

## **Forbs**



Anise Hyssop (*Agastache foeniculum*) is a perennial forb that ranges in height from 2 to 5 feet. It prefers dry, sandy, well drained locations with light shade to full sun. Native habitat is deciduous woods, thickets and prairies. The flowers bloom from June to September and are edible. The leaves have been used as a tea or flavoring. It has traditionally been used medicinally. It should not be consumed during pregnancy. It is attractive to bees, and is commonly found in prairie restorations. It can be grown from seed, or propagated by division. It self sows easily, and spreads quickly by roots.

Wild onion (*Allium stellatum*) is a perennial forb that ranges in height from 1 to 2.5 feet. It prefers dry, rocky locations with full sun. Native habitat includes prairies, shores, meadows, fields and rocky places. It produces bulbs that are 3 to 4 cm long with a small papery coating. The flower blooms from July to August. The entire plant is edible, but the bulb in particular is good raw, boiled and roasted. It has traditionally been used medicinally as a poultice for bee and wasp stings. The greens readily absorb selenium from soil and air pollutants. It has small showy black seeds. It can be grown from seed, or easily propagated by division.



Canadian anemone (*Anemone Canadensis*) is a tall perennial forb ranging in height from 1 to 3 feet. It tolerates conditions from wet to mesic to dry and prefers rich soil. It does best in sites with full sun to part shade. Native habitat includes open woods and rocky outcroppings. It can be aggressive in the right locations, and spreads by rhizome. The flower blooms from May to July. It can be grown from seed, or propagated by division.

Columbine (*Aquilegia Canadensis*) is a perennial forb that ranges in height from 1 to 3 feet. It prefers dry conditions with anywhere from sun to shade. Native habitat includes woods to open meadows, rocky places, forest edges, clearings and slopes. Flowers bloom from May to July. It has traditionally been used medicinally. It is often used by hummingbirds and long-tongued moths. The seeds can contain cyanogenic glycosides, which is toxic to children in large quantities, but is usually inactivated by drying. It can be grown from seed, or propagated by division.



*Beltrami SWCD Seed Mix: All forbs are native to Beltrami County*



Swamp milkweed (*Asclepias incarnate*) is a perennial forb that grows to a height of 3 to 4 feet. It prefers sunny, moist locations with organic rich to mesic mineral soils. Native habitat includes wet meadows and lakeshores. It attracts wildlife such as butterflies hummingbirds, bees and moths. It has been traditionally used medicinally. It can be grown from seed, or very carefully propagated by division with minimal root disturbance.

Smooth aster (*Aster laevis*) is a perennial forb that grows to a height of 1 to 3 feet. It prefers dry locations with coarse to medium textured soil. It does not tolerate shade. Native habitat includes wood edges, open woods, fields and clearings. It spreads by rhizome. When propagated by seed, it spreads slowly. When propagated by plants, it spreads at a moderate rate. Flowers bloom from August to October. It has a medium drought tolerance, but is saline intolerant.



Large-leaved aster (*Aster macrophyllus*) is a perennial forb that grows to a height of 1 to 2 feet. It tolerates locations with full sun to full shade. It prefers locations that are dry to moist with sandy loam to organic soil. Flowers bloom from August to October and are large and showy.

Panicled aster (*Aster simplex*, *Aster lanceolatus*) is a perennial forb that grows to a height of 2 to 4 feet. It prefers damp locations with rich soil and full sun. Flowers bloom from August to October, and are particularly valuable as a fall source of nectar for butterflies, bees and moths. It spreads by rhizome and can be aggressive if conditions are correct. It can be grown from seed, or propagated by division in early spring. In order for it to thrive long term, the plant should be divided every few years.



Canada milk vetch (*Astragalus Canadensis*) is a perennial forb that grows to heights of 3 to 4 feet. It prefers well-drained soils in locations with full to part sun. Native habitats include mesic prairies, lakeshore and streambanks. It attracts hummingbirds. The roots are edible in early spring, and Canada milk vetch has traditionally been used medicinally. It is best propagated by seed.

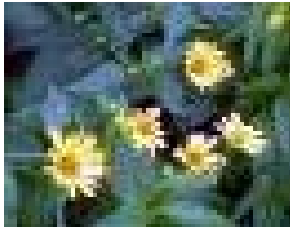
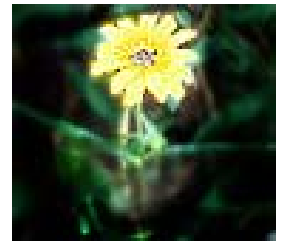
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Harebells (*Campanula rotundifolia*) is a perennial forb that ranges in height from 6 inches to 1.5 feet. It prefers wet-mesic locations with full sun to part shade. It tolerates thin, unstable and poor soils. Native habitat includes rocky outcroppings, along rivers, meadows, and prairies. Flowers typically bloom from June to September. It is a much hardier plant than its appearance indicates. It can be propagated by seed or division.



Northern bedstraw (*Galium boreale*) is a perennial forb that grows to a height of 1 to 2.5 feet. It prefers wet to mesic locations with full to part sun, but grows in a variety of soil types. It spreads from rhizomes. It is good ground cover. Traditionally, it has been used medicinally, and the seeds are edible. Native habitat includes wet prairies, wet meadows, savannas, oak woodlands, and in rocky glades and openings.

Stiff sunflower (*Helianthus rigidus*) is a perennial forb that grows from 3 to 5 feet tall. It prefers dry locations with full sun and sandy soils. It spreads by rhizome. Flowers bloom from August to October. Native habitats include dry prairies and slopes.



Ox-eyed sunflower (*Heliopsis helianthoides*) is a perennial forb that grows from 2 to 5 feet tall. It prefers dry locations with full sun, but grows in a variety of soils. Native habitats include woodland openings, riverbanks and prairies. It is very easy to grow, and is a good butterfly plant. Flowers bloom from July to September. It is not a true sunflower. It can be propagated by seed or division.

Wild bergamot (*Monarda fistulosa*) is also known as Horse mint or Bee balm. It is a widespread perennial forb that grows to heights of 2 to 4 feet. It prefers dry, sandy locations with full sun. Native habitats include the edges of woods, lake or stream beaches, prairies and roadsides. Its fragrant flowers bloom from July to September. It has traditionally been used medicinally. While it is edible, it is not advisable to ingest during pregnancy. It has high wildlife value as it attracts bees, hummingbirds and butterflies. It spreads by slender creeping rhizomes, commonly forming clumps. It is easily propagated by seed or division.



***Do not use native plants for food or medicine based on this information. It is included only as folklore.***

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Prairie cinquefoil (*Potentilla arguta*) is a tall perennial forb that grows to heights of 1 to 3 feet. It prefers dry, rocky locations with full sun. Native habitat includes open places, woods and prairies. Flowers bloom from June to August. Its leaves are edible, but ingestion is not recommended for extended use. It has traditionally been used medicinally. It can best be propagated by seed.

Black-eyed susan (*Rudbeckia hirta*) is a common perennial forb that grows from 1 to 3 feet tall. It prefers dry, sunny locations such as lake or stream beaches, prairies, fields, open deciduous woods and roadsides. It can be easily grown from seed. Flowers bloom from June to October. It provides seed for goldfinches and finches, and acts as a host for black with orange striped silvery checkerspot caterpillars. It can best be propagated by seed.



Gray goldenrod (*Solidago nemoralis*) is a perennial forb that grows from 1.5 to 2 feet tall. It prefers dry, sandy locations with full sun. Native habitat includes open woods, and lake and stream beaches. Flowers bloom from July to October. It has traditionally been used medicinally. The plant absorbs high nitrate levels from fertilized soils. It can be propagated by seed or division, and spreads rapidly by rhizomes.

Stiff goldenrod (*Solidago rigida*) is a perennial forb with a height range from 1 to 5 feet. It prefers dry sandy locations with anywhere from full sun to part shade. Native habitats include thickets, prairies and roadsides. It blooms from August to October. Traditionally, it has been used medicinally. The plant absorbs high nitrate levels from fertilized soils. It can be propagated by seed or division.



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Blue vervain (*Verbena hastata*) is a perennial forb with a height range of 2 to 5 feet. It prefers well-drained soils and full sun. It flowers from July to September. It has edible and medicinal uses. Native habitat includes wet meadows, wet prairies, mesic prairies, and along streams and lakeshores. It can be propagated by seed or division, but spreads primarily by seed.

Golden alexander (*Zizia aurea*) is a perennial forb that grows to heights of 1 to 2 feet. It prefers wet to mesic locations with soils that are sandy to loamy. It tolerates anywhere from shade to full sun. Flowers are in bloom from May to July. It has medicinal uses. It can be propagated by seed or division.



***Bloom Times***

Botanical name	Common Name	May	June	July	Aug	Sept	Oct
<a href="#">Agastache foeniculum</a>	Anise hyssop						
<a href="#">Allium stellatum</a>	Wild onion						
<a href="#">Anemone canadensis</a>	Canada anemone						
<a href="#">Aquilegia canadensis</a>	Columbine						
<a href="#">Asclepiadaceae incarta</a>	Swamp milkweed						
<a href="#">Aster laevis</a>	Smooth-blue aster						
<a href="#">Aster lanceolatus (simplex)</a>	Panicled aster						
<a href="#">Aster macrophyllus</a>	Large-leaved aster						
<a href="#">Astragalus canadensis</a>	Canada milkvetch						
<a href="#">Campanula rotundifolia</a>	Harebell						
<a href="#">Galium boreale</a>	Northern bedstraw						
<a href="#">Helianthus rigidus</a>	Stiff sunflower						
<a href="#">Heliopsis helianthoides</a>	Ox-eye sunflower						
<a href="#">Monarda fistulosa</a>	Wild bergamot						
<a href="#">Potentilla argula</a>	Prairie cinquefoil						
<a href="#">Rudbeckia hirta</a>	Black-eyed Susan						
<a href="#">Solidago nemoralis</a>	Gray goldenrod						
<a href="#">Solidago rigida</a>	Stiff goldenrod						
<a href="#">Verbena hastata</a>	Blue vervain						
<a href="#">Zizia aurea</a>	Golden alexander						

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## Grasses



Big bluestem (*Andropogon gerardi*) is also known as Turkey Foot grass. It is a common native perennial grass that reaches heights of 4 to 8 feet. It grows in dry to wet locations with a variety of soils. It is shade intolerant. Native habitat includes prairies, savannas and floodplains. It is a warm season, tufted, sod forming bunch grass. It grows very slowly, but once established, it has a long life span and resists drought and competition. It forms extremely extensive root systems, making it wonderful for erosion control. It provides a food source for wildlife. It has a medium salinity tolerance.

Woolgrass (*Scirpus cypernus*) is a native rush that reaches heights of 5 to 6 feet. It prefers wet locations with sandy to peaty soils and full to partial sun. Native habitats include sedge meadows, marshes, bogs and lake and stream banks. It is valuable for erosion control. It forms dense clumps and spreads by rhizome. Under the correct conditions, it readily established by seed.



Canada wild rye (*Elymus canadensis*) is a native perennial grass that reaches heights of 2 to 3 feet. It grows in areas that are dry to moist with sandy to loamy soils. It prefers full to partial sun. Native habitats include open locations such as streambanks, lakeshores, savannas, sand dunes, prairies and forest openings. It readily establishes and grows fast.

Slender wheat grass (*Agropyron trachycaulum*) is a perennial grass that grows up to 2 feet tall. It prefers location with mesic, fine to medium textured soils. It is shade intolerant. It spreads by rhizome. Growth rate is rapid, and it is a long lived grass. It is moderately saline tolerant. If propagated by seed, it requires cold stratification. It spreads at a moderate rate both by vegetative and seed spread. It is valuable for erosion control as it forms dense and fibrous roots, and establishes quickly.



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Little bluestem (*Schizachyrium scoparium*) is a native perennial bunchgrass that reaches heights of 1 to 3 feet. It prefers locations with full sun, but will tolerate light shade. It tolerates a variety of soils and is drought tolerant. It forms clumps with deep roots, providing valuable erosion control. The stems turn red to blue in the fall, with attractive feathery seed heads.

Rye grass (*lolium italicum*) is a non-native annual, cool-season grass from Europe that can reach heights of 4 feet. It is used as a temporary cover crop and dies out as soon as temperatures rise in the spring and does not come back. It prefers full sun, and is intolerant of shade. It is propagated by seeds. *No photo is available at this time.*