

Native Plants: Herbs

Recommended Uses

- W** = Wildlife
- H** = Horticulture and Landscaping
- C** = Conservation and Restoration
- D** = Domestic Livestock Forage

Native Regions

- P** = Piedmont
- C** = Coastal Plain
- M** = Mountains

Minimum Light Requirements

- P** = Partial Sun
- F** = Full Sun
- S** = Full Shade

Minimum Moisture Requirements

- L** = Low Moisture
- M** = Moderate Moisture
- H** = High Moisture

Native Herbs

Scientific Name	Common Name	Uses				Region			Light			Moisture			
		W	H	C	D	M	P	C	S	P	F	L	M	H	
Herbs															
<i>Aster cordifolius</i>	heart-leaved aster		X	X			X	X	X		X	X		X	
<i>Aster divaricatus</i>	white wood aster	X	X	X			X	X			X	X		X	X
<i>Aster laevis</i>	smooth blue aster	X	X	X			X					X		X	
<i>Aster novae-angliae</i>	New England aster		X	X			X				X	X		X	X
<i>Aster novi-belgii</i>	New York aster	X	X	X					X		X	X			X
<i>Aster pilosus</i>	white heath aster	X	X	X			X	X	X			X		X	
<i>Aster umbellatus</i>	flat-top white aster		X	X			X	X			X	X			X
<i>Baptisia australis*</i>	blue wild indigo	X	X				X	X			X	X			X
<i>Baptisia tinctoria</i>	yellow wild-indigo	X	X				X	X	X		X	X		X	
<i>Bidens cernua+</i>	nodding beggar-ticks	X	X	X			X	X	X		X	X		X	X
<i>Boltonia asteroides*</i>	aster-like boltonia		X						X			X			X
<i>Caltha palustris</i>	marsh marigold		X	X			X		X		X	X			X
<i>Chamaecrista fasciculata+</i>	partridge pea			X			X	X	X			X		X	X
<i>Chelone glabra</i>	white turtlehead		X	X			X	X	X		X	X			X
<i>Chrysogonum virginianum</i>	green and gold		X	X			X	X	X		X				X
<i>Chrysopsis mariana</i> (<i>Heterotheca m.</i>)	Maryland golden aster	X	X	X			X	X	X			X	X		X
<i>Cimicifuga racemosa</i>	black cohosh		X				X	X	X		X	X			X
<i>Clitoria mariana</i>	Maryland butterfly pea		X	X			X	X	X		X	X			X

<i>Convallaria majuscula</i> (<i>C. montana</i>)	American lily-of-the-valley			x		x			x	x			x		
<i>Coreopsis tripteris</i>	tall coreopsis		x	x		x	x	x		x	x			x	
<i>Coreopsis verticillata</i>	threadleaf coreopsis		x	x		x	x	x			x	x	x		
<i>Delphinium tricorne</i>	dwarf larkspur		x			x	x		x	x				x	
<i>Desmodium paniculatum</i>	narrow-leaf tick trefoil	x		x		x	x	x	x				x		
<i>Dicentra cucullaria</i>	Dutchman's breeches		x			x	x		x					x	
<i>Dicentra eximia</i>	wild bleeding heart		x			x	x			x	x		x		
<i>Dodecatheon meadia</i>	shooting star		x			x				x	x			x	
<i>Equisetum hyemale</i>	horsetail, scouring rush			x		x	x	x	x	x	x			x	x
<i>Eupatorium coelestinum</i>	mistflower	x	x	x		x	x	x	x	x	x			x	
<i>Eupatorium fistulosum</i>	Joe Pye weed	x	x	x		x	x	x		x	x			x	
<i>Eupatorium perfoliatum</i>	common boneset			x		x	x	x		x	x			x	x
<i>Geranium maculatum</i>	wild geranium		x			x	x		x	x	x			x	
<i>Helenium autumnale</i>	sneezeweed	x	x	x		x	x	x		x	x			x	
<i>Helianthus angustifolius</i>	narrow-leaf sunflower	x	x	x			x	x		x	x			x	x
<i>Helianthus decapetalus</i>	ten-petaled sunflower	x	x	x		x	x	x		x	x			x	
<i>Helianthus divaricatus</i>	woodland sunflower	x	x	x		x	x	x		x			x		
<i>Heliopsis helianthoides</i>	oxeye sunflower	x	x	x		x	x	x		x	x			x	x
<i>Hepatica acutiloba</i>	sharp-lobed hepatica		x			x			x					x	x
<i>Hepatica americana</i>	round-lobed hepatica		x			x	x	x	x					x	x
<i>Heuchera americana</i>	alumroot		x			x	x	x	x					x	
<i>Hibiscus moscheutos</i>	Eastern rosemallow	x	x	x		x	x	x			x				x
<i>Iris cristata</i>	dwarf crested iris		x			x	x		x	x				x	
<i>Iris prismatica</i>	slender blueflag		x					x		x	x			x	x
<i>Iris virginica</i>	Virginia blue flag		x	x			x	x		x	x				x
<i>Kosteletskya virginica</i>	seashore mallow	x		x				x			x				x
<i>Lespedeza capitata</i>	round-head bush clover	x		x		x	x	x			x			x	
<i>Liatris graminifolia</i>	grass-leaf blazing star	x	x	x		x	x	x		x	x			x	x
<i>Liatris spicata</i>	spiked blazing star	x	x	x		x				x	x			x	
<i>Liatris squarrosa</i>	plains blazing star	x	x	x			x			x	x			x	

<i>Lilium canadense</i>	Canada lily		x			x	x			x	x		x	x
<i>Lilium philadelphicum</i>	wood lily		x			x				x	x		x	
<i>Lilium superbum</i>	Turk's cap lily		x			x	x	x		x	x		x	x
<i>Lobelia cardinalis</i>	cardinal flower	x	x	x		x	x	x		x	x			x
<i>Lobelia siphilitica</i>	great blue lobelia	x	x	x		x	x	x	x	x				x
<i>Lupinus perennis</i>	lupine, sundial lupine		x			x	x	x		x	x		x	
<i>Maianthemum racemosa</i> (<i>Smilacina r.</i>)	false Solomon's seal		x	x		x	x	x	x	x			x	
<i>Mertensia virginica</i>	Virginia bluebells		x	x		x	x		x	x			x	x
<i>Mimulus ringens</i>	monkeyflower		x	x		x	x	x			x			x
<i>Monarda didyma</i>	bee balm	x	x	x		x			x	x			x	
<i>Monarda fistulosa</i>	wild bergamot	x	x	x		x	x	x		x	x	x	x	
<i>Nymphaea odorata</i>	American water lily	x	x	x		x	x	x			x			x
<i>Oenothera fruticosa</i>	sundrops	x	x	x		x	x	x			x		x	x
<i>Opuntia humifusa</i> (<i>O. compressa</i>)	Eastern prickly-pear	x	x	x		x	x	x			x	x		
<i>Peltandra virginica</i>	arrow arum	x	x	x			x	x		x	x			x
<i>Penstemon laevigatus</i>	smooth beardtongue		x			x	x	x	x	x	x		x	
<i>Phlox carolina</i>	thick-leaved phlox	x	x	x						x	x	x	x	x
<i>Phlox divaricata</i>	woodland phlox, wild blue phlox		x	x		x	x			x			x	x
<i>Phlox paniculata</i>	summer phlox, garden phlox		x	x		x	x	x		x	x		x	
<i>Phlox stolonifera</i>	creeping phlox		x	x		x			x	x			x	
<i>Phlox subulata</i>	moss phlox		x	x		x	x				x	x		
<i>Physostegia virginiana</i>	obedient plant		x	x		x	x			x	x		x	
<i>Podophyllum peltatum</i> +	mayapple	x	x	x		x	x	x		x	x		x	
<i>Polemonium reptans</i>	Jacob's ladder		x			x	x	x	x	x			x	
<i>Polygonatum biflorum</i>	Solomon's seal		x			x	x	x	x	x		x	x	
<i>Pontederia cordata</i>	pickerel weed	x	x	x			x	x			x			x
<i>Porteranthus trifolius</i> (<i>Gillenia t.</i>)	bowman's root		x			x	x		x	x			x	
<i>Pycnanthemum incanum</i>	hoary mountain mint	x		x		x	x	x	x				x	

<i>Pycnanthemum tenuifolium</i>	narrow-leaved mountain mint	x	x	x			x	x	x		x	x			
<i>Rhexia virginica</i>	Virginia meadow-beauty	x		x			x	x	x				x		x
<i>Rudbeckia fulgida</i>	early coneflower		x	x				x			x	x	x	x	
<i>Rudbeckia hirta</i>	black eyed Susan		x	x			x	x	x		x	x	x	x	
<i>Rudbeckia laciniata</i>	cut-leaved coneflower	x	x	x			x	x	x		x	x		x	
<i>Rudbeckia triloba</i>	three-lobed coneflower	x	x	x			x	x	x		x	x		x	
<i>Sagittaria latifolia</i>	broadleaf arrowhead	x	x	x			x	x	x			x			x
<i>Salvia lyrata+</i>	lyre-leaf sage			x			x	x	x		x	x	x		
<i>Sanguinaria canadensis</i>	bloodroot		x				x	x	x	x				x	
<i>Saururus cernuus</i>	lizard's tail		x	x			x	x	x		x	x			x
<i>Saxifraga virginiensis</i>	early saxifrage		x				x	x	x	x	x	x	x	x	
<i>Sedum ternatum</i>	wild stonecrop		x				x	x	x	x	x			x	
<i>Senecio aureus+</i>	golden ragwort	x		x			x	x	x	x	x			x	x
<i>Senna marilandica (Cassia m.)</i>	Maryland wild senna		x	x			x	x	x		x		x	x	
<i>Silene virginica</i>	fire pink		x				x	x			x	x	x	x	
<i>Silphium perfoliatum</i>	cup plant	x		x			x	x		x	x	x		x	
<i>Solidago caesia</i>	bluestem goldenrod	x	x	x			x	x	x	x	x			x	
<i>Solidago odora</i>	sweet goldenrod	x	x	x			x	x	x		x	x	x		
<i>Solidago pinetorum+</i>	pineywoods goldenrod	x		x				x	x		x	x	x		
<i>Solidago puberula</i>	downy goldenrod	x	x	x			x	x	x			x		x	
<i>Solidago rugosa+</i>	rough-stemmed goldenrod	x		x			x	x	x		x	x		x	
<i>Solidago sempervirens</i>	seaside goldenrod	x	x	x					x		x	x		x	
<i>Thalictrum dioicum</i>	early meadowrue		x				x	x		x				x	
<i>Tiarella cordifolia var. collina</i>	clumping foamflower		x				x	x		x				x	
<i>Tiarella cordifolia var. cordifolia</i>	spreading foamflower		x				x	x		x				x	
<i>Tradescantia virginiana</i>	Virginia spiderwort		x	x			x	x	x	x	x	x		x	
<i>Trillium erectum</i>	wakerobin		x				x			x				x	
<i>Trillium grandiflorum</i>	white trillium		x				x	x		x				x	
<i>Uvularia grandiflora</i>	bellwort		x				x			x				x	
<i>Verbena hastata</i>	blue vervain	x		x			x	x			x	x		x	x

<i>Vernonia noveboracensis</i>	New York ironweed	x	x	x			x	x	x		x	x				x	
<i>Veronicastrum virginicum</i>	Culver's root		x	x			x					x	x		x	x	x
<i>Viola cucullata</i>	marsh blue violet	x	x	x			x	x	x			x	x				x
<i>Viola pedata</i>	bird's foot violet	x	x				x	x	x			x	x		x		
<i>Viola pubescens</i> (<i>V. pennsylvanica</i>)	yellow violet	x	x	x			x	x			x	x				x	
<i>Yucca filamentosa</i>	common yucca	x	x				x	x	x				x		x		
<i>Zephranthes atamasco</i>	Atamasco lily		x	x					x			x	x			x	x

+ May be aggressive in garden setting.

* Due to the rarity and sensitivity of habitat in Virginia, these species are recommended for horticultural use only. Planting these species in natural areas could be detrimental to the survival of native populations.