

**USEFUL NATIVE SPECIES OF THE MID-ATLANTIC**  
**Compiled by Eric Toensmeier [www.perennialsolutions.org](http://www.perennialsolutions.org)**

TREES 50'+											
Latin Name	Common Name	Form	Height	Clump or Run	Sun or Shade	Edible	Nitro Fix	Nectary	Tallamy	Ground Cover	Other
<i>Acer saccharinum</i>	Silver Maple	tree	75-100'	clump	sun	sap for syrup			yes		high-sugar varieties available
<i>Carya illinoensis</i>	Pecan	tree	75-120'	clump	sun	nuts			yes		grafted varieties are superior
<i>Carya lacinata</i>	Shellbark Hickory	tree	75-100'	clump	sun	nuts			yes		grafted varieties are superior
<i>Carya ovata</i>	Shagbark Hickory	tree	75-100'	clump	sun	nuts			yes		grafted varieties are superior
<i>Castanea dentata</i> hybrids	American Chestnut	tree	75-100'	clump	sun*	nuts			yes		can germinate and wait in shade for gaps in canopy. need some hybrid genes to resist blight.
<i>Celtis occidentalis</i>	Hackberry	tree	75-100'	clump	sun	fruit/nut combo					grind for "candy bars" or eat raw, some forms hard enough to break teeth on nutshell others fine
<i>Juglans cinera</i>	Butternut	tree	75-100'	clump	sun	nuts			yes		grafted varieties are superior
<i>Juglans nigra</i>	Black Walnut	tree	75-100'	clump	sun	nuts			yes		grafted varieties are superior
<i>Persea borbonia</i>	Redbay	tree	40-70'	clump	sun	"bay leaf"					

<i>Quercus</i> hybrids	Native Oak Hybrids	tree	75-100'	clump	sun	acorns (processed)				yes	naturally-occurring hybrids of bur, white, holly, and swamp white oak with low-tannin acorns
<i>Robinia pseudoacacia</i>	Black Locust	tree	50-75'	run	sun	flowers	yes				suckering and thorny
<i>Tilia americana</i>	Linden	tree	75-100'	clump	sun to part	young leaves, flowers for tea				yes	can be coppiced for maximum leaf production

TREES 25-50'											
Latin Name	Common Name	Form	Height	Clump or Run	Sun or Shade	Edible	Nitro Fix	Nectary	Tallamy	Ground Cover	Other
<i>Amelanchier lamarkii</i>	Tree Serviceberry	tree	35-50'	clump	sun	fruit					
<i>Asimina triloba</i>	Pawpaw	tree	20-35'	run	sun to part	fruit					grafted forms available
<i>Cercis canadensis</i>	Redbud	tree	20-35'	clump	sun to part	flowers	no*				* a legume that doesn't fix nitrogen
<i>Diospyros virginiana</i>	American Persimmon	tree	35-75'	run	sun	fruit					grafted forms available
<i>Morus rubra</i>	Red Mulberry	tree	35-50'	clump	sun	fruit					

TREES, SHRUBS, and BAMBOO 12-25'											
Latin Name	Common Name	Form	Height	Clump or Run	Sun or Shade	Edible	Nitro Fix	Nectary	Tallamy	Ground Cover	Other
<i>Alnus serrulata</i>	Hazel Alder	shrub	12-20'	clump	sun		yes		yes		

<i>Arundinaria gigantea</i>	Giant Cane Bamboo	bamboo	10-20'	run	sun to part	shoots					native bamboo! very useful for garden stakes, trellising etc.
<i>Crataegus aestivalis</i>	Mayhaw	tree		clump	sun	fruit			yes		grafted forms available
<i>Myrica cerifera</i>	Wax Myrtle	shrub	10-30'	clump	sun	"bay leaf"	yes				
<i>Prunus americana</i>	American Plum	tree	12-35'	run	sun	fruit			yes		
<i>Viburnum lentago</i>	Nannyberry	shrub	20-35'	clump	sun to part	fruit					cooked fruit pulp "bananalike"
<i>Zanthoxylum americanum</i>	Prickly Ash	shrub	12-35'	run	sun	fruit and leaves spice					related to Szechuan pepper

PLANTS 6-12'											
Latin Name	Common Name	Form	Height	Clump or Run	Sun or Shade	Edible	Nitro Fix	Nectary	Tallamy	Ground Cover	Other
<i>Amelanchier obovalis</i>	Coastal Serviceberry	shrub	6-8'	clump	sun	fruit					
<i>Amorpha fruticosa</i>	False Indigo	shrub	8' x 6'	clump	sun to part		yes				tolerates part shade
<i>Calycanthus floridus</i>	Eastern Sweetshrub	shrub	6-12'	clump	sun to part	dried bark spice					all other parts toxic
<i>Castanea pumila</i>	Chinkapin	shrub	4-20'	clump	sun	nuts			yes		
<i>Corylus americana</i>	American Hazel	shrub	6-12'	clump	sun to part	nuts			yes		
<i>Eleagnus commutata</i>	Silverberry	shrub	6-12'	clump	sun	fruit (poor)	yes				yes, a native <i>Eleagnus</i>
<i>Helianthus maximilianii</i>	Maximilian Sunflower	herb	6-12'	clump	sun	shoots, tubers		yes	yes		

<i>Helianthus tuberosus</i>	Sunchoke	herb	6-12'	run	sun	tubers		yes	yes		aggressive runner, prefers annual digging
<i>Lindera benzoin</i>	Spicebush	shrub	6-12'	clump	sun to part	fruits and leaves spice					
<i>Myrica pensylvanica</i>	Bayberry	shrub	6-8'	run	sun	"bay leaf"	yes				
<i>Prunus maritima</i>	Beach Plum	shrub	6-8'	run	sun	fruit			yes		
<i>Ribes odoratum</i>	Buffalo Currant	shrub	6-10'	run	sun to part	fruit					
<i>Sambucus canadensis</i>	Elderberry	shrub	6-12'	clump	sun to part	fruit, flowers		yes			all other parts toxic
<i>Vaccinium corymbosum</i>	Highbush Blueberry	shrub	6-8'	clump	sun	fruit			yes		
<i>Viburnum trilobum</i>	Highbush Cranberry	shrub	6-12'	clump	sun to part	fruit		yes			

PLANTS 3-6'											
Latin Name	Common Name	Form	Height	Clump or Run	Sun or Shade	Edible	Nitro Fix	Nectary	Tallamy	Ground Cover	Other
<i>Asclepias syriaca</i>	Common Milkweed	herb	3-4'	run	sun	shoots, young leaves, flowers, pods			yes		
<i>Aster novae-angliae</i>	New England Aster	herb	4-6'	clump	sun to part			yes	yes		
<i>Baptisia australis</i>	Wild Indigo	herb	3-4'	clump	sun		yes				toxic
<i>Ceanothus americanus</i>	New Jersey Tea	shrub	3-4'	clump	sun to part	tea	yes				
<i>Comptonia</i>	Sweetfern	shrub	3-4'	run	sun	tea	yes			yes	

<i>perigrina</i>											
<i>Heracleum maximum</i>	Cow Parsnip	herb	5-6'	clump	sun to part	stalks, roots		yes			sap can cause "super sunburn" rashes on sunny days. deadly lookalikes.
<i>Laportaea canadensis</i>	Wood Nettle	herb	4'	run	part to shade	cooked shoots and young leaves					stings
<i>Matteuccia struthiopteris</i>	Ostrich Fern	herb	3-5'	run	part to shade	fiddleheads					
<i>Monarda didyma</i>	Bee Balm	herb	3-4'	run	sun to part	tea			yes		
<i>Phytolacca americana</i>	Pokeweed	herb	4-8'	clump	sun to part	shoots*					*boiled in three changes of water, but very popular
<i>Polygonatum commutatum</i>	Giant Solomon's Seal	herb	3-5'	run	sun to shade	shoots, roots					
<i>Prunus pumila</i>	Sandcherry	shrub	3-4'	run	sun	fruit					
<i>Ribes idaeus</i>	American Red Raspberry	shrub	3-5'	run	sun	fruit					
<i>Rubus allegheniensis</i>	Allegheney Blackberry	shrub	3-6'	run	sun	fruit					
<i>Rubus occidentalis</i>	Black Raspberry	shrub	3-5'	run	sun	fruit					
<i>Thermopsis villosa</i>	Carolina Bushpea	herb	3-5'	run	sun		yes				toxic
<i>Urtica gracilis</i>	Native Stinging Nettle	herb	3-5'	run	sun to part	cooked shoots and young leaves					stings

PLANTS 6-36"											
Latin Name	Common Name	Form	Height	Clump or Run	Sun or Shade	Edible	Nitro Fix	Nectary	Tallemy	Ground Cover	Other
<i>Agastache foeniculum</i>	Anise Hyssop	herb	18-24"	clump	sun to part	tea					
<i>Allium canadense</i>	Wild Garlic	herb	1'	clump	sun to shade	leaves, bulbs					
<i>Allium cernuum</i>	Nodding Wild Onion	herb	1'	clump	sun to part	leaves, bulbs					
<i>Amelanchier stolonifera</i>	Running Serviceberry	shrub	2-3'	run	sun	fruit					
<i>Cryptotaenia canadensis</i>	Honewort	herb	2'	clump	part to shade	leaves		yes			deadly lookalikes
<i>Desmodium canadense</i>	Tick Trefoil	herb	3'	clump	part to shade		yes				annoying sticky seed pods
<i>Gaylussacia baccata</i>	Huckleberry	shrub	3'	run	sun to part	fruit					
<i>Lathyrus japonicus maritimus</i>	Beach Pea	herb	2'	run	sun	peas	yes				peas fresh or dried
<i>Lupinus perennis</i>	Lupine	herb	2'	clump	sun		yes		yes		
<i>Mentha arvensis</i>	Native Mint	herb	2'	run	sun to part	tea					
<i>Opuntia humifusa</i>	Prickly Pear	cactus	1'	run	sun	fruit, pads (spiny)					evergreen
<i>Osmorhiza claytonii</i>	Sweet Cicely	herb	2'	clump	part to shade	leaves, roots		yes			deadly lookalikes

<i>Pachysandra procumbens</i>	Native Pachysandra	herb	8"	run	sun to shade					yes	evergreen
<i>Physalis longifolia</i>	Longleaf Ground Cherry	herb	2'	run	sun to part	fruit					toxic until ripe
<i>Podophyllum peltatum</i>	Mayapple	herb	1'	run	part to shade	fruit				yes	toxic until ripe
<i>Pycnanthemum virginianum</i>	Mountain Mint	herb	18"	run	sun to part	tea		yes		yes	
<i>Solidago odora</i>	Sweet Goldenrod	herb	3'	clump	sun to part	tea		yes	yes		goldenrods are Tallamy's top herbaceous species
<i>Vaccinium angustifolium</i>	Lowbush Blueberry	shrub	18"	run	sun	fruit					
<i>Zizia aurea</i>	Golden Alexanders	herb	18"	clump	sun to part	flowers		yes			deadly lookalikes

PLANTS 0-6"											
Latin Name	Common Name	Form	Height	Clump or Run	Sun or Shade	Edible	Nitro Fix	Nectary	Tallamy	Ground Cover	Other
<i>Allium tricoccum</i>	Ramps	herb	6-8"	clump	part to shade	leaves, bulbs					ephemeral
<i>Arctostaphylos uva-ursi</i>	Bearberry	shrub	6"	run	sun to part	berries (bland)				yes	evergreen
<i>Chrysogonum virginianum</i>	Green and Gold	herb	3"	run	sun to part			yes		yes	evergreen
<i>Coreopsis auriculata</i>	"Nana" Coreopsis	herb	6"	run	sun to part			yes		yes	dwarf clone of larger plant, evergreen

<i>Dentaria diphylla</i>	Toothwort	herb	6"	run	part to shade	leaves and rhizomes						ephemeral, strong "wasabi" horseradish flavor
<i>Fragaria virginiana</i>	Wild Strawberry	herb	6"	run	sun to part	fruit				yes		evergreen
<i>Mitchella repens</i>	Partridgeberry	shrub	1"	run	part to shade	berries (bland)				yes		evergreen
<i>Tiarella cordifolia</i>	Foamflower	herb	4"	run	part to shade			Yes		yes		evergreen
<i>Vaccinium crassifolium</i>	Creeping Blueberry	shrub	6"	run	sun to part	fruit				yes		evergreen
<i>Vaccinium macrocarpon</i>	Cranberry	shrub	4"	run		fruit				yes		evergreen
<i>Viola sororia</i>	Common Blue Violet	herb	6"	run	sun to shade	leaves, flowers			yes	yes		evergreen
<i>Waldsteinia fragarioides</i>	Barren Strawberry	herb	4"	run	sun to part					yes		evergreen

VINES											
Latin Name	Common Name	Form	Height	Clump or Run	Sun or Shade	Edible	Nitro Fix	Nectary	Tallamy	Ground Cover	Other
<i>Amphicarpa bracteata</i>	Hog Peanut	annual vine	3'	self sows	sun to shade	dry bean	yes			yes	very dense, smothers all below 3'
<i>Apios americana</i>	Groundnut	herb vine	6'	run	sun to part	tubers	yes				spreads aggressively
<i>Humulus lupulus var. lupuloides</i>	Native Hops	herb vine	20'	clump	sun to part	shoots eaten, flowers to brew					native variety of hops

<i>Ipomoea pandurata</i>	Manroot Morning Glory	herb vine	10-20'	clump	sun	roots*			yes		huge tubers to 30lbs. sweet potato relative, some forms bitter, experiment with caution.
<i>Passiflora incarnata</i>	Maypop	herb vine	10-20'	run	sun	fruit					native passionfruit
<i>Phaseolus polystachios</i>	Perennial Wild Bean	herb vine	9-12'	clump	sun to part	dry bean	yes				never more than 6' here so far
<i>Strophostyles helvola</i>	Woolly Bean	annual vine	6'	self sows	sun to part	dry bean	yes			yes	once cultivated as a bean crop
<i>Vitis labrusca</i>	Fox Grape	woody vine	70'	clump	sun	fruit					wild parent of "Concord"
<i>Vitis riparia</i>	Riverbank Grape	woody vine	70'	clump	sun	fruit (tart)					improved forms available
<i>Vitis rotundifolia</i>	Muscadine	woody vine	70'	clump	sun	fruit					cultivated
<i>Wisteria frutescens</i>	American Wisteria	woody vine	70'	clump	sun		yes				native wisteria, probably toxic

<b>FUNGI</b>				
<b>Latin Name</b>	<b>Common Name</b>	<b>Growing Medium</b>	<b>Edible</b>	
<i>Coprinus comatus</i>	Shaggy Mane	mulch, compost	mushroom	
<i>Hericeum erinaceus</i>	Lion's Mane	stumps, logs	mushroom	lobster flavored
<i>Hypholoma sublaterium</i>	Chestnut Mushroom	logs, stumps, sawdust	mushroom	oysterlike
<i>Hypsizygus ulmarius</i>	Elm Oyster	mulch, compost	mushroom	easily grown
<i>Lepista nuda</i>	Blewit	mulch, compost	mushroom	
<i>Morchella spp.</i>	Morel	soil under trees	mushroom	mycorrhizal
<i>Pleurotus spp.</i>	Oyster	logs	mushroom	easily grown, many species
<i>Polyporus sulphureus</i>	Chicken of the Woods	stumps, logs	mushroom	taste like chicken breast
<i>Stropharia rugosa-annulata</i>	Winicap	mulch, compost	mushroom	easily grown

Many mycorrhizal non-edible species are available as inoculants.