**WHY NATIVE PLANTS MATTER**

* Require less water and fertilizer because they are adapted to local soils and climates;
* Are more resilient and long lived than non-natives;
* Support pollinators that are required for almost all food crops;
* Provide food for insects and native bird populations;
* Are more disease resistant; and
* Are lower maintenance.

Caterpillars are the major source of protein for birds, especially newborns. These native trees are the most important caterpillar hosts: oak, willow, cherry, plum, peach, pine, poplar, aspen, cottonwood

**Some Common Native Perennials** (cultivars of native species are not usually as beneficial to wildlife)**:**

Aster (Aster divaricate,ericodees,novi-belgii, novae-angliae)

Barren strawberry (Waldsteinia fragariodides)

Beardstongue (penstemon hirsutus, divaricate)

Beebalm (monarda didyma, fistulosa)

Black Cohash (cimicifuga racemosa)

Black-eyed Susan (rudbeckia hirta)

Bloodroot (sanguinaria canadensis)

Canadian ginger (asarum canadense)

Columbine (aquilegia candensis)

Fern (maidenhair, lady, ostrich, Christmas)

Foamflower (tiarella cordifolia)

Goldenrod (solidago caesia, rugosa)

Grass little blue stem, big bluestem (schizachyrium scoparium, andropogon gerardii)

Helen’s flower or sneezeweed (Helenium autumnale)

Jack-in-the-pulpit (arisaema triphyllum)

Joe-Pye weed (eupatorium maculatum)

Lobelia (cardinalis, great blue siphilitica)

Moss pink phlox, wild blue (phlox subulata, phlox divericata)

Mayapple (podophyllum peltatum)

Milkweed (asclepias all varieties)

Pink coreopsis (coreopsis rosea)

Spiderwort (tradescantia ohiensis)

Turtlehead white (chelone glabra)

Violet Birdsfoot (viola pedata)

Wild Geranium (geranium maculatum)

For lists of native plants go to Native Plant Trust, Wild Seed Project, or Audubon Society.