



NATIVE PLANTS

for Maine Gardens and Habitat Restoration

TEXT AND IMAGES BY WILLIAM CULLINA



Native Plants for Maine Gardens and Habitat Restoration

What is a native plant?

We define a native plant species as one growing here in Maine prior to European settlement. Over thousands and thousands of years, these plants have been fine-tuned by natural selection to our particular climate and soils. Maine is home to about 1,200 native plant species, along with another 900 introduced species that have been brought here from other places either on purpose or by accident.



Bunchberry is a beautiful native groundcover that we use extensively in our gardens.



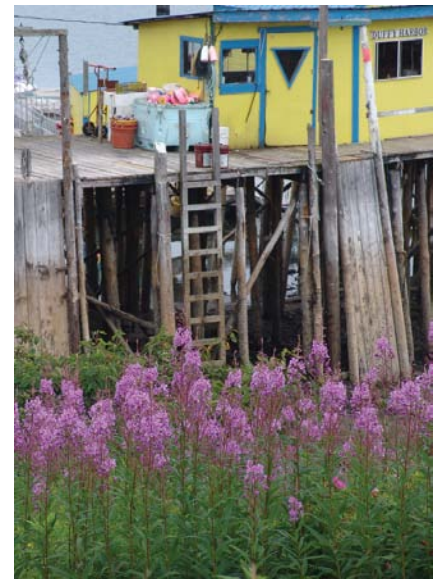
Lichen-clad red spruce (Picea rubens) ringed with black huckleberry (Gaylussacia baccata).

Why should we plant and preserve native species?

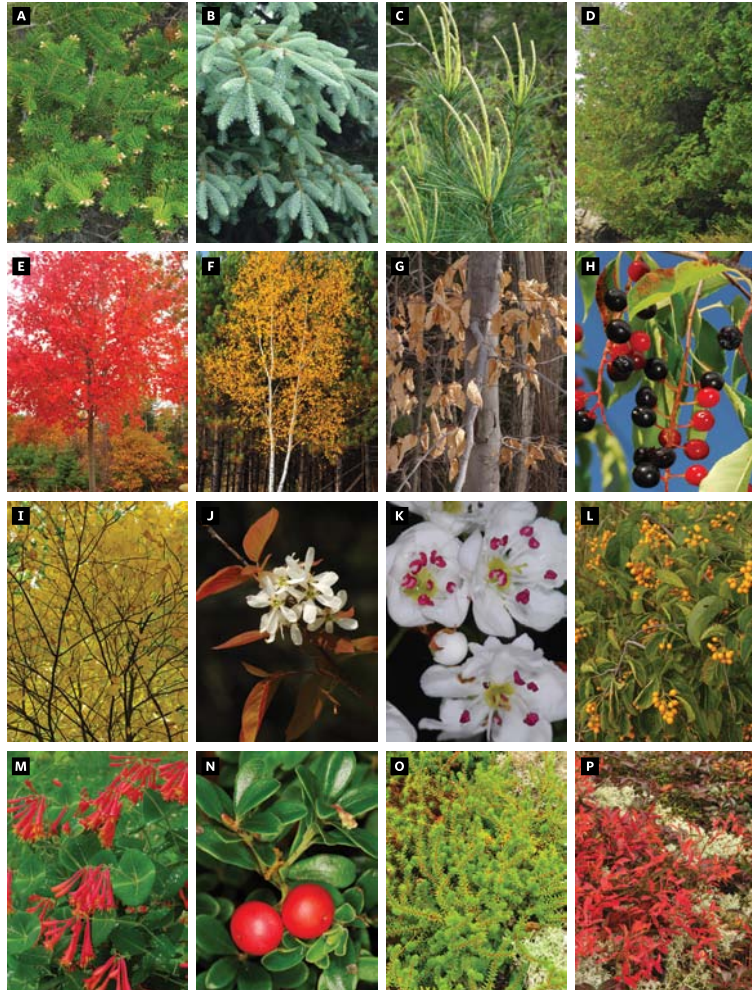
From a bird's or an insect's perspective, all plants are not created equal. Every living animal and insect eats plants either directly or indirectly, but just as there are only certain plants we can eat safely, every plant eater has to pick and choose the ones that are okay to munch on. When a certain plant such as the blueberry has been in the neighborhood for eons, many, many different species of birds, mammals, insects, and fungi figure out how to use it for food. In fact, more than 300 different moths and butterflies depend on blueberries for food. These in turn feed hundreds of other insects and birds who then become food for still more animals. When we bring a plant here from afar, very few critters know how to eat it, which may be a plus if you like a tidy garden, but it is a real negative if you are a hungry caterpillar with nothing to eat.

The following plants are all native to Maine, though some occur only in certain parts of the state. As we all know, Maine contains many climatic zones within its borders. Species such as spice bush (*Lindera benzoin*) are southern plants that are found only in far southeastern Maine. Others such as cloudberry (*Rubus chamaemorus*) are northern plants absent from southern Maine.

To make the list more useful, we have organized the plants in various categories based on desirable characteristics such as evergreen leaves or ability to grow in dry, rocky soils. This list is certainly not exhaustive but does include most of the Maine natives you will find in our gardens and many that inhabit our woods and shores. We have also tried to focus on species that are available commercially, though some will require some hunting to find in nurseries.



Fireweed (Epilobium angustifolium) is a colorful wildflower that blooms during the summer.



Maine Natives:

EVERGREEN TREES

- Abies balsamea* (balsam fir) **A**
- Chamaecyparis thyoides* (Atlantic whitecedar)
- Juniperus virginiana* (eastern redcedar)
- Picea glauca* (white spruce) **B**
- Picea mariana* (black spruce)
- Picea rubens* (red spruce)
- Pinus banksiana* (jack pine)
- Pinus resinosa* (red pine)
- Pinus rigida* (pitch pine)
- Pinus strobus* (eastern white pine) **C**
- Thuja occidentalis* (northern white cedar) **D**
- Tsuga canadensis* (Canada hemlock)

DECIDUOUS TREES

- Acer rubrum* (red maple) **E**
- Acer saccharum* (sugar maple)
- Betula allegheniensis* (yellow birch)]
- Betula papyrifera* (white or canoe birch) **F**
- Fagus grandifolia* (American beech) **G**
- Fraxinus americana* (white ash)
- Fraxinus pennsylvanica* (green ash)
- Larix laricina* (tamarack)
- Nyssa sylvatica* (black gum, tupelo)
- Populus balsamifera* (balsam poplar)
- Populus grandidentata* (big-tooth aspen)
- Populus tremuloides* (quaking aspen)
- Prunus serotina* (black cherry) **H**
- Quercus alba* (white oak)
- Quercus rubra* (northern red oak)

SMALL TREES

- Acer pensylvanicum* (moosewood) **I**
- Acer spicatum* (mountain maple)
- Amelanchier arborea* (downy serviceberry)
- Amelanchier laevis* (Allegheny serviceberry) **J**
- Carpinus caroliniana* subsp. *virginiana* (American hornbeam)
- Cornus alternifolia* (pagoda dogwood)
- Crateagus macrocarpa* (big-seed hawthorn) **K**
- Hamamelis virginiana* (common witchhazel)
- Ostrya virginiana* (hop hornbeam)
- Sassafras albidum* (sassafras)
- Sorbus americana* (American mountain ash)

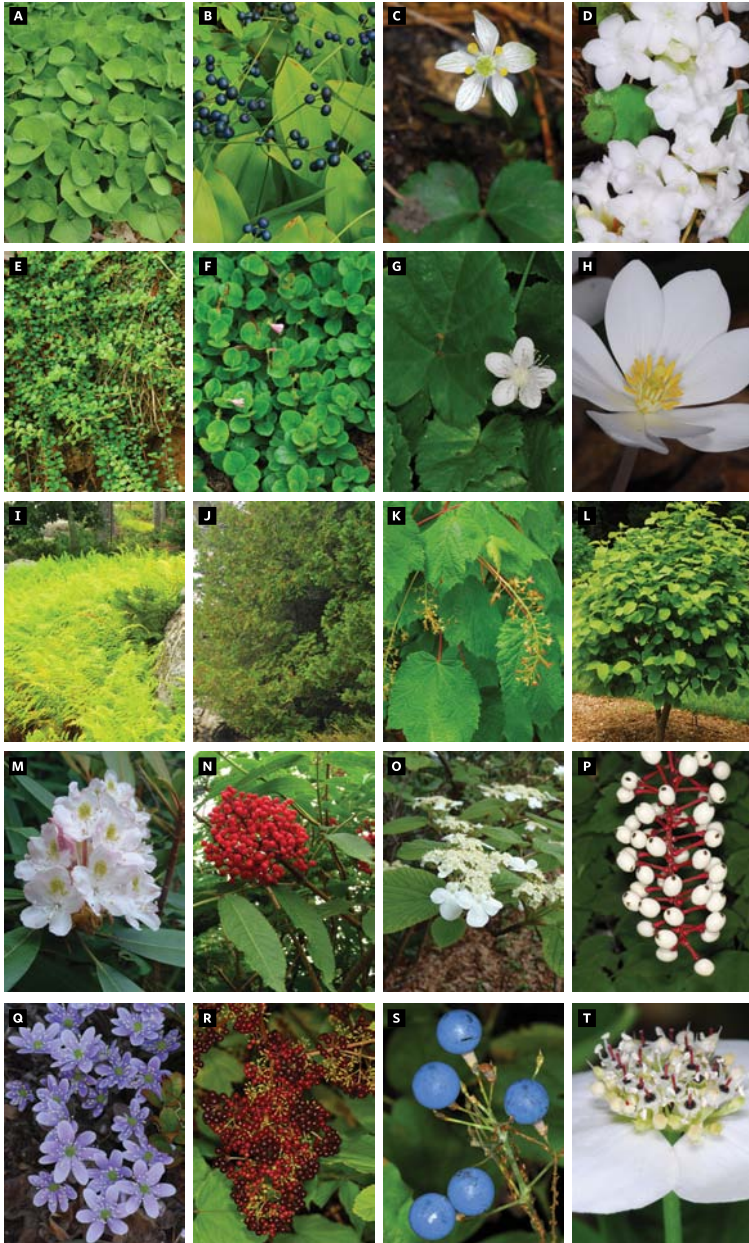
VINES

- Celastrus scandens* (American bittersweet) **L**
- Clematis virginiana* (virgin's bower)
- Lonicera sempervirens* (trumpet honeysuckle) **M**
- Parthenocissus quinquefolia* (Virginia creeper)
- Vitis labrusca* (fox grape)

GROUNDCOVERS

Shrubs

- Arctostaphylos uva-ursi* (bearberry) **N**
- Corema conradii* (broom crowberry)
- Empetrum nigrum* (black crowberry) **O**
- Juniperus horizontalis* (creeping juniper)
- Vaccinium angustifolium* (lowbush blueberry) **P**
- Vaccinium macrocarpon* (cranberry)
- Vaccinium myrtilloides* (velvetleaf blueberry)

**Wildflowers**

Antennaria plantaginifolia (pussytoes)
Asarum canadense (wild ginger) **A**
Aster (Eurybia) macrophyllus (big-leaved aster)
Chamaepericlymenum (Cornus) canadensis (bunchberry)
Clintonia borealis (blue bead lily) **B**
Coptis trifolia (goldthread) **C**
Epigaea repens (mayflower) **D**
Gaultheria humifusa (creeping snowberry) **E**
Gaultheria procumbens (wintergreen, checkerberry)
Hydrastis canadensis (goldenseal)
Linnaea borealis (twinflower) **F**
Maianthemum canadense (Canada mayflower)
Mitchella repens (partridgeberry)
Rubus dalibarda (dewberry) **G**
Sanguinaria canadensis (bloodroot) **H**
Waldsteinia fragarioides (barren strawberry)

Grasses, Sedges and Ferns

Carex lucorum (Blue Ridge sedge)
Carex appalachica (Appalachian sedge)
Dennstaedtia punctilobula (hayscented fern) **I**
Gymnocarpium dryopteris (oak fern)
Phegopteris connectilis (narrow beech fern)
Polypodium virginianum (polypody fern)
Thelypteris noveboracensis (New York fern)

PLANTS FOR MOIST, SHADED LOCATIONS**Trees**

Abies balsamea (balsam fir)
Acer rubrum (red maple)
Acer saccharum (sugar maple)
Fagus grandifolia (American beech)
Nyssa sylvatica (black gum)
Thuja occidentalis (northern white cedar) **J**
Tsuga canadensis (Canada hemlock)

Small Trees

Acer pensylvanicum (moosewood)
Acer spicatum (mountain maple) **K**
Cornus alternifolia (pagoda dogwood)
Hamamelis virginiana (common witchhazel)

Shrubs

Corylus americana (American filbert)
Corylus cornuta (beaked hazelnut)
Dirca palustris (leatherwood) **L**
Lonicera canadensis (Canada fly honeysuckle)
Rhododendron maximum (rosebay, great laurel) **M**
Rubus odoratus (flowering raspberry)
Sambucus racemosa subsp. *pubens* (red elder) **N**
Viburnum lantanoides (hobblebush) **O**

Wildflowers

Actaea pachypoda (dolls eyes) **P**
Actaea rubra (red baneberry)
Anemone (Hepatica) americana (round-lobed hepatica) **Q**
Anemone quinquefolia (wood anemone)
Aralia racemosa (wild spikenard) **R**
Arisaema triphyllum (jack-in-the-pulpit)
Asarum canadense (wild ginger)
Aster (Eurybia) divaricatus (white wood aster)
Cardamine (Dentaria) concatenata (cut-leaved toothwort)
Cardamine (Dentaria) diphylla (two-leaved toothwort)
Caulophyllum thalictroides (blue cohosh) **S**
Chamaepericlymenum (Cornus) canadensis (bunchberry) **T**

Meadow Plants



Claytonia caroliniana (Carolina spring beauty) **A**
Dicentra canadensis (squirrel corn)
Dicentra cucullaria (Dutchman's beeches)
Erythronium americanum (trout lily)
Maianthemum racemosum (false Solomon's seal)
Maianthemum stellatum (starflower)
Medeola virginica (Indian cucumber)
Oxalis montana (mountain wood sorrel) **B**
Polygala paucifolia (gay wings)
Polygonatum biflorum var. *commutatum* (giant Solomon's seal) **C**
Polygonatum pubescens (downy Solomon's seal)
Solidago caesia (wreath goldenrod)
Streptopus lanceolatus (*roseus*) (rosy twisted stalk) **D**
Thalictrum dioicum (early meadow rue)
Thalictrum (*Anemonella*) *thalictroides* (rue anemone)
Tiarella cordifolia (foamflower)
Trillium cernuum (nodding trillium) **E**
Trillium erectum (red trillium)
Uvularia perfoliata (perfoliate bellwort)
Uvularia sessilifolia (wild oats) **F**
Viola canadensis (Canada violet)
Viola pubescens (downy yellow violet)
Viola striata (striped violet)

Ferns

Adiantum pedatum (northern maidenhair fern) **G**
Athyrium filix-femina var. *angustum* (northern lady fern)
Deparia acrostichoides (silvery spleenwort)
Dryopteris campyloptera (mountain wood fern) **H**
Dryopteris goldiana (Goldie's wood fern)
Dryopteris intermedia (intermediate wood fern)
Dryopteris marginalis (marginal wood fern)
Matteuccia struthiopteris var. *pensylvanica* (ostrich fern)
Polystichum acrostichoides (Christmas fern)
Polystichum braunii (Braun's holly fern)

Grasses and Sedges

Brachyelytrum septentrionale (northern short-husk grass)
Carex platyphylla (silver sedge)
Carex plantaginea (plantain-leaved sedge)
Carex laxiculmis (spreading sedge) **I**

MEADOW PLANTS

Small trees

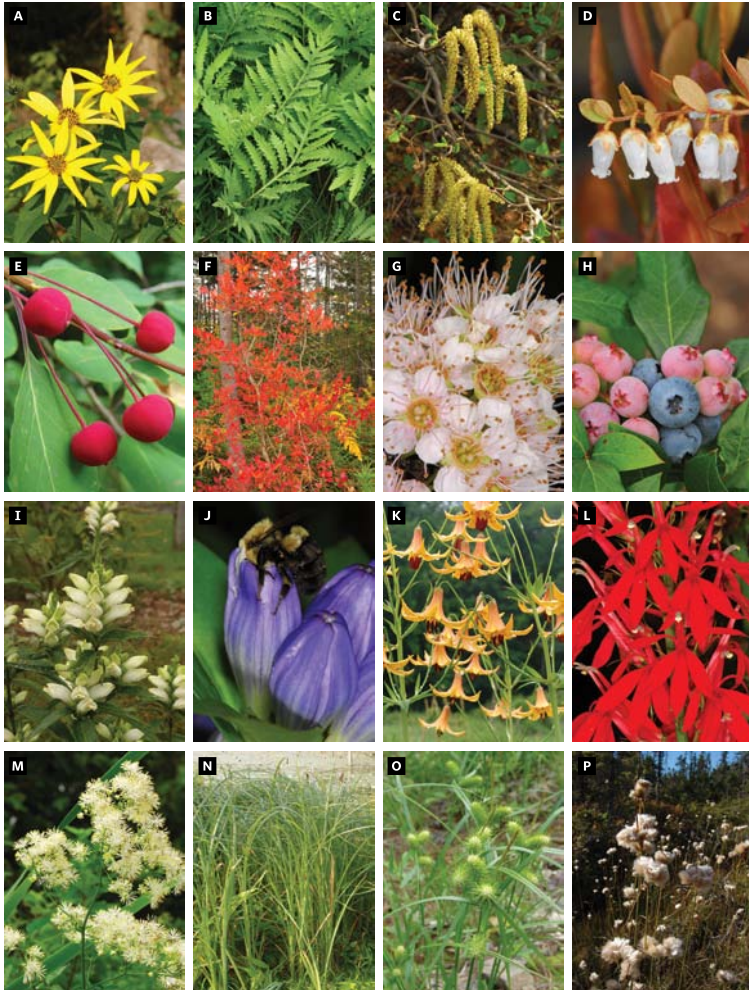
Amelanchier arborea (downy serviceberry)
Amelanchier laevis (Allegheny serviceberry) **J**
Cornus alternifolia (pagoda dogwood)
Crateagus macrocarpa (big-seed hawthorn)

Shrubs

Cornus amomum (silky dogwood)
Cornus racemosa (grey dogwood) **K**
Cornus rugosa (rough-stem dogwood)
Cornus sericea (red-twig dogwood)
Juniperus communis (old field juniper)
Rosa virginiana (Virginia wild rose) **L**
Salix bebbiana (Bebb's willow)
Sambucus canadensis (black elderberry)
Spiraea alba var. *latifolia* (meadowsweet)
Spiraea tomentosa (steeplebush)

Wildflowers

Aquilegia canadensis (Canada columbine) **M**
Asclepias exaltata (poke milkweed) **N**
Asclepias incarnata (swamp milkweed)
Aster (*Symphyotrichum*) *lanceolatus* (lance-leaved aster)
Aster (*Symphyotrichum*) *lateriflorus* (calico aster)
Aster (*Symphyotrichum*) *novae-angliae* (New England aster) **O**
Aster (*Symphyotrichum*) *novi-belgii* (New York aster)
Aster (*Doellingeria*) *umbellata* (flat-topped white aster)
Desmodium canadense (Canada tick trefoil)
Epilobium angustifolium (fireweed)
Erigeron pulchellus (Robin's plantain)
Eupatorium (*Eupatoriadelphus*) *maculatum* (spotted Joe-Pye weed)
Eupatorium perfoliatum (boneset)
Geranium maculatum (wild cranesbill) **P**



Helianthus divaricatus (woodland sunflower) **A**
Lilium canadense (Canada Lily)
Monarda fistulosa (wild bergamot)
Penstemon digitalis (foxglove beard-tongue)
Penstemon pallidus (pale beard-tongue)
Physostegia virginiana (obedient plant)
Pycnanthemum muticum (short-toothed mountain mint)
Rudbeckia laciniata (green-eyed coneflower)
Solidago puberula (downy goldenrod)
Solidago juncea (early goldenrod)
Solidago rugosa (rough stem goldenrod)
Thalictrum pubescens (king of the meadow)
Viola cucullata (dooryard violet)

Grasses, Sedges and Ferns

Andropogon gerardii (big bluestem)
Bromus canadensis (Canada brome)
Calamagrostis canadensis (Canada reed grass)
Carex intumescens (greater bladder sedge)
Carex lurida (lurid sedge)
Elymus canadensis (Canada wild rye)
Elymus virginicus (Virginia wild rye)
Spartina pectinata (prairie cordgrass)
Onoclea sensibilis (sensitive fern) **B**
Osmunda claytoniana (interrupted fern)
Panicum virgatum (switch grass)
Sorghastrum nutans (Indian grass)

WET MEADOWS

Shrubs

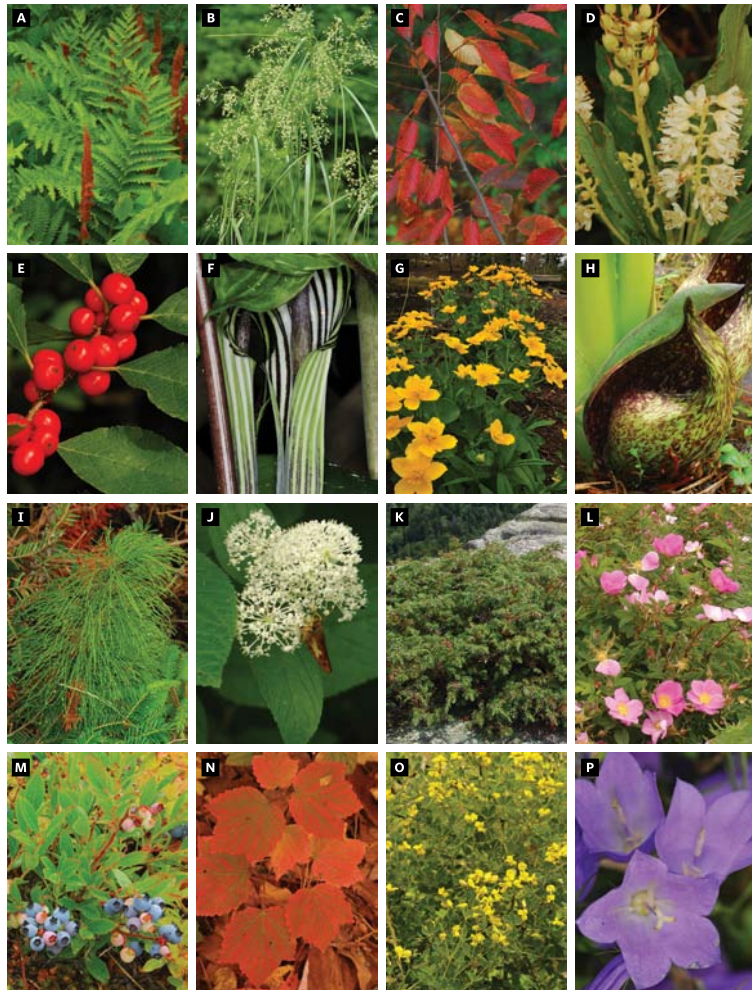
Alnus incana subsp. *rugosa* (speckled alder)
Alnus viridis subsp. *crispa* (green alder) **C**
Amelanchier canadensis (Canada serviceberry)
Chamaedaphne calyculata (leatherleaf) **D**
Clethra alnifolia (summersweet)
Cornus racemosa (grey dogwood)
Cornus sericea (red-twig dogwood)
Ilex (Nemopanthus) mucronatus (mountain holly) **E**
Ilex verticillata (winterberry)
Myrica gale (sweet gale)
Photinia (Aronia) melanocarpa (black chokeberry) **F**
Rosa nitida (New England Rose)
Rosa palustris (swamp rose)
Rubus chamaemorus (cloudberry)
Salix bebbiana (Bebb's willow)
Salix lucida (shining willow)
Salix petiolaris (slender willow)
Sambucus canadensis (black elderberry)
Spiraea alba var. *latifolia* (meadowsweet) **G**
Spiraea tomentosa (steepleshub)
Vaccinium corymbosum (highbush blueberry) **H**
Viburnum dentatum (arrowwood)
Viburnum lentago (nannyberry)
Viburnum nudum var. *cassinoides* (witherod)

Wildflowers

Asclepias incarnata (swamp milkweed)
Aster puniceus (swamp aster)
Boltonia asteroides (boltonia)
Chelone glabra (white turtlehead) **I**
Eupatorium (Eupatoriadelphus) maculatum (spotted Joe-pye weed)
Eupatorium perfoliatum (boneset)
Gentiana clausa (bottle gentian) **J**
Helianthus giganteus (swamp sunflower)
Iris versicolor (northern blue flag)
Lilium canadense (Canada Lily) **K**
Lobelia cardinalis (cardinal flower) **L**
Rhexia virginica (meadow beauty)
Sisyrinchium angustifolium (slender blue-eyed grass)
Thalictrum pubescens (king of the meadow) **M**

Grasses, Sedges, Rushes and Ferns

Athyrium filix-femina var. *angustum* (northern lady fern)
Carex crinita (fringed sedge) **N**
Carex gynandra (nodding sedge)
Carex intumescens (greater bladder sedge)
Carex lurida (lurid sedge) **O**
Carex stricta (tussock sedge)
Deschampsia caespitosa (hairgrass)
Eriophorum vaginatum subsp. *spissum* (tussock cotton grass) **P**



- Eriophorum virginianum* (cotton grass)
- Juncus effusus* (soft rush)
- Juncus balticus* (black rush)
- Onoclea sensibilis* (sensitive fern)
- Osmunda cinnamomea* (cinnamon fern) **A**
- Scirpus cyperinus* (wool grass) **B**

SHADED WETLAND

Trees

- Acer rubrum* (red maple)
- Betula allegheniensis* (yellow birch)
- Fraxinus pennsylvanica* (green ash)
- Nyssa sylvatica* (black gum, tupelo)
- Thuja occidentalis* (northern white cedar)

Small Trees

- Carpinus caroliniana* subsp. *virginiana* (American hornbeam) **C**
- Cornus alternifolia* (pagoda dogwood)
- Hamamelis virginiana* (common witchhazel)

Shrubs

- Clethra alnifolia* (summersweet) **D**
- Ilex (Nemopanthus) mucronatus* (mountain holly)
- Ilex verticillata* (winterberry) **E**
- Lindera benzoin* (spicebush)
- Lyonia ligustrina* (maleberry)
- Myrica gale* (sweet gale)
- Photinia (Aronia) melanocarpa* (black chokeberry)

Wildflowers

- Arisaema triphyllum* (jack-in-the-pulpit) **F**
- Calla palustris* (water arum)
- Catha palustris* (marsh marigold) **G**
- Chamaepericlymenum (Cornus) canadensis* (bunchberry)
- Symplocarpus foetidus* (skunk cabbage) **H**

Sedges and Ferns

- Carex stricta* (tussock sedge)
- Dryopteris cristata* (crested wood fern)
- Equisetum sylvaticum* (woodland horsetail) **I**
- Osmunda cinnamomea* (cinnamon fern)
- Parathylypteris noveboracensis* (New York fern)
- Thelypteris palustris* (marsh fern)

ROCKY OR SANDY, WELL-DRAINED SOIL

Trees

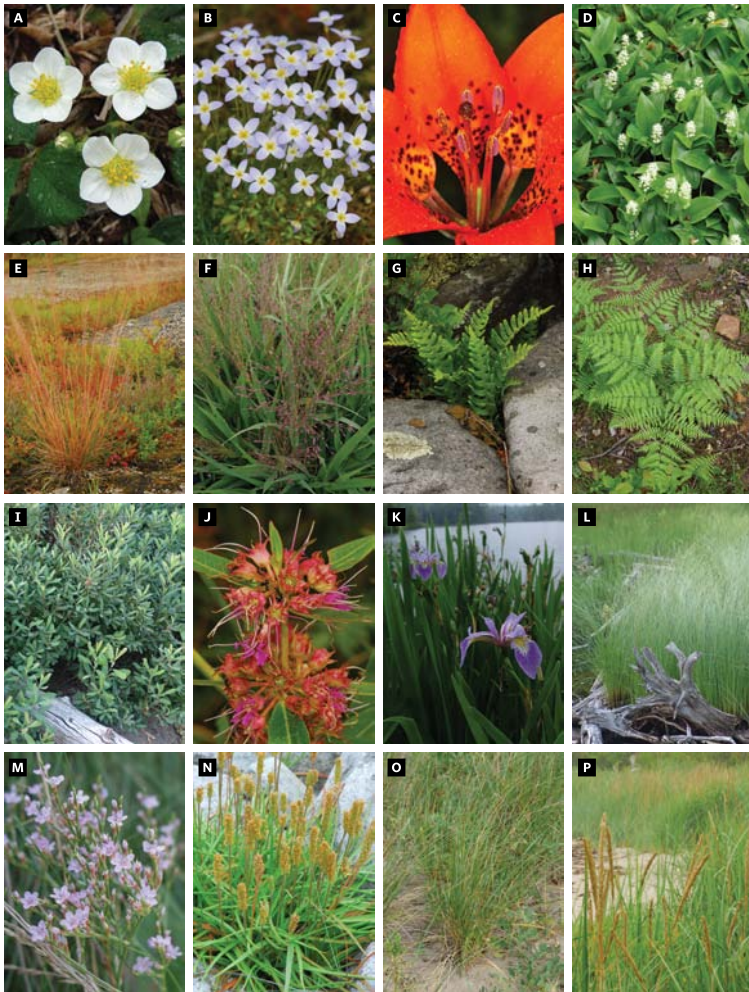
- Juniperus virginiana* (eastern redcedar)
- Pinus resinosa* (red pine)
- Pinus rigida* (pitch pine)
- Quercus alba* (white oak)
- Quercus rubra* (red oak)
- Sassafras albidum* (sassafras)

Shrubs

- Ceanothus americanus* (New Jersey tea) **J**
- Comptonia peregrina* (Sweetfern)
- Corema conradii* (broom crowberry)
- Gautheria baccata* (black huckleberry)
- Kalmia angustifolia* (sheep laurel)
- Juniperus communis* (old field juniper) **K**
- Juniperus horizontalis* (creeping juniper)
- Myrica pensylvanica* (bayberry)
- Prunus maritima* (beach plum)
- Rhus coppalinum* (winged sumac)
- Rhus typhina* (Staghorn sumac)
- Rosa acicularis* (prickly rose)
- Rosa virginiana* (Virginia rose) **L**
- Vaccinium angustifolium* (lowbush blueberry) **M**
- Vaccinium pallidum* (hillside blueberry)
- Viburnum acerifolium* (mapleleaf viburnum) **N**

Wildflowers

- Aquilegia canadensis* (Canada columbine)
- Asclepias tuberosa* (orange butterflyweed)
- Aster (Ionactis) linariifolius* (bristly aster)
- Baptisia tinctoria* (false indigo) **O**
- Campanula rotundifolia* (round-leaved bellflower) **P**



Corydalis sempervirens (rock harlequin)
Draba arabisans (draba)
Fragaria virginiana (wild strawberry) **A**
Houstonia caerulea (bluets) **B**
Hypoxis hirsuta (yellow-eyed grass)
Lilium philadelphicum (wood lily) **C**
Maianthemum canadense (Canada mayflower) **D**
Penstemon hirsutus (hairy beard-tongue)
Sibbaldiopsis tridentata (three-toothed cinquefoil)
Sisyrinchium montanum (mountain blue-eyed grass)
Solidago bicolor (white goldenrod)
Trientalis borealis (starflower)
Viola pedata (bird's foot violet)
Viola sagittata (arrow-leaf violet)

Grasses and Ferns

Danthonia spicata (poverty grass)
Dennstaedtia punctilobula (hayscented fern)
Deschampsia flexuosa (tufted hairgrass) **E**
Eragrostis spectabilis (purple love grass) **F**
Festuca rubra (red fescue)
Panicum virgatum (switchgrass)
Polypodium virginianum (polypody fern) **G**
Pteridium aquilinum (bracken fern) **H**
Schizachyrium scoparium (little bluestem)

POND AND LAKE SHORES AND SHALLOW FRESH WATER

Shrubs

Cephalanthus occidentalis (buttonbush)
Ilex verticillata (winterberry)
Lindera benzoin (spicebush)
Myrica gale (sweet gale) **I**
Vaccinium corymbosum (highbush blueberry)

Wildflowers

Decodon verticillatus (water willow) **J**
Iris versicolor (northern blue flag) **K**
Iris prismatica (cube iris)
Lobelia cardinalis (cardinal flower)
Peltandra virginica (tuckahoe)
Pontederia cordata (pickerelweed)
Sagittaria latifolia (arrowroot)

Grasses, Sedges and Ferns

Dulichium arundinaceum (tree-way sedge)
Carex intumescens (greater bladder sedge)
Carex lurida (lurid sedge)
Carex lasiocarpa (wollyfruit sedge) **L**
Juncus effusus (soft rush)
Osmunda regalis (royal fern)
Schoenoplectus tabernaemontani (bullrush)
Sparganium americanum (American bur-reed)

SALTWATER SHORE

Wildflowers

Limonium carolinianum (sea lavender) **M**
Plantago maritima (seaside plantain) **N**
Rhodiola (Sedum) rosea (roseroot)
Solidago sempervirens (seaside goldenrod)

Grasses

Ammophila breviligulata (American beach grass) **O**
Leymus mollis (northern beach grass) **P**
Spartina alterniflora (salt marsh cordgrass)
Spartina patens (saltmeadow cordgrass)
Spartina pectinata (prairie cordgrass)



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