

# APPENDIX B:

## DESIGNING AND PRESERVING VEGETATED BUFFERS

### PLANT LISTS AND ADDITIONAL RESOURCES

#### PLANT LIST LEGEND

SYMBOL	CHARACTERISTIC	SYMBOL	CHARACTERISTIC
	Keystone Species		Fall Leaf Color
CC	Native to Cape Cod		Evergreen (or mostly evergreen)
MA	Native to Massachusetts		Samaras (Winged Seeds)
NE	Native to the Northeastern US		Berry or Fruit Color
x	Tolerates full sun (6+ hrs)		Produces Nuts
x	Tolerates part shade (3-6 hrs sun)		Produces Catkins
x	Tolerates full shade (< 3 hrs sun)		Produces Pinecones
x	Tolerates dry soils or drought		Attracts and hosts beneficial insects including caterpillars, ladybugs, and more
x	Tolerates average or moist soils		Supports pollinators including native bees, butterflies and moths
x	Tolerates wet soils		Attracts birds
	Bloom		Attracts hummingbirds
Warm season	Grasses that emerge and grow in warmer parts of the season (summer)		Potential lawn alternative plant
Cool season	Grasses that emerge and grow in cooler parts of the season (spring/fall)		Resists deer browse*
			Resists rabbit browse*

#### PLANTS NATIVE TO CAPE COD AND THE NORTHEASTERN US

For vegetated buffers near freshwater ponds, where the preservation of functioning wetland systems (including wildlife habitat) is the main objective, priority should be placed on plants native to Cape Cod. This means the plants have evolved naturally over time alongside other plants and wildlife species in our area, and they play a critical role within our local ecosystems including freshwater wetlands and ponds.

However, there are also plants that are native to Massachusetts and the Northeastern United States that can provide additional wildlife value and other functional and aesthetic benefits, and some of those plants are listed in this appendix, though they are noted as plants native to Massachusetts (MA) or the Northeast (NE) rather than Cape Cod (CC).

Always check with your local conservation commission before planting anything in a freshwater pond buffer zone, even if the plants are on this list, as different towns have different conservation bylaws and definitions. Some jurisdictions may allow plants native to the northeast to be included in certain places such as foundation plantings or areas that are not immediately adjacent to the resource area.

\*Browse resistant does not mean completely deer or rabbit proof. While some plants are toxic to deer and rabbits, some are unpalatable due to texture, flavor, or scent.

## TREES NATIVE TO CAPE COD



Pussy willow



Flowering dogwood



Alder



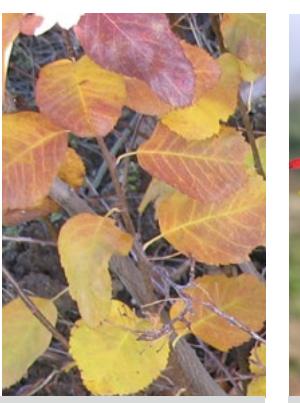
Hickory



Maple



Serviceberry



Tupelo / Black gum



Quaking aspen



Birch



Oak



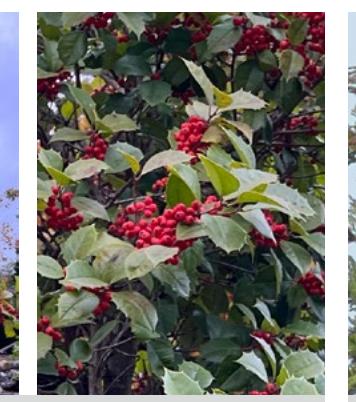
Sassafrass



American beech



American holly



Eastern red cedar



Pitch pine



White pine

Trees Native to Cape Cod													
Native	Key	Scientific name	Common name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Seasonal Interest / Wildlife Benefits
CC		<i>Acer rubrum</i>	Red maple	60-90'	30-40'	x	x		x	x	some		early spring     
CC		<i>Acer saccharinum</i>	Silver maple	50-80'	35-70'	x	x		x	x		early spring     	
CC		<i>Acer saccharum</i>	Sugar maple	40-80'	30-60'	x	x	x	x			early spring     	
CC		<i>Alnus incana</i>	Speckled alder	15-25'	10-20'	x	x		x	x		early spring     	
CC		<i>Amelanchier arborea</i>	Downy serviceberry	20'	15'	x	x		x			early spring     	
CC		<i>Amelanchier canadensis</i>	Shadbush	20'	12'	x	x		x	x		early spring     	
CC		<i>Amelanchier laevis</i>	Smooth serviceberry	15-30'	8-18'	x	x		x	x		early spring     	
CC		<i>Betula alleghaniensis</i>	Yellow birch	60-75'	60-75'	x	x		x			spring     	
CC		<i>Betula lenta</i>	Sweet / Black birch	50-70'	30-40"	x	x		x			spring     	
CC		<i>Betula papyrifera</i>	Paper birch	50-70'	20-50'	x	x		x	x		spring     	
CC		<i>Betula populifolia</i> marsh.	Gray birch	20-40'	10-20'	x	x		x	x		spring     	
CC		<i>Carya glabra</i>	Pignut hickory	50-80'	25-40'	x	x		x			spring     	
CC		<i>Carya tomentosa</i>	Mockernut hickory	60-80'	40-60'	x	x		x			spring     	
CC		<i>Chamaecyparis thyoides</i>	Atlantic white cedar	20-60'	30-40'	x	x		x			spring     	
CC		<i>Carpinus caroliniana</i>	American hornbeam	30-35'	20-30'		x	x	x			spring     	
CC		<i>Cornus alternifolia</i>	Pagoda dogwood	15-20'	20'		x	x	x	x		spring     	
CC		<i>Cornus florida</i>	Flowering dogwood	15-30'	20-30'	x	x	x	x	x		late spring     	
CC		<i>Fagus grandifolia</i>	American beech	50-80'	40-80	x	x		x			spring     	
CC		<i>Fraxinus americana</i>	White ash	60-80'	60-80'	x	x		x			spring     	
CC		<i>Ilex opaca</i>	American holly	20-30'	15-20'	x	x		x			spring     	
CC		<i>Juniperus virginiana</i>	Eastern red cedar	30-60'	10-25'	x			x	x		spring     	
CC		<i>Nyssa sylvatica</i>	Tupelo / Black gum	30-50'	20-30'	x	x	some	x	x		late spring     	
CC		<i>Ostrya virginiana</i>	Hop hornbeam / Ironwood	25'-35'	20'-30'	x	x	x	x			spring     	
CC		<i>Pinus rigida</i>	Pitch pine	40-60'	30-50'	x	x		x	x		spring     	
CC		<i>Pinus strobus</i>	White pine	60-80'	30-40'	x	x		x			spring     	

Trees Native to Cape Cod														
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Seasonal Interest / Wildlife Benefits	
CC		<i>Populus grandidentata</i>	Big-toothed aspen	50-75'	20-40'	x			x	x		spring	    	
CC		<i>Populus tremuloides</i>	Trembling aspen	40-50'	20-30'	x	x		x	x		spring	   	
CC		<i>Platanus occidentalis</i>	American sycamore	100+	40-90'	x	x	some	x	x		spring	   	
CC		<i>Prunus serotina</i>	Black cherry	50-80	30-60'	x	x		x	x		spring	    	
CC		<i>Prunus virginiana</i>	Choke-cherry	20-30'	15-20'	x	x		x	x		spring	    	
CC		<i>Quercus alba</i>	White oak	60-80'	50-80'	x			x	x		spring	    	
CC		<i>Quercus bicolor</i>	Swamp white oak	60-80'	50-80'	x	x			x		spring	    	
CC		<i>Quercus coccinea</i>	Scarlet oak	50-70'	40-50'	x			x	x		spring	    	
CC		<i>Quercus rubra</i>	Northern red oak	60-80	60'	x	x		x	x		spring	    	
CC		<i>Quercus stellata</i>	Post oak	35-50'	35-50'	x			x	x		spring	    	
CC		<i>Quercus velutina</i>	Black oak	50-60'	50-60'	x			x	x		spring	    	
CC		<i>Salix nigra</i>	Black willow	30-60'	30-60'	x	x		x	x		spring	    	
CC		<i>Sassafras albidum</i>	Sassafras	30-60'	25-40'	x	x		x	x		spring	    	
CC		<i>Tilia americana</i>	American basswood	50-80'	30-50'	x	x		x	x		spring	    	
CC		<i>Tsuga canadensis</i>	Eastern hemlock	40-70'	30-40'		x	x		x		spring	    	

Trees Native to the Northeast														
Native	Key	Scientific name	Common name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Seasonal Interest / Wildlife Benefits	
MA		<i>Betula nigra</i>	River birch	40-70'	35-60'	x	x		x	x		spring	    	
MA		<i>Celtis occidentalis</i>	Hackberry	30'	35'	x	x		x	x			    	
MA		<i>Crataegus crus-galli</i>	Cockspur hawthorn	15-30'	20-35'	x	x		x	x		spring	    	
MA		<i>Fraxinus pennsylvanica</i>	Green ash	50-70'	35-50'	x	x	x	x	x		late spring	    	
MA		<i>Liriodendron tulipifera</i>	Tulip poplar	60-90'	30-50'	x	x			x		late spring	    	
NE		<i>Picea laxa</i>	White spruce	40-60'	15-20'	x	x		x	x			    	
MA		<i>Picea mariana</i>	Black spruce	40'-70'	20'	x	x	x	x	x		late spring	    	

## WOODY SHRUBS NATIVE TO CAPE COD



Woody Shrubs Native to Cape Cod														
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Seasonal Interest / Wildlife Benefits	
CC		<i>Alnus serrulata</i>	Smooth alder	10-20'	8-15'	x	x		x	x		spring	    	
CC		<i>Aronia arbutifolia</i>	Red chokeberry	5-10'	3-6'	x	x	some	x	x		late spring	   	
CC		<i>Aronia melanocarpa</i>	Black chokeberry	3-6'	3-6'	x	x		x	x		late spring	   	
CC		<i>Baccharis halimifolia</i>	Groundsel bush	5-12'	5-10'	x	x	some	x	x		fall	none	 
CC		<i>Ceanothus americanus</i>	New Jersey tea	2-3'	3'	x	x		x	x		mid-summer	   	
CC		<i>Cephalanthus occidentalis</i>	Buttonbush	15'	6-8'	x	x	x		x		mid-summer	   	
CC		<i>Clethra alnifolia</i>	Sweet pepperbush	8-16'	4-6'	x	x		x	x		mid-summer	  	
CC		<i>Comptonia peregrina</i>	Sweet fern	2-4'	4-8'	x	x		x	x			   	
CC		<i>Cornus (Swida) amomum</i>	Silky dogwood	6-12'	6-12'	x	x		x	x		late spring	   	
CC		<i>Cornus (Swida) racemosa</i>	Gray dogwood	6-15'	6-15'	x	x	x	x	x		late spring	   	
CC		<i>Corylus americana</i>	American hazelnut	8-16'	8-13'	x	x	x		x		early spring	   	
CC		<i>Corylus cornuta</i>	Beaked hazelnut	4-8'	4-8'	x	x		x	x		early spring	   	
CC		<i>Gaylussacia frondosa</i>	Blue huckleberry	3-6'	3-5'	x	x		x	x		spring	    	
CC		<i>Gaylussacia baccata</i>	Black huckleberry	21-3'	2-3'	x	x	x	x	x		spring	    	
CC		<i>Gaylussacia bigeloviana</i>	Dwarf huckleberry	1-3'	3-4'	x	x		x	x		spring	    	
CC		<i>Hamamelis virginiana</i>	Witch hazel	15-20'	15-20'	x	x	x	x	x		fall	  	
CC		<i>Ilex glabra</i>	Inkberry	5-8'	5-8'	x	x	x	x	x		late spring	   	
CC		<i>Iva frutescens</i>	High tide bush	4-8'	4-8'	x			x	x		fall	none	 
CC		<i>Ilex verticillata</i>	Winterberry	6-10'	4-10'	x	x		x	x		spring	    	
CC		<i>Juniperus communis</i>	Pasture juniper	5-10'	10-15'	x	x		x	x		spring	   	
CC		<i>Kalmia angustifolia</i>	Sheep laurel	1-3'	3-6'	x	x		x	x		early summer	   	
CC		<i>Kalmia latifolia</i>	Mountain laurel	4-10'	4-8'	x	x	x	x	x		early summer	   	
CC		<i>Lindera benzoin</i>	Spicebush	6-12'	6-12'	x	x	x	x			early spring	    	
CC		<i>Lyonia ligustrina</i>	Maleberry	6-12'	6-12'	x	x		x	x		late spring	    	
CC		<i>Myrica pensylvanica</i>	Northern bayberry	10-12'	6-8'	x	x		x	x		late spring	    	
CC		<i>Myrica gale</i>	Sweet gale	2-4'	3-5'	x	x	x	x	x		late spring	none	

Woody Shrubs Native to Cape Cod													
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Seasonal Interest / Wildlife Benefits
CC	匙	<i>Prunus maritima</i>	Beach plum	8-12'	8-12'	x	x		x	x		late spring	   
CC	匙	<i>Prunus susquehanae</i>	Sand-cherry	2-6'	2-6'	x			x			late spring	    
CC		<i>Rhododendron viscosum</i>	Swamp azalea	3-12'	3-12'		x	x	x	x		early summer	 
CC		<i>Rhus copallina</i>	Shining / winged sumac	7-15'	10-20'	x	x		x			summer	    
CC		<i>Rhus glabra</i>	Smooth sumac	9-15'	9-15'	x	x	x	x	x		summer	    
CC		<i>Rhus typhina / hirta</i>	Staghorn sumac	15-25'	15-25'	x	x		x	x		summer	    
CC	匙	<i>Rosa carolina</i>	Pasture rose	3-5'	5-10'	x			x			summer	    
CC	匙	<i>Rosa palustris</i>	Swamp rose	3-6'	3-6'	x	x	x	x	x		summer	   
CC	匙	<i>Rosa virginiana</i>	Virginia rose	4'- 6'	4- 6'	x	x		x			summer	   
CC	匙	<i>Salix bebbiana</i>	Long-beaked willow	15-18'	15-18'	x	x		x			early spring	   
CC	匙	<i>Salix discolor</i>	Pussy willow	6'-15'	4'-12'	x	x		x	x		early spring	   
CC	匙	<i>Salix humilis</i>	Upland willow	6-10'	6-10'	x			x	x	x	early spring	   
CC	匙	<i>Salix occidentalis</i>	Dwarf prairie willow	1-3'	1-3'	x			x			early spring	  
CC		<i>Sambucus canadensis</i>	American elderberry	5-12'	5-12'	x	x					early summer	   
CC		<i>Spiraea alba</i>	Narrow-leaved meadowsweet	3-4'	3-4'	x	x		x			summer	   
CC		<i>Spiraea tomentosa</i>	Steeple-bush	2-4'	3-5'	x			x	x		late summer	  
CC	匙	<i>Vaccinium corymbosum</i>	Highbush blueberry	12'	12'	x	x		x	x	x	spring	    
CC	匙	<i>Vaccinium fuscatum</i>	Black highbush blueberry	5-10'	3-10'	x	x		x	x		spring	    
CC		<i>Viburnum acerifolium</i>	Maple-leaved arrowwood	4-6'	2-4'	x	x	x	x	x		late spring	    
CC		<i>Viburnum cassinoides</i>	Witherod viburnum	6-10'	12-May	x	x		x	x		late spring	   
CC		<i>Viburnum dentatum</i>	Arrowwood viburnum	6-12'	6-10'	x	x	x	x	x		late spring	    

Woody Shrubs Native to the Northeast													
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Seasonal Interest / Wildlife Benefits
MA		<i>Rubus odoratus</i>	Flowering raspberry	3-6'	6'-12'	x	x		x			summer	   

Woody Shrub / Groundcovers													
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Seasonal Interest / Wildlife Benefits
CC		<i>Arctostaphylos uva-ursi</i>	Bearberry, Kinnikinnick	6"	36-72"	x	x		x	x			late spring
CC		<i>Gaultheria procumbens</i>	Wintergreen	1-4"	6-12"		x	x	x	x			early summer
CC		<i>Vaccinium angustifolium</i>	Lowbush blueberry	6-24"	24"	x	x			x			late spring
CC		<i>Vaccinium macrocarpon</i>	Large cranberry	4-6"	12-72"	x			x	x			late spring
CC		<i>Vaccinium pallidum</i>	Hillside blueberry	12-24"	24-36"	x	x		x	x			late spring



Grasses & Sedges Native to Cape Cod														
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Season	Wildlife Benefits	Browse Resistant
CC		<i>Agrostis perennans</i>	Upland bentgrass	8-30"		X	X		X	X		Cool Season	 	
CC		<i>Andropogon gerardii</i>	Big bluestem	60-72"	24-36"	X	X			X		Warm Season	   	 
CC		<i>Andropogon glomeratus</i>	Bunched broom-sedge	36-72"	24-36"	X			X	X		Warm Season	   	 
CC		<i>Andropogon virginicus</i>	Broom-sedge	24-48"	12-24"	X	X		X	X	X	Warm Season	   	 
CC		<i>Anthoxanthum nitens</i>	Vanilla sweetgrass	24"		X	X			X	X	Cool Season	 	
CC		<i>Aristida purpurascens</i>	Arrow-feather threeawn	18-24"	12-24"		X		X	X		Warm Season	   	
CC		<i>Carex albicans</i>	White tinged sedge	15-20"	15-20"		X	X	X	X		Cool Season	   	 
CC		<i>Carex appalachica</i>	Appalachian sedge	6-12"	12-18"		X	X	X	X		Cool Season	   	 
CC		<i>Carex bebbii</i>	Bebb's broom sedge	36"	18-24"	X				X		Cool Season	   	 
CC		<i>Carex blanda</i>	Wood sedge	12"	24-36"	X	X	X	X	X	X	Cool Season	   	 
CC		<i>Carex brevior</i>	Short fescue-sedge	24"	6-10"	X	X	X	X	X	X	Cool Season	 	 
CC		<i>Carex crinita</i>	Fringed sedge	12-26"	12-24"	X	X	X		X	X	Cool Season	   	 
CC		<i>Carex lurida</i>	Sallow sedge	18-36"	12-24"	X	X			X	X	Cool Season	   	 
CC		<i>Carex pensylvanica</i>	Pennsylvania sedge	6-12"	6-12"	X	X	X	X	X	X	Cool Season	   	 
CC		<i>Carex rosea</i>	Curly wood sedge	12"	12-18"		X	X	X	X		Cool Season	   	 
CC		<i>Carex stipata</i>	Wrinkle sheath sedge	36"	12"	X	X	X		X	X	Cool Season	   	 
CC		<i>Carex stricta</i>	Tussock sedge	12-36"	12-24"	X	X			X	X	Cool Season	   	 
CC		<i>Carex vulpinoidea</i>	Fox sedge	12-36"	6-24"	X	X		X	X	X	Cool Season	   	 
CC		<i>Danthonia spicata</i>	Poverty-grass	12"	12"	X	X		X	X		Cool Season	   	 
CC		<i>Deschampsia flexuosa</i>	Common hairgrass	24-36"	12-24"		X	X	X	X		Cool Season	   	 
CC		<i>Dichanthelium clandestinum</i>	Deer-tongue	36-48"	24-36"	X	X	X	X	X	X	Cool Season	   	 
CC		<i>Elymus virginicus</i>	Virginia wild rye	24-60"	12-24"	X	X			X		Cool Season	   	 
CC		<i>Eragrostis spectabilis</i>	Purple lovegrass	12-24"	10-16"	X	X		X			Warm Season	   	 
CC		<i>Festuca rubra</i>	Coastal red fescue	12-36"		X	X		X			Cool Season	   	 
CC		<i>Festuca subverticillata</i>	Nodding fescue	24"-48"			X	X	X	X		Cool Season	  	 

Grasses & Sedges Native to Cape Cod														
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Season	Wildlife Benefits	Browse Resistant
CC		<i>Juncus tenuis</i>	Path rush	6-24"	6-24"	X	X		X	X		Cool Season	   	 
CC		<i>Panicum virgatum</i>	Switchgrass	36-72"	24-36"	X	X			X		Warm Season	    	 
CC		<i>Poa palustris</i>	Fowl bluegrass	12-48"		X	X	X	X	X		Cool Season	 	
CC		<i>Schizachyrium scoparium</i>	Little bluestem	36"	24-36"	X	X		X	X		Warm Season	    	 
CC		<i>Sorghastrum nutans</i>	Indian grass	36-72"	24-36"	X	X		X	X		Warm Season	   	 

Ferns Native to Cape Cod														
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet		Wildlife Benefits	Browse Resistant
CC		<i>Athyrium angustum</i>	Northern lady fern	1-2'	12-18"		X	X		X	X		 	
CC		<i>Athyrium asplenioides</i>	Southern lady fern	2-3'	2-3'		X	X		X			  	
CC		<i>Dennstaedtia punctilobula</i>	Hay scented fern	1-2'	3-4'	X	X		X	X			 	
CC		<i>Dryopteris cristata</i>	Crested wood fern	1-3'	2-6'	X	X	X		X	X		 	
CC		<i>Dryopteris intermedia</i>	Intermediate wood fern	18"-3'	2-3'		X	X		X	X		 	
CC		<i>Dryopteris marginalis</i>	Marginal wood fern	18"-3'	2-3'		X	X		X			  	
CC		<i>Onoclea sensibilis</i>	Sensitive fern	1-3'	1-3'	X	X	X		X	X		  	 
CC		<i>Osmunda claytoniana</i>	Interrupted fern	1-3'	1-3'	X	X	X		X			  	
CC		<i>Osmunda regalis (spectabilis)</i>	Royal fern	2-5'	2-3'	X	X			X			  	
CC		<i>Osmundastrum cinnamomeum</i>	Cinnamon fern	2-6'	2-4'	X	X	X		X			  	
CC		<i>Parathelypteris noveboracensis</i>	New York fern	1-2'	1-2'		X	X		X			  	
CC		<i>Phegopteris connectilis</i>	Long beech fern	8-18"	12-36"		X	X		X			 	
CC		<i>Polypodium virginianum</i>	Rock polypody	6-12"	6-12"		X	X		X			 	
CC		<i>Polystichum acrostichoides</i>	Christmas fern	12-24"	12-24"		X	X	X	X			   	

## PERENNIALS AND ANNUAL WILDFLOWERS NATIVE TO CAPE COD



Wild oats



Wild columbine



Golden groundsel



Bluets



Perennial lupine



Beardtongue



Spiderwort



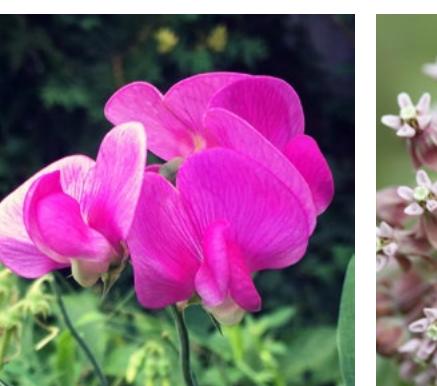
Wild garlic



Doll's eyes



Marsh pea



Common milkweed



Orange butterfly milkweed



Swamp milkweed



Milkweed in fall



Evening primrose



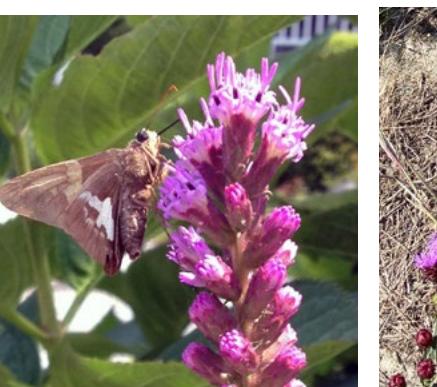
Cardinal flower



Whorled loosestrife



Marsh mallow



Liatris



Lesser snakeroot



Joe pye weed



Blue vervain



Boneset



Orange jewelweed



White turtlehead



New England aster



Showy aster



Goldenrod

Perennials & Biennials (Wildflowers) Native to Cape Cod															
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Wildlife Benefits	Browse Resistant	
CC		<i>Achillea millefolium</i>	Common yarrow	12-36"	24-36"	X			X	X		summer	    	 	
CC		<i>Actaea pachypoda / rubra</i>	Doll's Eyes / Baneberry	12-36"	24-36"	X	X			X	X	early summer	   	 	
CC		<i>Ageratina aromatica</i>	Lesser snakeroot	24-36"	12-36"	X	X		X	X		late summer	  	 	
CC		<i>Allium canadense</i>	Wild garlic	12-24"	8-12"	X			X	X		early summer	   	 	
CC		<i>Anaphalis margaritacea</i>	Pearly everlasting	12-36"	12-24"	X	X		X	X		late summer	   	 	
CC		<i>Anemone virginiana</i>	Thimbleweed	24-36"	12-24"	X	X	X	X	X		summer	  	 	
CC		<i>Antennaria neglecta</i>	Pussytoes	6-12"	6-12"	X	X		X	X		late spring	   	 	
CC		<i>Antennaria plantaginifolia</i>	Plantain-leaved pussytoes	4-6"	12-24"	X	X			X		late spring	   	 	
CC		<i>Aquilegia canadensis</i>	Wild columbine	24-36"	12-18"	X	X		X	X		Spring	    	 	
CC		<i>Aralia nudicaulis</i>	Wild sarsaparilla	12-24"	12-24"	X	X		X	X		late spring	    	 	
CC		<i>Arisaema triphyllum</i>	Jack in the pulpit	12-30"	6-12"		X	X		X	X		late spring	    	 
CC		<i>Asclepias amplexicaulis</i>	Clasping milkweed	12-30"	24-36"	X	X		X	X		early summer	    	 	
CC		<i>Asclepias exaltata</i>	Poke-milkweed	36-60"	12-24"		X	X		X		summer	    	 	
CC		<i>Asclepias incarnata (pulchra)</i>	Downy swamp milkweed	24-48"	12-24"	X	X			X		early summer	    	 	
CC		<i>Asclepias purpurascens</i>	Purple milkweed	24-36"	12-36"	X	X			X		early summer	    	 	
CC		<i>Asclepias syriaca</i>	Common milkweed	24-48"	12-18"	X			X	X		summer	    	 	
CC		<i>Asclepias tuberosa</i>	Orange milkweed	12-24"	12-18"	X	X		X	X		summer	    	 	
CC		<i>Asclepias verticillata</i>	Whorled milkweed	12-30"	12-24"	X	X			X		late summer	    	 	
CC		<i>Baptisia tinctoria</i>	Yellow false indigo	24-36"	24-36"	X	X		X	X		early summer	    	 	
CC		<i>Chamaecrista fasciculata</i>	Partridge pea	24-36"	24-36"	X	X		X	X		summer	    	 	
CC		<i>Chelone glabra</i>	White turtlehead	36-48"	12-24"	X	X			X	X	late summer	    	 	
CC		<i>Cirsium discolor / pumilum</i>	Field / Pasture thistles	36-72"	12-24"	X	X		X	X		late summer	   	 	
CC		<i>Coreopsis rosea</i>	Pink tickseed	12-24"	24-36"	X	X		X			summer	   	 	
CC		<i>Desmodium canadense</i>	Showy tick trefoil	24-36"	12-24"	X	X		X	X	X	summer	   	 	
CC		<i>Epigaea repens</i>	Trailing arbutus	2-4"	6-18"		X		X	X		spring	    	<img	

Perennials & Biennials (Wildflowers) Native to Cape Cod														
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Wildlife Benefits	Browse Resistant
CC	匙	<i>Erigeron pulchellus</i>	Robin's plantain	12-24"	12-24"	X	X		X	X		●	late spring	    
CC		<i>Eupatorium hyssopifolium</i>	Hyssop-leaved boneset	12-36"	12-24"	X	X		X	X		●	late summer	    
CC		<i>Eupatorium perfoliatum</i>	Boneset	4-6'	36-48"	X	X			X	X	●	late summer	    
CC		<i>Eupatorium pilosum</i>	Rough boneset	24-36"	24-36"	X	X			X	X	●	late summer	    
CC		<i>Eupatorium pubescens</i>	Hairy boneset	24-36"	12-24"	X	X		X	X		●	late summer	    
CC	匙	<i>Eurybia divaricata</i>	White wood aster	12-36"	12-36"		X	X		X		●	fall	  
CC	匙	<i>Eurybia macrophylla</i>	Big leaved aster	12-36"	12-24"		X	X		X		●	fall	  
CC	匙	<i>Eurybia spectabilis</i>	Showy aster	12-24"	12"-18"	X	X		X	X		●	fall	  
CC	匙	<i>Euthamia graminifolia</i>	Grass leaf goldenrod	36-48"	36-48"	X	X		X	X	X	●	late summer	   
CC		<i>Eutrochium dubium</i>	Atlantic joe pye weed	36-48"	24-48"	X			X	X	●		late summer	   
CC		<i>Eutrochium fistulosum</i>	Hollow-stem joe pye weed	48-84"	36-48"	X	X			X	X	●	late summer	    
CC		<i>Fragaria virginiana</i>	Wild strawberry	4-8"	12-24"	X	X		X	X		●	spring	    
CC		<i>Geranium maculatum</i>	Wild geranium	18-24"	12-18"	X	X			X		●	late Spring	   
CC	匙	<i>Grindelia squarrosa</i>	Curlycup gumweed	12-36"	12-24"	X			X	X		●	all summer	 
CC	匙	<i>Helianthus divaricatus</i>	Woodland sunflower	48-72"	24-36"		X	X	X	X		●	late summer	   
CC	匙	<i>Helianthus strumosus</i>	Harsh sunflower	36"	12-24"	X	X		X	X		●	summer/fall	   
CC		<i>Hibiscus moscheutos</i>	Marsh mallow	60-96"	24-48"	X	X		X			●	summer	  
CC		<i>Hieracium venosum</i>	Rattlesnake weed	12-24"	12-24"		X	X	X			●	summer	
CC		<i>Houstonia caerulea</i>	Bluets	3-6"	6-8"	X				X		●	summer	  
CC		<i>Hypericum majus</i>	Canada St. John's-wort	18-28"	12-18"	X	X			X	X	●	late summer	 
CC		<i>Hypericum punctatum</i>	Dotted St. John's-wort	12-24"	12-24"	X	X		X	X		●	late summer	  
CC		<i>Impatiens capensis</i>	Orange jewelweed	36-60"	24-36"		X	X		X		●	late summer	
CC		<i>Ionactis linariifolia</i>	Stiff aster	12-24"	12"	X	X		X	X		●	summer	
CC		<i>Iris prismatica</i>	Slender blue flag	12-30"	12-30"	X	X			X	X	●	early summer	

Perennials & Biennials (Wildflowers) Native to Cape Cod															
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Wildlife Benefits	Browse Resistant	
CC		<i>Iris versicolor</i>	Northern blue flag	24-36"	24-30"	X	X		X	X	●	early summer	 	 	
CC		<i>Lathyrus palustris</i>	Marsh pea	12-48"	12-36"	X	X		X	X	●	early summer			
CC		<i>Liatis scariosa / novae-angliae</i>	New England blazing star	12-42"	10-14"	X	X		X	X	●	late summer	  		
CC		<i>Lilium philadelphicum</i>	Wood-lily	24"	12"	X	X		X	X	●	early summer	 		
CC		<i>Lilium superbum</i>	Turk's cap lily	48-84"	6-12"	X	X		X	X	●	late summer	 		
CC		<i>Lobelia cardinalis</i>	Cardinal flower	48-72"	12-24"	X	X		X		●	late summer	 	 	
CC		<i>Lobelia spicata</i>	Pale spiked lobelia	12-24"	12-24"	X	X		X	X	●	summer	 	 	
CC		<i>Lupinus perennis</i>	Perennial lupine	24"	12-24"	X	X		X	X	●	early summer	  		
CC		<i>Lysimachia borealis</i>	Starflower	4-8"	8-12"		X	X		X		●	late spring		
CC		<i>Lysimachia quadrifolia</i>	Whorled loosestrife	12-36"	12-24"	X	X		X	X	●	summer			
CC		<i>Maianthemum canadense</i>	Canada mayflower	5-8"	5-8"		X	X		X		●	spring	 	
CC		<i>Maianthemum canadense</i>	False solomon's seal	12-36"	36-48"	X	X	X	X	X	●	spring	  		
CC		<i>Maianthemum stellatum</i>	Starry solomon's seal	12-24"	24"	X	X	X	X	X	●	late spring	  		
CC	key	<i>Oenethera biennis</i>	Evening primrose	36-72"	24-36"	X	X		X	X	●	summer	 		
CC		<i>Packera aurea</i>	Golden groundsel	12-24"	6-24"	X	X			X	●	spring	   		
CC		<i>Penstemon pallidus</i>	Eastern beardtongue	12-18"	12-18"	X	X		X	X	●	early Summer	  		
CC		<i>Polygonatum pubescens</i>	Solomon's seal	8-16"	8-14"		X	X		X		●	late spring	   	
CC		<i>Pycnanthemum tenuifolium</i>	Slender mountain mint	24-48"	24-36"	X	X		X	X	●	summer	   		
CC		<i>Pycnanthemum virginianum</i>	Virginia mountain mint	24-36"	12-18"	X	X			X	●	late summer	  		
CC		<i>Pycnanthemum incanum</i>	Hoary mountain mint	24-36"	36-48"	X	X		X	X	●	early summer	   		
CC		<i>Pycnanthemum muticum</i>	Toothed mountain mint	12-36"	12-36"	X	X			X	●	late summer	   		
CC		<i>Sisyrinchium angustifolium</i>	Stout blue-eyed grass	18-24"	6-12"	X	X		X	X	●	early summer	  		
CC		<i>Sisyrinchium atlanticum</i>	Eastern blue-eyed grass	6-18"	6-8"	X			X	X	●	early summer	   		
CC		<i>Sisyrinchium montanum</i>	Meadow blue-eyed grass	5-20"	4-6"	X				X	●	late spring	  		

Perennials & Biennials (Wildflowers) Native to Cape Cod														
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Wildlife Benefits	Browse Resistant
CC		<i>Solidago altissima</i>	Tall goldenrod	48-72"	48-72"	X	X		X	X			fall	   
CC		<i>Solidago bicolor</i>	Silverrod	12-36"	12"	X	X		X	X			fall	   
CC		<i>Solidago caesia</i>	Bluestem-goldenrod	24-36"	12-24"	X	X		X	X	X		fall	   
CC		<i>Solidago canadensis</i>	Canada goldenrod	36-72"	24-36"	X	X		X	X			fall	   
CC		<i>Solidago juncea</i>	Early goldenrod	36-48"	24-36"	X	X		X	X			late summer	   
CC		<i>Solidago nemoralis</i>	Gray goldenrod	6-30"	6-30"	X			X				fall	   
CC		<i>Solidago odora</i>	Sweet goldenrod	24-48"	12-24"	X	X		X	X			fall	   
CC		<i>Solidago puberula</i>	Downy goldenrod	24-36"	12-24"	X	X		X	X			fall	   
CC		<i>Solidago rugosa</i>	Rough goldenrod	36-72"	24-36"	X			X	X			fall	   
CC		<i>Solidago sempervirens</i>	Seaside goldenrod	36-72"	24-36"	X			X	X			fall	   
CC		<i>Solidago uliginosa</i>	Swamp goldenrod	24-72"	24-48"	X	X		X	X			fall	   
CC		<i>Sympyotrichum cordifolium</i>	Blue wood aster	12-48"	18-24"		X	X		X			fall	  
CC		<i>Sympyotrichum ericoides</i>	Heath aster	12-36"	12-18"	X	X		X				fall	 
CC		<i>Sympyotrichum laeve</i>	Smooth aster	36-48"	24-36"	X	X		X	X			fall	  
CC		<i>Sympyotrichum lateriflorum</i>	Calico aster	24-36"	24-36"	X	X	X	X	X			fall	  
CC		<i>Sympyotrichum novae-angliae</i>	New England aster	48-72"	24-36"	X	X			X			fall	  
CC		<i>Sympyotrichum novi-belgii</i>	New York aster	48-60"	12-24"	X	X			X			fall	  
CC		<i>Sympyotrichum patens</i>	Clasping aster	24-36"	18-30"	X	X		X	X			fall	 
CC		<i>Sympyotrichum pilosum</i>	Pringle's aster	24-48"	24-48"	X			X	X			fall	  
CC		<i>Symplocarpus foetidus</i>	Skunk cabbage	24-36"	24-36"		X	X		X	X		spring	 
CC		<i>Tradescantia ohiensis</i>	Ohio spiderwort	24-36"	24-36"	X	X		X	X	X		early summer	  
CC		<i>Uvularia sessilifolia</i>	Wild oats	8-12"	12-24"		X	X	X	X	X		spring	  
CC		<i>Verbena hastata</i>	Blue vervain	24-36"	18-30"	X	X		X	X			summer	   

Perennials & Biennials (Wildflowers) Native to the Northeast														
Native	Key	Scientific Name	Common Name	Height	Width	Sun	Part	Shade	Dry	Avg	Wet	Bloom	Wildlife Benefits	Browse Resistant
MA		<i>Aralia racemosa</i>	Spikenard	36-60"	36-60"		X	X		X			summer	   
NE		<i>Chrysopsis mariana</i>	Maryland golden-aster	12-30"	12-24"	X	X		X	X			fall	 
NE		<i>Echinacea pallida</i>	Coneflower	36-48"	12-24"	X	X		X	X			summer	 
NE		<i>Euphorbia corollata</i>	Flowering spurge	24-36"	12-24"	X	X		X	X			summer	   
NE		<i>Geum fragarioides</i>	Barren strawberry	48-60"	6-12"	X	X			X			spring	   
MA		<i>Helenium autumnale</i>	Sneezeweed	12-36"	12-24"	X				X	X		late summer	   
NE		<i>Helianopsis helianthoides</i>	False sunflower	36-60"	12-36"	X	X			X			all summer	   
MA		<i>Lobelia siphilitica</i>	Great blue lobelia	48-60"	12-24"	X	X	X		X	X		late summer	   
NE		<i>Monarda didyma</i>	Wild bee balm	24-36"	24-36"	X	X			X	X		summer	   
MA		<i>Monarda fistulosa</i>	Wild bergamot	36-48"	24-36"	X	X		X	X			late summer	   
MA		<i>Monarda punctata</i>	Spotted bee balm	12-24"	12"	X	X						all summer	   
NE		<i>Parthenium integrifolium</i>	Wild quinine	24-48"	12-24"	X			X	X			summer	  
NE		<i>Ratibida pinnata</i>	Mexican hat	36-60"	18-24"	X	X		X	X			summer	 
NE		<i>Rudbeckia hirta</i>	Black eyed susan	24-36"	12-24"	X	X		X	X	X		summer	   
MA		<i>Rudbeckia laciniata</i>	Green-headed coneflower	60-96"	24-36"	X	X	X		X			late summer	   
MA		<i>Senna hebecarpa</i>	Wild Senna	48-60"	36-48"	X	X		X	X	X		summer	   
NE		<i>Silphium perfoliatum</i>	Rosinweed	60-96"	12-36"	X			X	X			summer	   
MA		<i>Vernonia noveboracensis</i>	New York ironweed	60-96"	36-48"	X	X			X	X		late summer	   

## PLANT SOURCES AND NURSERIES

The following is a list of nurseries, garden centers, and online retailers that carry native plants. This list is not exhaustive and is meant to get you started on your native plant search. It does not focus on nurseries that are exclusively wholesale, as those suppliers mainly work with organizations who are purchasing large quantities of plants on a regular basis. Retail suppliers are more likely to be able to assist homeowners with plant selection and allow plants to be purchased in small quantities. Check with your local land trust as they may also have occasional native plant sales.

*If your favorite plant retailer doesn't carry the plant species you are looking for, be sure to let them know what you would like to see. Most plant suppliers only grow what they think people will buy. As the desire for native plants in residential landscapes is increasing across Cape Cod and the United States, more and more nurseries are expanding their resources and inventories to help meet the growing demand.*

### CAPE COD NURSERIES AND GARDEN CENTERS

**Agway of Chatham** (Chatham, MA)  
**Agway of Dennis** (Dennis, MA)  
**Agway of Orleans** (Orleans, MA)  
**Bayberry Gardens** (Truro, MA)  
**Cape Abilities Farm** (Dennis, MA)  
**Cape Coastal Nursery** (Dennis, MA)  
**Crocker Nurseries** (Brewster, MA)  
**Hyannis Country Garden** (Hyannis, MA)  
**Mahoney's Garden Center** (East Falmouth, MA)  
**Mahoney's Garden Center** (Osterville, MA)  
**Ponderosa Garden Center** (Eastham, MA)  
**Scenic Roots** (East Sandwich, MA)  
**Soares Flower Garden Nursery** (East Falmouth, MA)  
**Solidago Native Plants** (Sandwich, MA)  
**The Farm** (Orleans, MA)

### CAPE COD PLANT SALES (ON AN OCCASIONAL BASIS)

**Association to Preserve Cape Cod APCC Native Plant Sale**  
[www.apcc.org](http://www.apcc.org)  
**Master Gardener Assoc. of Cape Cod Annual Plant Sale**  
[www.mastergardenerscc.org](http://www.mastergardenerscc.org)

### MASSACHUSETTS NURSERIES AND GARDEN CENTERS

**Bigelow Nurseries** (Northboro, MA)  
**Blue Stem Natives** (Norwell, MA)  
**Butterfly Effect Farm** (Westport, MA)  
**Helia Native Nursery** (West Stockbridge, MA)  
**Kings Tree Farm & Nursery** (Boxford, MA)  
**Lady Fern Farm** (Worcester, MA)  
**Native Plant Trust: Garden in the Woods** (Framingham, MA)  
**Native Plant Trust: Nasami Farm** (Whately, MA)  
**Natural Companions** (Harvard, MA)  
**New England Wetland Plants** (South Hadley, MA)  
**Oakhaven Sanctuary** (North Reading, MA)  
**Polly Hill Arboretum** (West Tisbury, MA)  
**Sudbury Nurseries** (West Gill, MA)  
**Sylvan Nursery** (Westport, MA)  
**Tree Talk Natives** (Rochester, MA)  
**Weston Nurseries** (Hopkinton, MA)

### MASSACHUSETTS PLANT SALES (ON AN OCCASIONAL BASIS)

**Garden in the Woods Plant Sale** (Native Plant Trust)  
- [www.nativeplanttrust.org/visit/garden-woods](http://www.nativeplanttrust.org/visit/garden-woods)  
**Grow Native Massachusetts Native plant sale** - [www.grownativemass.org](http://www.grownativemass.org)  
**Resilient Roots plant sale** - [www.resroots.org](http://www.resroots.org)

### ONLINE RESOURCES FOR SEEDS / SMALL CONTAINERS

**American Meadows** - [www.americanmeadows.com](http://www.americanmeadows.com)  
**American Native Plants** - [www.americannativeplants.com](http://www.americannativeplants.com)  
**Ernst Conservation Seed** - [www.ernstseed.com](http://www.ernstseed.com)  
**Fedco Seeds** - [www.fedcoseeds.com](http://www.fedcoseeds.com)  
**Izel Native Plants** - [www.Izelplants.com](http://www.Izelplants.com)  
**Kind Earth Growers** - [www.kindearthgrowers.com](http://www.kindearthgrowers.com)  
**Northeast Pollinator Plants** - [www.northeastpollinator.com](http://www.northeastpollinator.com)  
**Northeast Seed Collective** - [www.northeastseedcollective.com](http://www.northeastseedcollective.com)  
**Prairie Nursery** - [www.prairienursery.com](http://www.prairienursery.com)  
**Prairie Moon Nursery** - [www.prairiemoon.com](http://www.prairiemoon.com)  
**Wild Seed Project** - [www.wildseedproject.net](http://www.wildseedproject.net)

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## RESOURCES FOR DESIGNING AND MAINTAINING ECOLOGICALLY FRIENDLY LANDSCAPES

### NONPROFIT ORGANIZATIONS:

ECOLOGICAL LANDSCAPE ALLIANCE (ELA)  
<https://www.ecolandscaping.org>

HOME GROWN NATIONAL PARK  
<https://homegrownnationalpark.org>

POLLINATOR PATHWAY  
<https://www.pollinator-pathway.org>

XERCES SOCIETY  
<https://www.xerces.org>

### GUIDELINES / GUIDEBOOKS

GUIDELINES FOR CAPE-FRIENDLY LANDSCAPES  
for clean water, healthy yards, and our local ecology  
by Association to Preserve Cape Cod 2023  
[https://apcc.org/wp-content/uploads/2023/08/FINALGuidelines\\_Website\\_PP\\_-PDF-compressed.pdf](https://apcc.org/wp-content/uploads/2023/08/FINALGuidelines_Website_PP_-PDF-compressed.pdf)

A GUIDE TO HEALTHY LAKES USING LAKESHORE LANDSCAPING  
Design Templates and easy-to-use planting plans by The Federation of Vermont Lakes and Ponds (FOVLAP)  
[https://dec.vermont.gov/sites/dec/files/wsm/lakes/Lakewise/docs/lp\\_VTlakescape.pdf](https://dec.vermont.gov/sites/dec/files/wsm/lakes/Lakewise/docs/lp_VTlakescape.pdf)

THE LAKE BOOK  
A Handbook for Lake Protection by Maine Lakes and FB Environmental Associates <https://www.lakes.me/lakebook>

THE MASSACHUSETTS BUFFER MANUAL  
Using Vegetated Buffers to Protect our Lakes and Rivers  
Prepared by the Berkshire Regional Planning Commission  
for The Massachusetts Department of Environmental Protection  
2003  
<https://www.mass.gov/files/documents/2016/08/wv/bufin2.pdf>

THE ORLEANS BLUE PAGES  
A Guide to Protecting Cape Cod Waters  
by Orleans Pond Coalition August 2009  
<https://www.orleanspondcoalition.org/blue-pages>



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