



Restoration of the Wildflower Meadow at Bent of the River is given in loving memory of Carrie Noel Medici by her family and friends.



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Bentoftheriver Audubon..org



Medici Wildflower Meadow

Planting List



Perennial Flowers

- Wreath Goldenrod, *Solidage caesia*, 1'-3', Not aggressive like other goldenrods. Bird and Butterfly are highly attracted to. Flowering in August to October
- Woodland Sunflower, *Helianthus divaricatus*, 3'-5', Blooms last up to several months. Bird and Butterfly are highly attracted to. Flowering in July to October
- Wild Strawberry, *Fragaria virginiana*, 3"-6", Flowers in Spring, Fruit in Summer. Bird and Butterfly Magnet. Plant on edges so sunlight can hit small plants. Flowering April to June
- Wild Columbine, *Aquilegia Canadensis*, 1'-3', Attracts hummingbirds and butterflies. Flowering April to July
- Wild Bee Balm, *Monarda fistulosa*, 2'-4', Attracts hummingbirds and butterflies. Flowering July to August
- Showy Goldenrod, *Solidago speciosa*, 1'-3', Birds and Butterflies. Flowering August to October
- Ox-eye Sunflower, *Heliopsis helianthoides*, 3'-5', Long-lasting blooms. Birds and butterflies. Flowering July to September
- Obedient Plant, *Physosegia virginiana*, 1'-2', Attracts birds and butterflies. Flowering July to August
- New York Ironweed, *Vernonia noveboracensis*, 4'-8', Attracts Birds and Butterflies. Flowering August to October
- Foxglove Beardtongue, *Penstemon digitalis*, 2'-3', "wonderful in meadow gardens" attracts birds and butterflies. Flowering May to July
- Dog-tooth Daisy, *Helenium autumnale*, 4'-5', Attracts birds and butterflies Flowering August to November
- Black-eyed Susan, *Rudbeckia hirta*, 1'-3', Attracts Birds and Butterflies Flowering June to October
- Northern Blazing Star, *Liatris scariosa var nova-angliae* 3-6', Attractive to humming birds and butterflies. Perennial Flowering June to September
- Spotted Joe Pye Weed, *Eupatorium maculatum*, 2-6', Attractive to humming birds and butterflies. Perennial. Flowering July to September
- Jerusalem Artichoke, *Helianthus tuberosus*, 4-10', Attractive to humming birds and butterflies. Perennial. Flowering August to October
- New England Aster, *Symphyotrichum novae-angliae*, 3-7', Attractive to humming birds and butterflies. Perennial. Flowering August to October
- Green-headed Coneflower, *Rudbeckia laciniata*, 3 to 12' Attractive to humming birds and butterflies. Perennial. Flowering July to September



Grasses

- Indian Grass, *Sorghastrum nutans*, 3'-6'
- Big Blue Stem, *Adropogon gerardii*, 3'-6'
- Little Blue Stem, *Schizachyrium scoparium*, 2'-3'
- Blue Grama, *Bouteloua gracilis*, 1'-2,

Legumes Note: all of the legumes have beautiful flowers and are nitrogen 'fixing'

- Wild Blue Lupine, *Lupinus perennis*, 1-2'
- Partridge Pea, *Chamaecrista fasciculata*, 1-2'



Pre-planting cover crop:

When first starting a wildflower meadow, urse crops such as annual rye, annual flax, oats, etc., can help suppress weed growth without harming desirable seedlings. When planted at the recommended rates, these annual "nurse plants" grow rapidly without competing with the wildflowers and grasses. Nurse crops occupy the "ecological niche" that would otherwise be taken by annual weeds, thus reducing weed growth. Nurse crops generally do not re-seed themselves. However, it must be mowed before it goes to seed.

Selected Nurse Crops Seeding Rates:

| | <u>Spring Planting</u> | <u>Fall</u> |
|-----------------|-------------------------------|---------------|
| <u>Planting</u> | | |
| Oats: | 64 lbs./acre (2 bushels/acre) | 128 lbs./acre |
| Annual Rye: | 5 lbs./acre | 15 lbs./acre |
| Annual Flax: | 10 lbs./acre | N/A |