

Native Plant and Pollinator Gardening Resources for Herbalists
 Compiled by Sara Nelson

My favorite book about ecological reasons for native plant gardening	
<i>Bringing Nature Home</i> by Douglas Tallamy	This book makes the connection between native plants and ecological health, highly recommended!
Other books of interest for herbalists	
<i>A Native Plant Propagation Guide and Nursery Model</i> by Indigenous Landscapes	
<i>Attracting Native Pollinators</i> by Eric Mader, Matthew Shepard, Mace Vaughn, and Scott Black	
<i>Beyond the War on Invasive Species</i> by Tao Orion	
<i>Braiding Sweetgrass</i> by Robin Wall Kimmerer	
<i>Changes in the Land</i> by William Cronon	
<i>Edible Wild Plants of the Prairie</i> by Kelly Kindscher	
<i>Medicinal Wild Plants of the Prairie</i> by Kelly Kindscher	
<i>Pollinators of Native Plants</i> by Heather Holm	

Habitat restoration opportunities (Twin Cities metro)		
Lower Phalen Creek Project	www.lowerphalencreek.org/	St. Paul. They have interesting workshops, including herbal workshops, as well.
Eloise Butler volunteer opportunities	www.friendsofthewildflowergarden.org/pages/volunteer.html	Beautiful example of woodland restoration, possible to sign up as a steward for a particular chunk of the site.
Great River Greening	www.greatrivergreening.org/calendar-2021	Lots of volunteer days around the metro.
Friends of the Mississippi River	www.fmr.org/volunteer	Lots of volunteer days around the metro.
Longfellow Community Wildlife Habitat Project	longfellowwildlife.blogspot.com	If you live in Longfellow neighborhood, this group is getting the neighborhood certified and has lots of gardening mentorship and other opportunities
Corcoran Pollinator Project	corcoranpollinatorproject.org	My group! Get in touch if you live in or around Corcoran neighborhood.
Prairie Enthusiasts	theprairieenthusiasts.org	Membership org especially for landowners. Mutual aid help in establishing and maintaining prairies, including training on controlled burns

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Plant ID and native plant gardening info		
Minnesota Wildflowers website	www.minnesotawildflowers.info	Plant identification website, searchable by many features, with excellent photographs and descriptions of how to distinguish species.
Prairie Moon Nursery	prairiemoon.com	Amazing native plant source, website lets you search by your sites features to find a list of compatible plants, tons of specialized seed mixes to try in larger areas and to help get a sense of what grows well together.
BWSR pollinator toolbox	bwsr.state.mn.us/pollinator-toolbox	Check out the "creating residential pollinator habitat" link for tons of info on how to prepare your site, plant your pollinator garden, and maintain and care for it.
Wild Ones Twin Cities	www.wildonestwincities.org	Great organization for native plant gardening advice, ideas, support. Monthly meetings, annual conference, fall seed swaps.
Rusty patched bumble bee info	www.fws.gov/midwest/Endangered/insects/rpbb/	Info on our endangered bee that we can help save by planting the plants it needs. Scroll down to the "Midwest Plant Guide for Rusty Patched Bumble Bee" for a list of plants that are particularly needed by this bee
See native plants in the wild		
List of Scientific and Natural Areas in Minnesota	www.dnr.state.mn.us/snas/index.html	Visit these to see examples of relatively intact native plant communities, imagine our whole state vegetated like this, as it was 150 years ago, use as garden inspiration!

Classic, easy-to-grow native plants that are also herbal powerhouses, for sunny areas. Everyone should have these!		
Anise hyssop	<i>Agastache foeniculum</i>	anti-viral, tastes great, likes part shade
Bee balm	<i>Monarda fistulosa</i>	aka sweet leaf, a must for every garden
Goldenrod	<i>Solidago spp</i>	nice tea in the winter, critical late blooming flower for pollinators. (excellent species for gardens include grass-leaved, showy, gray, stiff. Canada is fine but can be aggressive)
Purple coneflower	<i>Echinacea purpurea</i>	classic immunity herb
Pleurisy root/butterflyweed	<i>Asclepias tuberosa</i>	classic lung herb, gorgeous pollinator nectar plant and monarch host plant
Mountain mint	<i>Pycnanthemum virginianum</i>	delicious aromatic mint, great for pollinators. prefers soils on the wet side.
Blue vervain (wetter sites) or hoary vervain (drier sites)	<i>Verbena hastata or Verbena stricta</i>	nerve tonic, hormone regulator, beautiful and easy to grow
Culver's root	<i>Veronicastrum virginicum</i>	classic kidney remedy, excellent and beautiful pollinator plant, tolerates part shade.

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Sara's other pollinator garden favorites (sunny sites)		
Blanketflower	<i>Gaillardia aristata</i>	Small, adds red color to the garden, easy to grow from seed.
Blue grama	<i>Bouteloua gracilis</i>	A nice small clumping native grass, looks good between flowers, native bunchgrasses provide bumble bee nesting habitat. Blue grama has an interesting texture that complements lots of other plants.
Columbine	<i>Aquilegia canadensis</i>	Grows in sun or shade.
Golden alexanders	<i>Zizia aurea</i>	Carrot family, important early-bloomer
Illinois bundleflower	<i>Desmanthus illinoensis</i>	More of a delicate shrub, lovely feathery appearance, cool curled up little pods, fluffy white flowers.
Jacob's ladder	<i>Polemonium reptans</i>	Short-statured, early blooming, tolerates sun or shade
Junegrass	<i>Koeleria macrantha</i>	A nice small clumping native grass, looks good between flowers, native bunchgrasses provide bumble bee nesting habitat. Cute fluffy flower heads.
Lanceleaf coreopsis	<i>Coreopsis lanceolata</i>	Short-statured, blooms a long time with orangey-yellow flowers
Leadplant	<i>Amorpha canescens</i>	Classic prairie shrub, low-growing, slow-growing, dusty metallic leaves, purple flowers loved by pollinators.
Little bluestem	<i>Schizachirium scoparium</i>	A nice small clumping native grass, looks good between flowers, native bunchgrasses provide bumble bee nesting habitat. Turquoise/blue color and fluffy flowerheads in the fall.
New England aster, other asters	<i>Symphyotrichum novae-angliae</i> , <i>Symphyotrichum spp.</i>	Super valuable to pollinators as late-blooming forage plants
Nodding wild onion, other native onions	<i>Allium cernuum</i> , <i>Allium stellatum</i>	Cute, small, loved by bees. Cernuum is listed as State Special Concern.
Partridge pea	<i>Chamaecrista fasciculata</i>	A native annual, short statured, super adorable, great for filling in spaces between plants. Buzz pollinated by bumble bees.
Rattlesnake master	<i>Eryngium yuccifolium</i>	Distinctive specimen plant, favored by beneficial wasps.
Rocky mountain bee plant	<i>Peritoma serrulata</i>	Annual, self seeds, super attractant for bees and butterflies, cultivated as a vegetable by Native Americans. Likes dry, sandy sites.
Rough blazing star or other blazing stars	<i>Liatris aspera</i> , <i>Liatris spp</i>	Famous monarch attractants, adds striking vertical structure to gardens
Showy tick trefoil	<i>Desmodium canadense</i>	Very pretty and adaptable, easy to grow.
Spotted bee balm	<i>Monarda punctata</i>	Lovely and unusal-looking, large white bracts attract moths and beneficial wasps. Great shorter plant for garden edges.
Swamp milkweed, other milkweeds	<i>Asclepias incarnata</i> , <i>Asclepias spp.</i>	All milkweeds are monarch host plants. Try unusual native milkweed species! Avoid nonnative tropical milkweed.
Thimbleweed	<i>Anemone cylindrica</i>	Cylindrica good for sunny dry sites, other species available for shady and damp sites. Adds some plant family diversity (buttercup family).
Wild quinine	<i>Parthenium integrifolium</i>	An interesting garden specimen, medicinal use suggested by the name, easy to grow from seed. State endangered, so nice to add to its numbers by cultivating.

*The above lists are some of my favorite species that I have seen do well in small urban gardens in sunny sites. If you have a shady or wet site you should check out the Prairie Moon website for inspiration about what plants might do well at your site.