidic, well-drained, likes moist rocky or sandy soils	This shrub provides winter cover for wildlife. Hummingbirds and butterflies use its flowers for nectar and it is a larval host for the Laurel Sphinx Moth.	May to July	Showy, terminal clusters, flower is cup shaped and ranges in color from rose to white with purple markings inside
Common bearberry (<i>Arctostaphylos uva-ursi</i>)	Evergreen shrub	0.5 to 1 ft	3 to 6 ft	This winter hardy, creeping, slow-growing woody shrub is low growing and widely spreading which makes it a suitable groundcover. It has dark evergreen leaves that are leathery and oval shaped, but which turn bronze in the winter. Its drooping flower clusters give rise to berry-like fruits that ripen in autumn.	Full sun to part shade	Dry to medium	Acidic, well-drained, sandy or gritty soils	Bees feed on the nectar and utilize its pollen and the fruit is eaten by many types of birds and small mammals especially in the winter and early spring. It is an important food source for these animals during this time.	March to June	White with a slight pink hue, showy, bell shaped, clusters
Summersweet (<i>Clethra alnifolia</i>)	Deciduous shrub	3 to 8 ft	4 to 6 ft	This shrub is also called coastal sweet-pepper. It is branched and leafy with multiple stems, and green leaves which turn dull yellow to orange in the fall. Its fragrant flowers are white and yield brown fruiting capsules that persist through winter. It is relatively disease and insect free.	Full sun to part shade	Medium to wet	Tolerant of most soils, but prefers moist, acidic and sandy soils.	Bees, butterflies and hummingbirds use its flowers, while many birds and mammals eat the fruit. This plant is of special value to native bees, including bumble bees as well as honey bees.	July to August	White, showy, fragrant, clusters on cylindrical spikes
Canadian Serviceberry (<i>Amelanchier canadensis</i>)	Deciduous tree	25 to 30 ft	15 to 20 ft	This tree is multi-trunked with white flowers that give way to summer berries. Green summer leaves turn orange or red in the fall. Berries are red and turn purple or black and are edible for humans and wildlife. This tree is vulnerable to disease and insect problems, but damage is mostly cosmetic and not threatening to the health of the tree.	Full sun to shade	Medium	Average, well-drained, tolerant of a wide range of soils	Provides fruit for birds and mammals and nectar and pollen for pollinators. It is of special value to native bees.	April to May	Showy, fragrant, 5-petaled, white

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Pagoda Dogwood (<i>Cornus alternifolia</i>)	Deciduous shrub/tree	15 to 25 ft	20 to 32 ft	This small tree has layered horizontal branching and elliptic, medium green leaves that turn a reddish-purple in the fall. Its flowers yield bluish-black fruits that mature in late summer.	Full sun to part shade	Medium	Best grown in acidic, organically rich and well-drained soils	Birds eat fruit and flowers attract butterflies. It is a larval host to the Spring Azure butterfly.	May to June	Showy, fragrant, small clusters, yellowish-white
Flowering Dogwood (<i>Cornus florida</i>)	Deciduous tree	15 to 30 ft	15 to 30 ft	This small tree is considered to be one of the most beautiful eastern North American trees. It has showy blooms, red fruit and red foliage in the fall.	Full sun to shade	Low to medium	Average, well-drained soils. Prefers acidic, organically rich soils	Birds eat fruit and flowers attract butterflies and are of special value to native bees. It is a larval host to the Spring Azure butterfly.	April to May	Showy, fragrant, white/pink
Eastern Redbud (<i>Cercis canadensis</i>)	Deciduous Tree	20 to 30 ft	25 to 35 ft	Multi-trunked understory tree, rounded crown, flowers give way to bean-like dry seedpods that mature and brown in summer; flowers are bisexual.	Full sun to part shade	Medium, needs consistent moisture	Average, well-drained, moderately fertile	Early blooms for nectar seeking butterflies and bees. Songbirds will eat the seeds. Can be used for nesting sites and materials and provides shelter for birds and mammals.	March to May	Pea-like rose-purple flowers
Pennsylvania sedge (<i>Carex pennsylvanica</i>)	Perennial sedge	0.5 to 1 ft	0.5 to 1 ft	This grass-like perennial has pale-green foliage in the summer, which turns tan in autumn. It uses rhizomes to form a turf-like groundcover and is a great alternative to cool season lawn grasses.	Part shade to full shade	Dry to medium	Average, well-drained	Insects feed on foliage and birds feed on these insects as well as the plant seeds.	May to July	Greenish, insignificant in size
Little bluestem (<i>Schizachyium scoparium</i>)	Perennial grass	2 to 4 ft	1.5 to 2 ft	Little bluestem has skinny, flat, green leaves with a slight blue color at the base. It features beautiful clusters of fluffy, silvery-white seed heads and bronze-orange foliage in the fall to winter.	Full sun	Dry to medium, is drought tolerant	Average, well-drained, tolerates poor soils, shallow and rocky soils and erosion	Many insects feed on its foliage and these provide food to insectivorous birds. Its fuzzy white seeds are a valuable food source to small birds and native bees use the stems for nesting. It is also a larval host to many native butterflies.	August to February	Insignificant in size, purplish bronze
Switchgrass (<i>Panicum virgatum</i>)	Perennial grass	3 to 6 ft	2 to 3 ft	This native warm season, clump forming grass has a stiff, columnar form. Its green leaves turn yellow in the fall. Its seeds provide a good food source for birds in winter.	Full sun to part shade	Dry to wet	Average, tolerates a wide range	Birds eat its seeds, and it provides cover and nesting material for birds and mammals. It is a larval host for skipper butterfly species.	July to February	Slightly pink, small
Big bluestem (<i>Andropogon gerardii</i>)	Perennial grass	4 to 6 ft	2 to 3 ft	This warm season, bunch grass has blue-green stems that are erect and branched. In the fall the color turns to an attractive reddish-tan. It is an important tall grass prairie species.	Full sun to part shade	Dry to medium, drought tolerant	Average, well-drained, tolerant of a wide range	Provides cover, nesting sites and seeds for many species of birds and is a larval host for skipper butterfly species. It also provides nesting for native bees.	August to November	Purplish-red, insignificant in size
Indian grass (<i>Sorghastrum nutans</i>)	Perennial grass	3 to 5 ft	1 to 2 ft	This is a tall, bunching sod-forming grass with broad blue-green blades and a golden-brown seed head. It has showy fall color that is deep orange to purple. It is an important tall grass prairie species.	Full sun to shade	Dry to medium	Average, well-drained, tolerant of a wide range, even poor, dry, infertile soils	Provides cover, nesting sites and seeds for many species of birds and is a larval host for skipper butterfly species. It also provides nesting for native bees and food for other insects including grasshoppers.	August to October	Light brown with yellow stamens, small
Broomsedge (<i>Andropogon virginicus</i>)	Perennial grass	2 to 5 ft	1 to 2 ft	This grass is similar in appearance to little bluestem, but it has a coarser texture and wider leaves. It is also taller. It has attractive foliage year round with green turning to tawny brown in the fall. Autumn also brings feathery seed heads.	Full sun to part shade	Dry to medium, drought resistant	Average, well-drained, sandy and loam soils	Provides cover, nesting sites and seeds for many species of birds and is a larval host for skipper butterfly species. It also provides nesting for native bees and food for other insects.	September to November	Yellow, small
Purple love grass (<i>Eragrostis spectabilis</i>)	Perennial grass	1 to 2 ft	1 to 2 ft	This warm season, bunchgrass is small in stature, but has brilliant reddish-purple flowers.	Full sun	Dry to medium, resistant to drought	Average, well-drained, tolerant of infertile, poor soils	Provides food for insects and cover for many animals.	August to October	Red, purple, showy
Purpletop (<i>Tridens flavus cupreus</i>)	Perennial grass	2 to 7 ft	1 to 2 ft	This grass also called tall redbud has drooping branches and attractive widely spaced reddish-purple spikelets and green stems.	Full sun to part shade	Dry	Average, well-drained, tolerant of a wide variety	Provides nesting material and cover for birds and other wildlife and is a larval host to many butterflies. It also provides food to small mammals.	August to November	Purple

Grasses and Sedges

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Plant Species	Type	Height	Spread	Description	Sun Requirements	Water Requirements	Soil Preference	Wildlife Value	Bloom Time	Bloom Description
Butterfly milkweed (<i>Asclepias tuberosa</i>)	Herbaceous perennial	1 to 2.5 ft	1 to 1.5 ft	This short species of milkweed has beautiful orange blooms and bright green foliage. They are vital to monarch butterflies.	Full sun	Dry to medium, drought tolerant	Average, well-drained, does well in poor, dry soil	Is an important larval food source for monarch butterflies which are in decline since monarch larvae only feed on species of milkweed. It also provides food for native bees, honey bees as well as butterflies and hummingbirds. Fluffy material on their seeds can be used as nesting material.	May to September	Orange, clusters of flowers, showy
Common milkweed (<i>Asclepias syriaca</i>)	Herbaceous perennial	2 to 3 ft	0.75 to 1 ft	This species of milkweed has beautiful mauve blooms and bright green foliage. They are vital to monarch butterflies.	Full sun	Dry to medium, drought tolerant	Average, well-drained, does well in poor, dry soil	Is an important larval food source for monarch butterflies which are in decline since monarch larvae only feed on species of milkweed. It also provides food for native bees, honey bees as well as butterflies and hummingbirds. Fluffy material on their seeds can be used as nesting material.	June to August	Pink, mauve, white
Swamp milkweed (<i>Asclepias incarnata</i>)	Herbaceous perennial	4 to 5 ft	2 to 3 ft	Erect, clump forming, They are vital to monarch butterflies. Milky sap inside stems and leaves.	Full sun	Medium to wet, although tolerant of drier soils	Average, well-drained	Is an important larval food source for monarch butterflies which are in decline since monarch larvae only feed on species of milkweed. It also provides food for native bees, honey bees as well as butterflies and hummingbirds. Fluffy material on their seeds can be used as nesting material.	July to August	Purple/pink
Purple coneflower (<i>Echinacea purpurea</i>) - not native, but has naturalized and is non-invasive	Herbaceous perennial	2 to 5 ft	1.5 to 2 ft	They are often a popular plant in landscaping and have purple blooms that occur atop a single stem. Echinacea is also used as an herbal remedy as it is said to promote the immune system.	Full sun to part shade	Dry to medium, drought tolerant	Average, well-drained, can tolerate poor soils	Attracts butterflies and hummingbirds as well as native bee species.	April to September	Purplish pink, showy, large
Black-eyed Susan (<i>Rudbeckia fulgida</i>) - not native, but has naturalized and is non-invasive	Herbaceous perennial	2 to 3 ft	2 to 2.5 ft	It is an upright, coneflower with yellow blooms and brownish-black centers. This species spreads by rhizomes and comes in many varieties, although cultivars of plants are said to not provide as many benefits for wildlife.	Full sun	Dry to medium	Organically rich to average, well-drained	Attracts birds and butterflies and is of special value to native bees.	June to October	Yellow/orange
Beebalm/ wild bergamot (<i>Monarda fistulosa</i>)	Herbaceous perennial	2 to 4 ft	2 to 3 ft	This popular herb in the mint family has clusters of showy lavender or pink tubular flowers that look like ragged pompoms. Its aromatic leaves are often used to make tea and treat respiratory ailments.	Full sun to part shade	Dry to medium, can tolerate some drought	Average, well-drained, can somewhat tolerate poor soils	Its nectar and pollen attract many native bees, butterflies and moths. The ruby throated hummingbird also feeds on its nectar and it is a larval host for moth species.	May to September	Pink/lavender, fragrant
Scarlet Beebalm (<i>Monarda didyma</i>)	Herbaceous perennial	2 to 4 ft	2 to 3 ft	This popular herb in the mint family has clusters of showy red tubular flowers that look like ragged pompoms. Its aromatic leaves are often used to make tea and treat respiratory ailments.	Full sun to part shade	Medium to wet	Rich, humusy soil	Its nectar and pollen attract many native bees, butterflies and moths. The ruby throated hummingbird also feeds on its nectar and it is a larval host for moth species.	July to August	Red, fragrant
Mountain Mint (<i>Pycnanthemum virginianum</i>)	Herbaceous perennial	2 to 3 ft	1 to 1.5 ft	Erect, many branched stems. Narrow, toothless, tapering leaves and profuse, terminal clusters of flowers.	Full sun to part shade	Medium	Average, well-drained	Special value to native bees, bumble bees, honey bees. Attracts predatory insects that prey upon pest insects.	July to September	White, often spotted with purple, 2 lipped
Blue false indigo (<i>Baptisia australis</i>)	Herbaceous perennial	3 to 4 ft	3 to 4 ft	This member of the pea family is popular in gardens due to its attractive foliage and showy flowers. It has a shrub like appearance.	Full sun to part shade	Dry to medium, drought tolerant	Average, well-drained, tolerant of poor soils	Is primarily pollinated by queen bumblebees, which feed on its nectar. It is the larval host for butterflies and moths. Other insects also feed on its foliage and seed pods.	April to June	Blue/purple, lupine like, showy

Herbaceous Perennials

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Wild indigo (<i>Baptisia tinctoria</i>)	Herbaceous perennial	2 to 3 ft	2 to 3 ft	This plant is upright and shrubby in appearance with yellow pea-like flowers. The plant is poisonous if ingested, but has low toxicity.	Full sun to part shade	Dry to medium, drought tolerant	Average, well-drained, tolerant of poor soils	It is of special value to native bumble bees, which feed on its nectar. It is the larval host for butterflies and moths. Other insects also feed on its foliage and seed pods.	May to September	Yellow to cream colored, showy, lupine like
Joe Pye weed (<i>Eupatorium purpureum</i>)	Herbaceous perennial	5 to 7 ft	2 to 4 ft	This tall plant has serrated, lance shaped, dark green leaves and vanilla scented, mauve colored clusters of flowers. The flowers are very attractive, especially to butterflies.	Full sun to part shade	Medium	Average, but prefers fertile soils	Its nectar and pollen attract native bees, butterflies and moths. It is also a larval host for many moth species.	July to September	Mauve pink, showy, fragrant, clusters
New York aster (<i>Symphyotrichum novi-belgii</i>)	Herbaceous perennial	1 to 3 ft	1 to 2 ft	This aster has a slender, smooth stem with narrow leaves and multiple purple flower petals surrounding a yellow center.	Full sun to part shade	Dry to wet, when established can tolerate drought	Average, well-drained	Is an important late season food source for bees and butterflies, especially for migrating monarchs, which are in steep decline.	August to October	Purple rays around a yellow disk, showy
Smooth blue aster (<i>Symphyotrichum laeve</i>)	Herbaceous perennial	2 to 4 ft	1 to 2 ft	This aster has beautiful flower heads, attractive foliage and erect stems that provide a color boost at the end of the growing season.	Full sun	Dry to medium	Average, well-drained	Nectar and pollen attract butterflies, moths and bees. Like the New York aster it is an important late season food source, especially to the migrating monarch butterfly. Birds also eat their seeds.	August to October	Violet to purple rays around yellow centers, showy
False sunflower (<i>Heliopsis helianthoides</i>)	Herbaceous perennial	3 to 6 ft	2 to 4 ft	Upright, clump-forming, daisy like flowers. Ovate, toothed leaves. Not a true sunflower like the genus <i>Helianthus</i> .	Full sun	Dry to medium, drought tolerant	Average, well-drained, tolerant of a wide range of soil conditions, erosion tolerant	Its nectar and pollen attract many species of bees, butterflies and other insects. It is also a larval host for many species of butterflies and moths. The seeds are a food source for many types of birds and small mammals. The foliage of these plants provide good cover for many forms of wildlife.	June to August	Orange-yellow rays with brown center disks
Gray goldenrod (<i>Solidago nemoralis</i>)	Herbaceous perennial	0.5 to 2 ft	0.5 to 2 ft	This small, skinny goldenrod species has thin, coarsely-toothed leaves and yellow clusters of flowers in a vase shape. People often mistake goldenrod for causing hay fever which is really caused by windblown pollen of other plants like ragweed.	Full sun	Dry to medium, drought tolerant	Average, well-drained, slightly acidic, tolerates poor soils	Goldenrods are an important fall source of nectar and pollen to bees, butterflies and other insects, like the monarch butterfly.	June to October	Yellow, long, vertical clusters, showy
Showy goldenrod (<i>Solidago speciosa</i>)	Herbaceous perennial	2 to 3 ft	2 to 3 ft	This goldenrod species spreads by rhizomes and features bright yellow flower clusters in a compact, erect, pyramidal column. People often mistake goldenrod for causing hay fever which is really caused by windblown pollen of other plants like ragweed.	Full sun to part shade	Dry to medium, drought tolerant	Average, well-drained, tolerates poor soils	Goldenrods are an important fall source of nectar and pollen to bees, butterflies and other insects, like the monarch butterfly.	July to September	Yellow, long, vertical clusters, showy
New England Blazing Star (<i>Liatris scariosa</i> var. <i>novae-angliae</i>)	Herbaceous perennial	2 to 5 ft	1 to 2 ft	In the aster family. Upright, clump forming plant that has fluffy, thistle-like flowers.	Full sun	Dry, drought tolerant	Average, well-drained, sandy soil, somewhat tolerant of poor soils and erosion	Flowers provide food for bees and butterflies.	August to October	Purple heads of disk flowers are tube-shaped, leading to a shaggy appearance
Wild Blue Lupine (<i>Lupinus perennis</i>)	Herbaceous perennial	1 to 3 ft	1 to 2 ft	Legume, therefore it enhances soil by fixing nitrogen. Seeds are toxic.	Full sun to part shade	Dry to moist	Average, well-drained, acidic to neutral, sandy, very adaptable to different soil types	The Karner Blue butterfly's (endangered in NY) larvae feed solely on this plant as do other butterfly larvae.	April to July	Blue/purple pea-like, upright, terminal cluster
Common yarrow (<i>Achillea millefolium</i>)	Herbaceous perennial	2 to 3 ft	2 to 3 ft	This member of the aster family has green, fern-like foliage and showy white blooms. It spreads by rhizomes and can be aggressive.	Full sun	Dry to medium, drought tolerant	Well-drained, sandy loams, tolerates poor soils	Many species of insect feed on the nectar, pollen and foliage of this plant, including flies, native bees, butterflies and moths.	April to September	Flat-topped clusters are small and white, showy

Herbaceous Perennials

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Anise Hyssop (<i>Agastache foeniculum</i>)	Herbaceous perennial	2 to 4 ft	1.5 to 3 ft	Upright, clump forming plant in the mint family. Will spread by rhizomes and self seed. Foliage is anise scented.	Full sun to part shade	Dry to medium, does well in moist soils, but tolerates dry soils once established	Average, well-drained	Is a good nectar plant and will be utilized by bees, hummingbirds and butterflies. Pollen is also used by many bee species.	June to September	Lavender to purple, terminal spikes
Prickly Pear Cactus (<i>Opuntia humifusa</i>)	Herbaceous perennial	0.5 to 1 ft	2 to 3 ft	This cactus forms in clumps and has flat, fleshy, green pads covered with reddish-brown, barbed bristles. Beautiful, large, waxy, yellow flowers are produced and give rise to reddish edible fruit.	Full sun to part shade	Dry	Sandy or rocky, loam or clay loam is tolerated if well-drained	Provides nectar and pollen to many insects and has special value to native bees. Its fleshy leaves are also food for moth larvae and other insects.	May to July	Yellow with reddish centers, large, showy
Maryland Golden Aster (<i>Chrysopsis mariana</i>)	Herbaceous perennial	1 to 2.5 ft	1 to 2 ft	This upright, short aster has attractive, bright yellow flowers that bloom in the late summer and autumn.	Full sun to part shade	Dry to medium, established plants have drought tolerance	Sandy, well-drained	Is an important late season food source for bees and butterflies, especially for migrating monarchs, which are in steep decline.	August to October	Yellow, daisy-like, showy
Creeping Phlox (<i>Phlox subulata</i>)	Herbaceous perennial	0.25 to 0.5 ft	1 to 2 ft	Vigorous, spreading, mat forming plant that forms a carpet. Good as a groundcover and lawn alternative.	Full sun	Medium, tolerates drought and air pollution	Humusy, well-drained, erosion tolerant	Attracts bees and butterflies with its nectar and pollen.	March to May	Purple, pink or white, clusters of fragrant, tubular flowers
Sneezeweed (<i>Helenium autumnale</i>)	Herbaceous perennial	3 to 5 ft	2 to 3 ft	This erect, clump-forming wildflower prefers moist habitats. It features beautiful yellow daisy-like blooms and lance-shaped, dark-green leaves. Its name is misleading since its pollen does not promote sneezing. Its leaves, flowers and seeds are toxic if eaten in large quantities.	Full sun	Medium to wet	Average, but prefers rich soils	This plant's pollen and nectar are utilized by many species of bees and butterflies. It is a good source of food late in the season.	August to October	Yellow rays with dull yellow, raised center disks, showy, daisy-like
Columbine (<i>Aquilegia canadensis</i>)	Herbaceous perennial	2 to 3 ft	1 to 1.5 ft	Woodland wildflower with showy, drooping, bell-like flowers equipped with distinctly backward-pointing tubes that are used by hummingbirds and long tongued for nectar.	Part shade to shade (prefers light to moderate shade)	Medium	Average, well-drained, prefers rich, moist soils	Used by hummingbirds, bees, butterflies and hawk moths for nectar and pollen. Seeds consumed by finches and buntings.	April to July	Red and yellow, drooping, bell-like
Turtle head (<i>Chelone glabra</i>)	Herbaceous perennial	2 to 3 ft	1.5 to 2.5 ft	Coarsely-toothed, lance-shaped, dark green leaves. Flowers resemble turtle heads. Erect, clump-forming, leafy stemmed.	Part Shade	Medium to wet	Rich, humusy, tolerates erosion	Bumblebees use for nectar, sometimes attract ruby throated hummingbird. Insects feed on foliage.	August to October	White with pink tinge, hooded, snapdragon like, two lipped
Royal Fern (<i>Osmunda regalis</i>)	Fern	2 to 3 ft	2 to 3 ft	Delicate, bright green fronds are crowned with golden, fruiting pinnae on wine-colored petioles.	Part shade to full shade	Medium to wet, tolerates year round shallow water	Moist, rich, humusy, acidic, but adapts to lesser conditions	Shelter for toads and lizards	N/A	N/A
Cinnamon Fern (<i>Osmundastrum cinnamomeum</i>)	Fern	2 to 3 ft	2 to 3 ft	Loose rosette of leaves that ascend to be nearly erect. Fertile fronds are produced during the spring and summer and fiddleheads emerge at the base of the plant. Cinnamon colored fibers are found near the frond bases.	Part shade to full shade	Medium to wet	Moist, rich, humusy, acidic, but adapts to lesser conditions	Larvae of moths feed on leaves as do other insects; cover for toads and lizards	N/A	N/A

Herbaceous Perennials

Ferns

Resources

- <https://www.arborday.org>
- <https://gobotany.newenglandwild.org>
- <http://hort.uconn.edu>
- <http://www.illinoiswildflowers.info>
- <http://www.missouribotanicalgarden.org>
- <https://www.mortonarb.org/>
- <https://plants.ces.ncsu.edu>
- www.wildflower.org