






# Native Plants 101:

## Black-eyed Susan (*rudbeckia hirta*)

Black Eyed Susan, ***wezawab-gonik*** for the Anishinaabe, is a resilient Ontario native known for its ability to withstand more heat and drought than almost any other garden perennial. Featuring golden-yellow petals, they provide a splash of colour from July to September.

If you are looking for a “planted and forgotten” beauty that supports local ecosystems, the Black-Eyed Susan is an essential choice.

	<b>Sun Exposure</b>	Full Sun
	<b>Soil Moisture</b>	Dry
	<b>Nature Attracting</b>	Butterfly
	<b>Wildlife Benefit</b>	Butterfly/Moth Nectar, Food for Birds, Pollinators, and Small Animals
	<b>Animal Resistance</b>	None








# Native Plants 101:

## Common Milkweed (*asclepias syriaca*)

Common Milkweed, *ninwanzh* for the Anishinabe, is fast spreading and easy to grow. Tolerating a variety of poor soils, it can be found naturally in meadows, open fields and along roadsides. The dusty pink to lavender flowers produce a very strong and sweet smell, forming in clusters of up to 100 star-like blooms.

They host larvae of the Monarch butterfly, and will make a great addition to a larger pollinator garden, as it is a vigorous grower.

	<b>Sun Exposure</b>	Full Sun
	<b>Soil Moisture</b>	Dry, Moderate
	<b>Nature Attracting</b>	Butterfly, Pollinators, Beneficial Insects
	<b>Wildlife Benefit</b>	Butterfly/Moth Host, Butterfly/Moth Nectar
	<b>Animal Resistance</b>	Deer Resistant, Rabbit Resistant








# Native Plants 101:

## Butterfly Milkweed (*asclepias tuberosa*)

Butterfly Milkweed, *ininiwanzh* for the Anishinabe is a garden staple with bright orange flowers, a long bloom time from June through September, and high tolerance to drought. It is not an aggressive spreader in comparison with other native plants, making it suitable for small gardens.

The Butterfly Milkweed is the host plant for the monarch butterfly and a great nectar source for many other butterflies and pollinators.

	<b>Sun Exposure</b>	Full Sun
	<b>Soil Moisture</b>	Dry, Moderate
	<b>Nature Attracting</b>	Butterfly, Hummingbird, Pollinators/Beneficial Insects
	<b>Wildlife Benefit</b>	Butterfly/Moth Host, Butterfly/Moth Nectar
	<b>Animal Resistance</b>	Deer Resistant








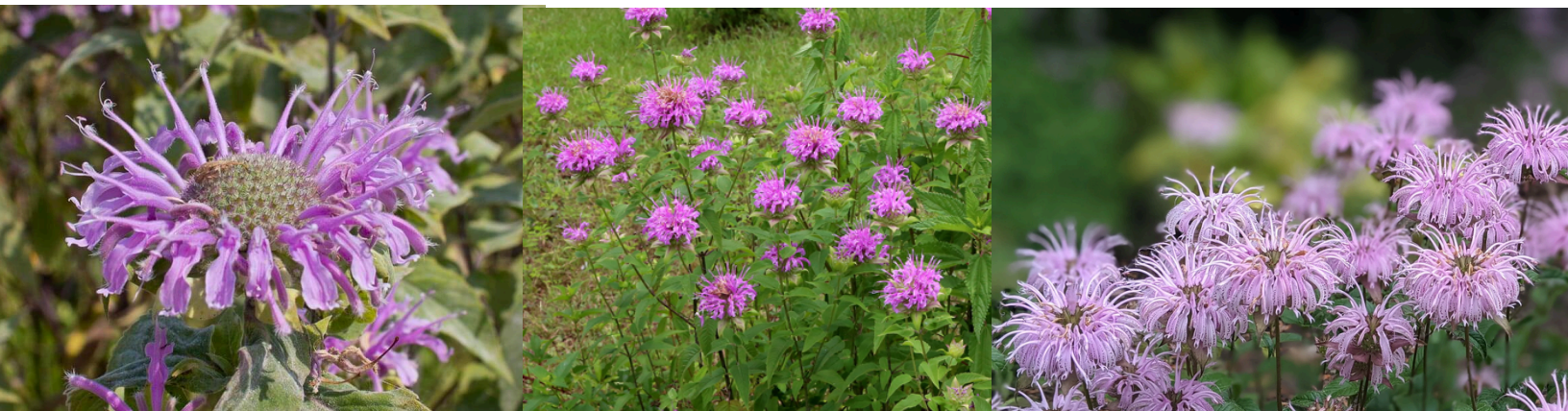
# Native Plants 101:

## Wild Bergamot (*monarda fistulosa*)

Wild bergamot, *zaaspkwaa* for the Anishinabe, produces pink and lavender flowers that serve as a main nectar source for bees, butterflies, and hummingbirds. With blooms lasting from mid to late summer, Wild Bergamot is a the perfect host plant for larvaes of the Hermit Sphinx Moth.

Beyond its ornamental and ecological value, this mint-family plant has been traditionally used to brew soothing herbal teas.

 <b>Sun Exposure</b>	Full Sun
 <b>Soil Moisture</b>	Dry, Moderate
 <b>Nature Attracting</b>	Butterfly, Hummingbird
 <b>Wildlife Benefit</b>	Butterfly/Moth Host, Butterfly/Moth Nectar
 <b>Animal Resistance</b>	Deer Resistant








# Native Plants 101:

## Dense Blazing Star (*Iatris spicata*)

Dense Blazing Star (Marsh Blazing Star), *mooz-waanow(ag)* for the Anishinabe, is widely considered one of the best nectar sources for the Monarch butterfly and a host of native bees. The Blazing Star produces magnificent purple flower that open from the top down, creating an spectacular display from July to September.

It's unique vertical form and grassy foliage make it a great choice for borders, rock gardens, and meadow restorations.

	<b>Sun Exposure</b>	Full Sun
	<b>Soil Moisture</b>	Dry, Moderate, High
	<b>Nature Attracting</b>	Butterfly
	<b>Wildlife Benefit</b>	Butterfly/Moth Nectar
	<b>Animal Resistance</b>	None








# Native Plants 101:

## Sweetgrass (*Hierochloa odorata*)

Sweetgrass, **wiingashk** for the Anishinabe, is an aromatic grass native to North America. To the Anishinaabe within Ontario, it is included as one of the "Four Sacred Medicines" alongside tobacco, cedar, and sage. Braided into long strands, sweetgrass is often burned in smudging ceremonies, where the smoke is used to cleanse people, objects, and places.

Other ecological benefits include erosion prevention, improved soil health, and wetland restoration.

	<b>Sun Exposure</b>	Full or Partial Sun
	<b>Soil Moisture</b>	Moderate to Moist
	<b>Nature Attracting</b>	Butterflies, Bees, Moths, Hummingbirds
	<b>Wildlife Benefit</b>	Butterfly/Moth Nectar
	<b>Animal Resistance</b>	None

