

USEFUL PERENNIAL NATIVE SPECIES OF THE EASTERN FOREST REGION

Compiled by Eric Toensmeier www.perennialsolutions.org

Nitrogen fixation: “high” = 160 lbs/acre+, “med” = 85-160 lbs/acre, “low” = 0-85 lbs-acre. “Yes” = unknown.

Nectary plants attract beneficial insects that control pests. “Tallamy” indicates key food source for caterpillars, a food chain anchor. Ground covers serve as living mulches and suppress weeds.

Species in **bold** are native to Hampshire County, MA.

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>Acer saccharum</i>	Sugar 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	med				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*				
<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					

Redbud is a non-nitrogen-fixing legume.

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		med		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"	low				
<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

				Run							
<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		med				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)	med				yes, a native <i>Eleagnus</i>
<i>Helianthus maximiliani</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"	med				
<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>Ceanothus americanus</i>	New Jersey Tea	shrub	3-4'	clump	sun to part	tea	low				
<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 americanum</i>	American black currant	Shrub	3-5'	Clump	Sun to shade	fruit					
<i>Ribes hirtellum</i>	Swamp gooseberry	Shrub	3'	Run	Sun to part	fruit					
<i>Rubus idaeus</i>	American Red Raspberry	shrub	3-5'	run	sun	fruit					
<i>Rubus allegheniensis</i>	Allegheny Blackberry	shrub	3-6'	run	sun	fruit					
<i>Rubus occidentalis</i>	Black Raspberry	shrub	3-5'	run	sun	fruit					
<i>Senna marilandica</i>	Maryland Senna	herb	3-6'	clump	sun		med				
<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	Tallemly	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>Dalea candida</i>	White Prairie Clover	Herb	1-2'	clump	sun	tea	high				only eastern native "high" nitrogen fixer
<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	med				peas fresh or dried
<i>Lespedeza hirta, L. capitata</i>	Bush Clovers	herbs	1-3'	clump	sun		med				
<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 heterophylla</i>	Clammy Ground	herb	2'	run	sun to part	fruit					toxic until ripe

	Cherry										
<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>Cornus canadensis</i>	bunchberry	Shrub	6"	Run	Part to shade	Berries				Yes	evergreen

<i>Dentaria diphylla</i>	Toothwort	herb	6"	run	part to shade	leaves and rhizomes					ephemeral, strong "wasabi" horseradish flavor
<i>Dryas octopetala</i>	Mountain Avens	herb	6"	mat	sun		med			yes	
<i>Fragaria virginiana</i>	Wild Strawberry	herb	6"	run	sun to part	fruit				yes	evergreen
<i>Gaultheria procumbens</i>	Wintergreen	Shrub	6"	Run	Part to shade	Fruit, tea				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	med				spreads aggressively

<i>Humulus lupulus</i> var. <i>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		med				native wisteria, probably toxic

FUNGI				
Latin Name	Common Name	Growing Medium	Edible	
<i>Coprinus comatus</i>	Shaggy Mane	mulch, compost	mushroom	
<i>Hericeum erinaceous</i>	Lion's Mane	stumps, logs	mushroom	lobster flavored

<i>Hypoloma 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.