

FIREWHEEL

Gaillardia pulchella

- Also known as Indian Blanket.
- Tolerates heat and dryness.
- Roots can be made into a tea to treat stomach flu.
- Powderizing and chewing the roots can help skin disorders.
- The Kiowa people consider it a plant of good luck.
- Flowers attract butterflies
- Most common in the Southwest: Favors dry plains, open areas, and sandy soil.

Height: 1-2'
Spacing: 3'
Soil type: Sand/loam
Sun/shade: Full sun
Inundation: 1/5



Flowers:
June-Aug



COMMON YARROW

Achillea millefolium

- A great garden plant that grows easy but spreads quickly.
- A plant native to Europe, but naturalized to North America (*not invasive*).
- Leaves look like ferns and have a pleasant smell when crushed.
- Has been used to increase sweat and break a fever.
- A plant with many medicinal uses, including soothing bug bites, and treating rashes and scars.

Height: 1-3'
Spacing: 3'
Soil type: Loam
Sun/shade: Sun, part shade
Inundation: 3/5



Flowers:
June-Oct

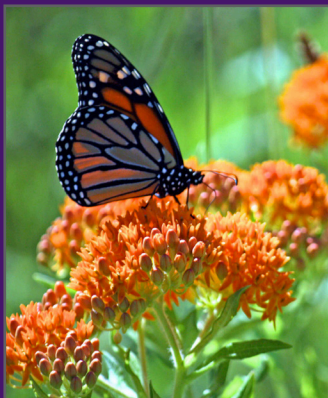


BUTTERFLY MILKWEED

Asclepias tuberosa

- While *Asclepias* means "medicine" in greek, the roots and sap are toxic if eaten in large volumes.
- *Asclepias* plants are the only food source for monarch caterpillars.
- First Nations peoples discovered that chewing the root cures lung ailments such as bronchitis.
- Its strong fibers have been used to make rope.
- A tea from the roots can help treat diarrhea.
- A common plant in gardens because of its bright orange flower that attracts hummingbirds and butterflies.

Height: 3-5'
Spacing: 2'
Soil type: Wet/dry
Sun/shade: Full sun
Inundation: 2/5



Flowers:
June-Aug



NEW ENGLAND ASTER

Aster novae-angliae

- Aster means "star" in Greek and Latin, referring to it's radiating ray flowers.
- Also known as Frost Flower, because of its fall bloom that lasts until the frost.
- A host for checkerspot butterfly larva.
- Lives in moist, open, or wooded areas such as wet prairies and stream banks. There are many types of aster.
- Has been used to treat earaches, headaches, mental illness, revive unconscious people, and help babies with gas pain.

Height: 3-6'
Spacing: 4'
Soil type: Moist/loam
Sun/shade: Sun/part shade
Inundation: 3/5



Roots!
6'

Flowers:
Aug-Oct



PURPLE CONEFLOWER

Echinacea augustifolia



- Seeds are a favorite meal for American Goldfinches.
- Has strong roots that are good for stabilizing soil.
- *Echinacea* is Greek for hedge hog, referring to its spikey flower head. Purple coneflower has also been called comb flower and scurvy root.
- Coneflower is the prairie plant most used for medicine. It has been used for pain killer, eye wash, cough medicine, tooth ache, snake bite, arthritis, measles, and as a stimulant to stay up all night.

Height: 1-3'
Spacing: 3'
Soil type: Dry/loam
Sun/shade: Sun/part shade
Inundation: 3/5



Roots!
5'

Flowers:
July-Sept



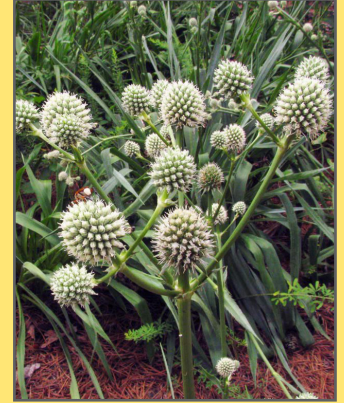
RATTLESNAKE MASTER

Eryngium yuccifolium



- The Mesquakies discovered that the root could aid bladder troubles and as an antidote to poisons other than rattlesnake bite. The name is associated with Mesquakie song and dance about the plant.
- Has also been used to treat fever, cough, and kidney troubles.
- Rattlesnake Master's rough, spiny leaves make it difficult to walk through patches. This is a great strategy for conserving water in harsh, hot, and dry environments.

Height: 3-6'
Spacing: 2'
Soil type: Dry, sandy
Sun/shade: Full sun
Inundation: 1/5



Flowers:
July-Sept



BEEBALM

Monarda fistulosa



- Is a member of the mint family with fragrant leaves. *Fistulosa* means tubular, referring to its tube-like flowers.
- Has been used in making perfume.
- The Winnebagos discovered that boiled leaves applied to the skin cures pimples.
- A tea from the leaves is known to cure nausea, flatulence, and insomnia.
- Is a common tea to this day, often labeled as "bergamont". Early American settlers commonly drank this tea.

Height: 3-6'
Spacing: 4'
Soil type: Dry, moist
Sun/shade: Sun/part shade
Inundation: 3/5



Flowers:
July-Aug



COMPASS PLANT

Silphium laciniatum



- Compass plant has a large, woody taproot that can reach up to 15' below ground. It is a slow-growing, long-lived plant.
- Its large seeds are favored by birds and small mammals.
- The strange "cut" shape of its leaves helps maximize photosynthesis while staying cool on hot days.
- Early settlers used the leaves for direction on cloudy days, as they tend to be aligned to the North and South. Studies have shown this to be somewhat accurate.

Height: 3-6'
Spacing: 3'
Soil type: Dry
Sun/shade: Full sun
Inundation: 1/5



Flowers:
July-Aug



CULVER'S ROOT

Veronicastrum virginicum



- Naturally grows in wet forests and along streambanks, so it does well in raingardens.
- A valuable plant for attracting bees and butterflies.
- The scientific name means “from Virginia”, while the common name refers to Dr. Culver, who prescribed the plant as a laxative. The Menomoniis of the Great Lakes region discovered this use.
- The root is known to help make people cry when working through hard times and emotions.

Height: 2-6'
Spacing: 2-3'
Soil type: Moist, rich
Sun/shade: Part shade
Inundation: 4/5



Flowers:
July-Aug



LEAD PLANT

Amorpha canescens



- A common shrub of upland prairies, also known as Prairie Shoestring.
- *Amorpha* is Greek for “formless”, referring to its flower with only a single petal.
- Insects are attracted to its nectar, and mammals to its fruit.
- Is a member of the pea family, which fixes nitrogen into the soil. This makes it a great plant for prairie restorations.
- Early settlers disliked its deep, woody roots because it made a field very hard to plow.
- The Souix discovered that pounding and moistening the roots attracts bison.

Height: 3-6'
Spacing: 2'
Soil type: Dry/sandy
Sun/shade: Sun/part shade
Inundation: 1/5



Flowers:
June-July



BIG BLUESTEM

Andropogon gerardii



- Big Bluestem is the most common native grass of the tallgrass prairie. For hundreds of years this grass helped create the topsoil we use for farming today.
- Its distinct seedhead is known as the “turkey foot”.
- A nest site for sparrows, wrens, and meadowlarks.
- Can withstand flooding.
- The Omahas and Poncas of the Great Plains used this grass to construct lodges.
- A bath can be made with this grass to cure fevers. As a tea, it can be used for stomachache or indigestion. The Comanches discovered that its ashes cured sores.
- Turns red in the fall.

Height: 6-12'
Spacing: 4'
Soil type: Loam/moist
Sun/shade: Sun/part shade
Inundation: 3/5



Seeds:
Aug-Sept



LITTLE BLUESTEM

Schizachyrium scoparium



- Although it has a similar name as Big Bluestem, the two are not directly related. To help identify, Little Bluestem's stem and leaves become flat when squeezed.
- Has a wide range of appearances. Is blue-green in summer, to red and gold in the fall and winter. Its cotten-tufted seedheads make it a popular planting in parks and raingardens, adding texture to the winter landscape.
- Is a popular for grazers such as cattle or bison.
- Its clump-like growth is great for wildlife nesting.
- Is relatively resistant to fire.

Height: 2-4'
Spacing: 2'
Soil type: Dry
Sun/shade: Full sun
Inundation: 1/5



Seeds:
July-Oct



WILD COLUMBINE

Aquilegia canadensis



- Has rounded leaves that are divided into threes. This is known as *compound leaves*.
- The backward-pointing tubes on the flower contain nectar. This attracts hummingbirds and long-tongued insects such as hawk moths that are adapted to reach the nectar.
- Helps treat rashes such as poison ivy.
- A single plant is known to live for many years.
- Can survive fire.

Height: 1-2'
Spacing: 2'
Soil type: Dry/moist
Sun/shade: Part shade/shade
Inundation: 2/5



Flowers:
May



SWITCH GRASS

Panicum virgatum



- A warm season grass (late summer) native to prairies, oak and pine woodlands, and marshes.
- Is being studied as a source of fuel because it can produce lots of biomass in harsh conditions.
- Makes quality hay for livestock.
- Provides cover for wildlife such as pheasants and rabbits by providing shelter and creating windbreaks.

Height: 2-5'
Spacing: 4'
Soil type: Wet, dry
Sun/shade: Sun, part sun
Inundation: 4/5



Roots!
11'

Flowers:
July-Aug



SWAMP MILKWEED

Asclepias incarnata



- *Asclepias* is the only food of monarch butterfly larva.
- Has a fragrant flower.
- Seeds have a fluffy parachute for wind dispersal. These seeds were used in WWII for stuffing pillows and lifejackets.
- Grows and spreads with rhizomes: roots that stretch out underground to form a network.
- While the plant is toxic in large volume, young shoots of the plant are edible to humans if boiled.
- Has been used to expel parasitic worms.
- Has a milky sap when cut

Height: 3-5'
Spacing: 3'
Soil type: Wet/dry
Sun/shade: Full sun
Inundation: 5/5



Flowers:
July-Aug



SENSITIVE FERN

Onoclea sensibilis



- Prefers the late summer warmth, but is very sensitive to frost, quickly turning black, which is how it gets its name.
- Also known as bead fern because of its decorative "beady" leaf shape.
- Is an important shelter for salamanders and frogs.
- Instead of a flower, sensitive fern reproduces by spores: Tiny cells that are sent into the air.
- Forms colonies in forests, and has shallow but strong roots.
- Was around when dinosaurs roamed the planet

Height: 3 in.- 3'
Spacing: 2'
Soil type: Moist/loam
Sun/shade: Shade/part shade
Inundation: 4/5



Blooms:
Jun-Aug



Anise Hyssop

Agastache foeniculum



- A robust plant found in upland woods and prairies.
- Prefers well-drained soils.
- As a member of the mint family, it has many uses for fragrances and perfumes.
- Is studied and used for its *flavonoid* compounds: which are found in dietary health supplements.
- Studies show its great for attracting pollinators.
- The Cheyenne discovered that a tea from the leaves can help a cough or a weak heart.

Height: 2-4'
Spacing: 3'
Soil type: Sandy, rich
Sun/shade: Sun, part shade
Inundation: 1/5



Flowers:
July-Aug



HAREBELLS

Campanula rotundifolia



- A delicate plant of well-drained soils that can grow in harsh soils or rock gardens.
- Hummingbirds are adapted to its deep flower shape.
- Attracts bees and other pollinators, but Harebells can also self-fertilize.
- The flowers are sometimes referred to as “thimbles”, and droop down to protect pollen from the rain.
- Harebell is found around the world. In Europe it would be commonly eaten raw in salads, while the Scottish used it for blue dye.
- It was believed that it grew in places where hares were common.

Height: 1'
Spacing: 1'
Soil type: Dry/sandy
Sun/shade: Sun, shade
Inundation: 1/5



Flowers:
June-Sept



TICKSEED

Coreopsis lanceolata



- A small, drought-tolerant perennial attracts a number of pollinators.
- Commonly used in flower arrangements.
- The seeds have two horn-like extensions on them, which was thought to resemble bedbugs or ticks. This is how it gets its name. *Coreopsis* comes from the Greek *koris*, which means “bedbug”, and *opsis*, which means “similar to.”
- Early American settlers put Tickseed in their mattresses to repel fleas and bedbugs.
- If the flower is “dead-headed” (dead flowers are removed), Tickseed will continue to flower throughout the summer.

Height: 1'
Spacing: 1'
Soil type: Dry
Sun/shade: Sun, shade
Inundation: 1/5



Flowers:
June-Oct



BEARDTONGUE

Penstemon cobaea



- A small perennial with tubular flowers that attract pollinators with long tongues and browsers such as deer.
- Also known as Foxglove. The similar *digitalis* variety is extremely poisonous. Because of this, any Foxglove is commonly avoided for edible and medicinal purposes.
- Is called Beardtongue because the flower has a small tuft of hairs, resembling a beard.
- Sometimes goes dormant in the summer to cope with dryness.
- In the 1800's, seeds were brought to Europe for sale. From this, hundreds of hybrids have been made in Europe.

Height: 1-2'
Spacing: 2'
Soil type: Dry
Sun/shade: Sun, part shade
Inundation: 2/5



Flowers:
May-June

