Highly recommended native plants for the Mid-Atlantic* Dr. Dan Duran, Drexel University

**Flowers / herbaceous**
1. **Mountain-mint†** *(Pycnanthemum muticum, P. incanum)*
2. **Butterfly weed†** *(Asclepias tuberosa) – NOT the same as butterfly bush!*
3. **Swamp milkweed†** *(Asclepias incarnata)*
4. **Asters†** – New England *(Symphyotrichum novae-angliae)*, smooth blue *(S. laeve)*, and heartleaf *(S. cordifolium)* are some of the best choices
5. **Goldenrods†** – showy *(Solidago speciosa)*, downy *(S. puberula)*, and gray *(S. nemoralis)* goldenrod are some of the best choices
6. **Yellow (or blue) wild indigo†** *(Baptisia tinctoria, B. australis)*

**Groundcovers**
7. **Violets†** – common blue *(Viola sororia)*, creamy *(V. striata)*
8. **May-apple†** *(Podophyllum peltatum)*

**Vines**
9. **Coral honeysuckle†** *(Lonicera sempervirens)*
10. **Virginia creeper†** *(Parthenocissus quinquefolia)*

**Shrubs / trees**
11. **Arrow-wood viburnum†** *(Viburnum dentatum)*
12. **Serviceberries†** *(Amelanchier spp.)*
13. **Aronia (chokeberries) (Aronia spp.)*
14. **Oaks** – pin *(Quercus palustris)*, white *(Q. alba)*, scrub *(Q. ilicifolia)*, and red *(Q. rubra)* oak are some of the best choices
15. **Wild cherries and wild plums** – black cherry *(Prunus serotina)*, pin cherry *(P. pensylvanica)*, American plum *(P. americana)*

* Based on multiple criteria, including ecological value as a food source for beneficial pollinators, larval butterflies/moths, and/or birds and other wildlife
** Goldenrods do not cause hay fever. This common misconception is probably due to confusion with ragweed.
† No plant is “deer proof”, but these species are generally more deer resistant than most plants.