



**Guide to  
Native Plants  
For Northern Gardens  
Suggested plant list for  
Zones 4 and 5**

# Native Plants for Northern Gardens

Ralph Lutjen and Jeanne Ouellette –Mountain Garden Club

Latin Name	Common Name	Comments		
<b>Deciduous Trees over 30'</b>				
<i>Acer rubrum</i>	Red Maple or Swamp Maple	For wet locations, clear red fall color. Winged seeds have high food value for birds and mammals.		
<i>Acer saccharum</i>	Sugar Maple	Elegant shape, orange red fall color. High food value for wildlife. Avoid road salt locations.		
<i>Betula papyrifera</i>	Paper Birch	Succession tree which fills in meadows. White peeling bark. Does well in poor soils. Full sun. Some borer problems. High food value for birds.		

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<i>Betula populifolia</i>	Gray Birch	Succession tree. White bark. More disease resistant. High food value for birds.		
<i>Fagus grandifolia</i>	American Beech	Native to our woodlands. Nuts provide food for song-birds, ground birds, small mammals and deer.		
<i>Fraxinus americana</i>	White Ash	Requires well drained soils. Orange, red fall color.		
<i>Fraxinus pennsylvanica</i>	Green Ash	Fast growing shade tree. Can sometimes be easily damaged by ice and snow.		

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<i>Larix laricina</i>	Eastern Larch	Conifer which loses its needle like leaves in fall. Provides food for nesting wildlife.	
<i>Nyssa sylvatica</i>	Blackgum	Wet locations, often with multistemmed, brilliant red fall color.	 
<i>Quercus alba</i>	White Oak	Acorns provide food for songbirds, ground birds, small mammals and deer.	 
<i>Quercus rubra</i>	Northern Red Oak	Red fall color. Acorns provide food for songbirds, ground birds, small mammals and deer.	 

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<i>Sorbus americana</i>	American Mountain Ash	Attracts birds, squirrels and rabbits. 		
<i>Tilia americana</i>	American Linden	Heart shaped leaf produces dense shade. Elegant habit tightly branched. 		
<b>Deciduous Trees under 30'</b>				
<i>Amelanchier canadensis</i>	Eastern Serviceberry, Shadblow	Pale white haze of spring flowers very early. Often multi-stemmed small tree does well in the shade of other larger trees. Red berry feeds birds. Red fall leaf color. 		

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Latin Name	Common Name	Comments	
<i>Cornus alternifolia</i>	Pagoda Dogwood	Elegant small ornamental with horizontal branching habit. Produces fruit loved by birds. Small white flowers. Burgundy fall color.	
<i>Crataegus crus-galli</i>	Cockspur Hawthorn	Shiny leaves, showy white flowers, large thorns. Heavy berry set of deep red fruit attractive to songbirds. Some problems with rust.	
<i>Hamamelis virginiana</i>	American Witchhazel	Yellow fall flowering native for woodlands. Multistemmed. Attracts nesting birds, hummingbirds, bees.	
<b>Evergreen Trees</b>			
<i>Abies balsamea</i>	Balsam Fir	Narrow conifer with stiff horizontal branches. Blue green color. Purple cones. Winter cover for deer.	

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<a href="#">Juniper virginiana</a>	Eastern Red Cedar	Upright juniper. Good for sunny locations.	 
<a href="#">Picea glauca</a>	White Spruce	Cones provide food for songbirds and mammals.	 
<a href="#">Pinus strobus</a>	Eastern White Pine	Tallest native conifer in NE. 5 needle bundles.	
<a href="#">Thuja occidentalis</a>	Northern White Cedar	Tough evergreen grows everywhere in north. If deer are a plentiful, they will graze on this.	

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<i>Tsuga canadensis</i>	Eastern Hemlock	Great for woodland shade. Found in our woods. Susceptible to blight from MA south.	 
<b>Shrubs</b>			
<i>Aronia arbutifolia</i>	Chokecherries	Wild looking shrubs with high food value for birds. Good for hedgerow. White flowers in spring.	 
<i>Clethra alnifolia</i>	Summersweet	Densely branched shrub of medium size making it a nice ornamental. White, pink, and rose colors. Leaf comes out very late. Tolerates some shade. Blooms in summer. Attracts birds and butterflies.	
<i>Cornus sericea</i>	Red-osier Dogwood	Great medium shrub for garden with ornamental red bark. Multi-stemmed, can be pruned to keep it low. Great against snow. Tolerates some shade. Host plant for butterflies. Attracts birds and butterflies. Blooms in Spring.	

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Latin Name	Common Name	Comments	
Fothergilla gardenii	Dwarf fothergilla	Small shade plant for edge of woodlands. Orange fall color. Spring bloom.	
Ilex verticillata	Sparkleberry, Winter-berry	Deciduous holly with heavy berry set. Berries often hang on for the entire winter making a red haze. Comes in variety of sizes from 2' tall to 8' tall. Attracts bees and nesting birds. Summer bloom.	
Juniperus communis	Common Juniper	Horizontal juniper. Good for sunny locations. Berries for habitat. Cones eaten by turkeys.	
Sambucus canadensis	American Elder	Heavy fruiting shrub which forms thickets. Relished by 48 species of birds. White flowers in summer. Full to part shade.	
Vaccinium corymbosum	Highbush Blueberries	Upright blueberry which forms thickets. High food value for birds and mammals.	

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<a href="#">Viburnum dentatum</a>	Arrowwood Viburnum	Upright ornamental shrub to about 6' narrow. Nice leaf, yellow fall color. Blue berries. Full sun to part shade. Summer bloom. Attracts birds and butterflies.	 
<a href="#">Viburnum opulus</a>	American Cranberry-bush Viburnum	Native viburnum with red berries and red fall color. Makes nice hedge. Leaf shaped like small maple leaf. Summer bloom. Attracts butterflies.	 
<b>Groundcovers</b>			
<a href="#">Arctostaphylos uva-ursi</a>	Bearberry	Does well only in well drained (sandy), acidic soils. Red berries for birds and mammals. Full sun to part shade. Blooms in spring.	
<a href="#">Cornus canadensis</a>	Bunchberry	Woodland ground cover with red berries. White flowers that bloom in late spring to summer.	 

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<i>Vaccinium angustifolium</i>	Lowbush Blueberries	Acid loving ground cover. High food value for birds and wildlife. Leaves become purple in fall.	
<b>Perennials</b>			
<i>Achillea millefolium</i>	Yarrow	Ht. 24". Tough spreading wildflower for sunny locations. Blooms in spring.	
<i>Aquilegia canadensis</i>	Columbine	Ht. 12". Early spring flowers. Attracts hummingbirds and butterflies.	
<i>Asclepias tuberosa</i>	Butterfly Weed	Ht. 36". Attracts monarchs and swallowtails. Sunny fields. Orange flower that blooms June through September. Attracts butterflies and hummingbirds.	
<i>Aster novae-angliae</i>	New England Aster	Ht. 24". Attracts bees and butterflies. Blooms in late summer to fall. Part shade.	

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<i>Actaea racemosa</i> ( <i>Cimicifuga racemosa</i> )	Common Bugbane	Ht. 48". Needs consistently moist soil. Late summer bloom.	
<i>Baptisia australis</i>	False Indigo	Ht. 36". Distinctive blue foliage. Will look like a small shrub after two seasons. Dies back after frost. Purple, white, yellow flowers. Great for mid garden structure. Blooms June and July. Attracts bumblebees.	
<i>Chelone glabra</i>	Turtlehead	Ht. 24". August flowering pink or rose colored plant for shade. Moist soil. Attracts butterflies and hummingbirds.	
<i>Eupatorium maculatum</i>	Joe-Pye Weed	Ht. 48". Upright plant for back of the garden. Can take sun but will also does well with wet soils. Blooms late summer.	
<i>Iris versicolor</i>	Northern Blue Flag	Ht. 24". Blue purple flowers. Tolerates wet soil. Blooms in June. Attracts birds.	

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<i>Phlox divaricata</i>	Woodland Phlox	Ht. 3". Spring phlox. Early to bloom in pink, purple and white. Can take shade. Attracts butterflies.	
<i>Physostegia virginiana</i>	Obedient Plant	Ht. 24". Flowers pink. Dark green leaves. Early summer. Can be aggressive. Good for filling in large areas.	
<i>Polygonatum pubescens</i>	Solomon's Seal	Ht. 18". White bells shaped flowers on arching stem. Woodland ground cover in colonies.	
<i>Tiarella cordifolia</i>	Allegheny foamflower	Ht. 6". Great spreading ground cover for shade with heart shaped leaves. Spring to early summer bloom.	