TOP TEN
NATIVE PLANTS

TRY THESE!
OUR 2019
FAVORITES FOR
BIRDS AND
POLLINATORS

YOU CAN HELP!
Add these plants to your
garden or landscape and
become part of a community-
wide effort to improve
habitat for our local birds,
bees and butterflies.

Every garden is important
and no effort is too small.

See back of flyer for more
information

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Our 2019 “Top Ten Native Plants” are a selection of locally-adapted species important to birds, bees, and butterflies. Add them to your yard or garden; but don’t forget to look around and see if they are already growing in the wilder areas of your yard. You might be surprised!

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<th>PLANTS FOR SUNNY SITES</th>
<th>SHADE TOLERANT PLANTS</th>
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<tr>
<td><strong>1. Large flowered Beardtongue</strong> <em>(Penstemon grandiflorus)</em> 1-2’ One of the showiest of all Penstemons. ‘Wiibidojibik’ does well in dry soils. Long-tongued pollinators visit the tubular flowers for nectar including mason bees, bumble bees, and pollen seeking sweat bees. Its seeds are well liked by birds too. In the past Native Americans treated toothaches by chewing the root pulp and then placing it in the cavity.</td>
<td><strong>6. Sharp-leaved Hepatica</strong> <em>(Anemone acutiloba)</em> 2-6’ ‘Animozid’ are among the first flowers to bloom in the spring. The bright blue to pink flowers (sometimes white) are an important early nectar source for many pollinators. It has deep, rich colored foliage that stays nice all season long. The root was made into a gynecological aid and also used as a charm on traps for furbearing animals.</td>
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<td><strong>2. Butterfly Weed</strong> <em>(Asclepius tuberosa)</em> 1-2’ There are 14 native species of ‘Zhaozobizan’ in Minnesota. This is the only one with orange flowers. It is a host plant for Monarch caterpillars and attracts many other butterflies. It makes a fantastic garden plant with a long bloom season and an eye-popping color. Milkweed has been used for fiber, food, and medicine by people all over the United States and southern Canada.</td>
<td><strong>7. Canada Anemone</strong> <em>(Anemone canadensis)</em> 1-2’ ‘Waabiisgang’ has beautiful foliage with white Buttercup-like flowers late spring. They are great for rain gardens and shoreline restoration projects. It spreads rapidly by underground rhizomes to form a solid groundcover. A variety of bees, beetles and flies use the flowers as a source of pollen. The root was eaten to clear the throat so one can sing well in medicine lodge ceremonies.</td>
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<td><strong>3. Prairie Blazing Star</strong> <em>(Liatris pycnostachya)</em> 2-5’ Great pollinator plant. ‘Ozhawashkowashkoons’ grows well in both moist soils and in clay. Like many Liatris species, it begins to bloom at the top and works its way down the flowering spike. It is an excellent plant for shoreline restoration and raingardens, and makes an excellent cut flower. The corms have been used to treat snakebites, sore throat, and kidney ailments.</td>
<td><strong>8. Sky Blue Aster</strong> <em>(Symphyotrichum oolentangiense)</em> 1-3’ ‘Wiinizikens’ has small, showy flowers from late September into October when it is covered with brilliant blue blooms and yellow center disks. Like most Asters, it attracts butterflies and other beneficial insects such as small bees, flies, skippers, and wasps. Ruffed grouse browse on the leaves and Tree sparrows eat the seeds during the winter.</td>
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<td><strong>4. Prairie Dropseed</strong> <em>(Sporobolus heterolepis)</em> 1-3’ ‘Nabagashkoons’ is widely adapted to soils ranging from dry and sandy, to low, wet-mesic habitats. It forms large, readily recognizable low mounds of fine, dense, hair-like leaves. The green foliage gives way to a rich golden to orange color in the fall. Birds such as sparrows, juncos, and other animals feed on the seeds; Native Americans ground the seed to make flour.</td>
<td><strong>9. Bottlebrush Grass</strong> <em>(Elymus hystrix)</em> 1-5’ ‘Mashkosiwish’ is a tall, shade-tolerant grass and does very well in a home garden. Flower heads resemble bottle brushes and are the best ornamental feature of this plant. It is a cool-season grass; meaning it actively grows during the spring and fall when soil temperatures are cool. Hystrix means “Hedgehog” in Greek and refers to its prickly seeds.</td>
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<td><strong>5. New Jersey Tea</strong> <em>(Ceanothus americanus)</em> 1-3’ ‘Waabi-waabigwaniibiminzh’ is a compact, rounded shrub that grows just 3’ tall. It has showy white flowers and does best on sandier, well-drained soils. This plant attracts birds, butterflies and native bees. Caterpillars of several moths, azure butterflies and skippers feed on the foliage. Its leaves were used as a tea in Revolutionary times when real tea was boycotted.</td>
<td><strong>10. Bush Honeysuckle</strong> <em>(Dierella lonicera)</em> 1-3’ ‘Wezaaskwaagamig’ is a small, compact shrub with yellow, honeysuckle-shaped flowers which turn reddish as they mature. Its flowers are a favorite of bees. The leaves are hosts for caterpillars of the Hummingbird Clearwing moth and turn a beautiful red in fall. Native American medicinal uses included a concoction of leaves to relieve stomach pain.</td>
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‘Ojibwe’ plant name included where known. For photo credits, more planting information, and lists of additional local native plants for birds and pollinators visit [http://www.spearheadmhas.org/birds-and-bees.php](http://www.spearheadmhas.org/birds-and-bees.php).
Additional planting and growing information on these species is available at:

- Missouri Botanical Garden Plant Finder (includes cultivars of native species)
- Minnesota Department of Natural Resources Native Plant Encyclopedia
- MN Board of Soil and Water Resources Featured Plants

Ojibwe plant names based on:

- “Plants Used By the Great Lakes Ojibwa”; by James E. Meeker and Joan E. Elias and John A. Heim; Great Lakes Indian Fish and Wildlife Commission, 1993
- Consultation with Dr. Anton Treuer, Bemidji State University; Department of Languages and Ethnic Studies, Indigenous Studies