

The Avalon Environmental Commission has developed this native plant list to guide homeowners in the selection of native plants and grasses that will protect and enhance the environment, while attracting wildlife and creating beautiful landscaping and gardens. Please incorporate these native plant species into your landscaping plans and/or add them to your current garden. They benefit the entire ecosystem and help to sustain our beautiful barrier island.



GUIDELINES FOR SUSTAINABLE LANDSCAPING IN AVALON

Sustainable landscaping is the use of multiple strategies to create an environmentally friendly and climate-appropriate landscape design. In this way we can become good stewards of the planet through the use of native plants to provide habitat for wildlife, conserve water and provide low maintenance to the landscaper.

The strategies in this leaflet include the incorporation of native species, the avoidance of non-native and especially invasive species, and the conservation of water resources both for their preservation and also to aid in the prevention of flooding. It also provides you with sources for purchasing native plants and a listing of flowering native plants that have been specifically approved for the Borough of Avalon.

The Avalon Environmental Commission provides this information to help educate homeowners and landscapers to follow sustainable landscape practices. Following environmentally friendly guidelines will make them good stewards of the environment while helping to make Avalon (as stated by Mayor Pagliughi) the "best community along the East Coast."



For a complete list of plants appropriate for Avalon, refer to the Avalon Environmental Commission website at:

https://avalonboro.net/government/departments/avalon-environmental-commission





WHY GO NATIVE?

Native plants are part of the balance of nature having developed over time to a particular region and its conditions. They are well adapted to thrive with much less interference and require less or no watering, fertilizing, or treatment for insect pests.

Additionally, they require less maintenance in terms of time, effort, or money and use few resources beyond what is naturally available. An easy way to incorporate them into the landscape is using pots either in established garden beds, on patios or balconies.



Native plant roots hold soil in place aiding in the filtration of rainwater into the ground and in the process, help to filter pollutants, require less or no fertilization, and decrease the amount of chemicals being carried into the waterways and aquifer.



Avalon borough public policy is supportive of the use of native species in landscaping and stresses that native vegetation is superior to non-native species. The borough encourages all property owners to consider the greater good that can be achieved by planting and growing them and suggests that all plantings be at least some native species. This can be achieved by the replacement of plantings with native species in an already established garden bed.



A list of flowering native plants is part of this pamphlet. For a complete list of trees and shrubs appropriate for Avalon, go to the Avalon Environmental Commission website:

https://avalonboro.net/government/departments/avalon-environmental-commission



remove them by their root systems and plant noninvasive native plants in your garden.

The state of New Jersey prohibits the sale, distribution and propagation of certain invasive species and provides a list for reference. Refer to NJ Legislature – njleg.state.nj.us/bill—Bill A3677

Remember that invasive non-native plants can cause irreparable harm to our unique ecosystem as well as the creatures that rely on native plants for food, pollen or habitat.

To learn what invasives are prohibited in Avalon, refer to The Avalon list of Invasive Nuisance plants found on the Avalon Environmental Commission website: https://avalonboro.net/government/ departments/avalon-environmental-commission.

WATER CONSERVATION

Water consumption can be reduced by using sustainable landscaping and gardening methods that incorporate native plants and stone or gravel. The use of fresh water for watering is wasteful and expensive. One alternative is the redirection of rain spouting so it can deliver rainwater to plantings.

Turf grass and non-native plants require significantly more water for maintenance. Good alternatives for turf grass include native plant perennial beds that don't require lots of water and mowing.

Irrigation systems should be equipped with soil moisture probes and or rain detectors. Hardy drought-resistant native plants can thrive without the excessive use of watering systems.

In summary, conservation of water through the planting of native vegetation, reduction in the use of turf grass, and appropriate irrigation systems will help to maintain adequate water levels in our aquifer and makes good economic sense for everyone.

** Use of artificial turf is not permitted in the Borough of Avalon

LOCAL SOURCES FOR NATIVE PLANTS

GROWN FROM LOCAL SEED SOURCES AND WITHOUT NEONICOTINOIDS

(See Pat Sutton's Wildlife Garden website for more details: www.patsuttonwildlifegarden.com)

Goshen Gardens

See website for days and hours open: www.goshengardensnj.com 570 N Delsea Drive Goshen, N.J. 08210 609-778-4075

N.J. Audubon Nature Center of Cape May

Call to learn of their Spring Native Plant Sale. 1600 Delaware Avenue Cape May, N.J. 08204 609-427-3045

Summersweet Native Plants

Open by appointment ONLY. 6863 Harding Highway Mays Landing, N.J. 08330 609-287-0596

Flora for Fauna Nursery

Open by appointment ONLY. 1209 Freidriechstadt Ave Woodbine, N.J. 609-442-3747

FLOWERING PLANTS	Common Name	Scientific Name	Color	Height Width	Bloom Time	Use
FLANIS	Great Blue Lobelia	Lobelia siphilitica	Blue	2'-3'h 1'-3'w	July-Sept	Hummingbird/ Butterfly
	Virginia Spiderwort	Tradescantia virginianum		1.5'-3'h 1'-1.5'w	May-July	Bees/Butterfly
	Coral Bells	Heuchera americana	Cream with Red Tinge	1'-2'h 1'-1.5'w	June-Aug	Hummingbird
	Green Comet Milkweed	Asclepias viridiflora	Green	1'-2.5'h 1'w	July	Butterfly/ Pollinator/ Monarch Host Plant
	Dotted Mint	Monarda punctata	Lavender	1'-2'h 1'w	July-Sept	Butterfly
	Butterfly Milkweed	Asclepias tuberosa	Orange	1'-3'h 2'w	May-Aug	Butterfly/Bees/ Pollinators
	Turk's Cap Lily	Lilium superbum	Orange/ Maroon	4'-6'h 1'w	July	Hummingbird/ Butterfly
	Bergamot	Monarda fistulosa	Pale pink/ purple	2'-4'h 3'-4'w	July-Sept	Butterfly/ Songbird/ Hummingbird

Light	Spacing	Description	Conditions
partial sun to partial shade	12"	Showy light to dark blue tubular flowers adorn flower spikes rising 2-3' above leafy stalks. Late summer bloom period.	Prefers medium rich to moist soils. Appreciated part shade and will tolerate more shade.
partial shade to full shade	12"	Violet-blue to purple, three-petaled flowers accented by contrasting yellow stamens open up, a few at a time, each for only one day. Flowers bloom in succession from late May into early July on arching, iris-like, dark green leaves. Clump-forming.	In ideal conditions, can self-seed and may spread. Deadheading can encourage second flowering and prevent spreading.
full sun to partial shade	12"	Excellent foliage plant with ruffled leaves. Evergreen in mild winters. Clump forming. Attracts hummingbirds.	Prefers rich soil, medium moisture and well-drained soils in full sun to part shade.
full sun to partial sun	12"	This uncommon milkweed has light green to green flowers. As the plant matures, the flowers begin to turn yellowish green or purplish green. Short stature and delicate milkweed. Monarch host plant. Great for butterfly gardeners looking for an uncommon milkweed.	Prefers dry mesic to dry well drained soil. Has tap root so does not like to be moved. Drought tolerant once established.
full sun	12"	The bright lavender "flowers" are actually leafy brachts that surround the true flower. Legions of butterflies, native bees, and other pollinators flock to this plant. Long-lasting flowers make this plant a star of the garden, especially when planted in a group. Tolerates dry, sandy soil.	Prefers dry to medium moisture, well-drained soils in full sun to part shade. Tolerates dry, sandy soil. Deadhead to prolong blooms.
full to partial sun	12-18"	Showy, bright orange flowers, butterfly and pollinator magnet. Host plant for monarch caterpillars.	A top butterfly plant for drier soil. Short stature sun-loving plant for monarchs.
full sun to partial shade	12"	This native true lily forms impressive stands of tall bright orange flowers. The petals bend back to form a "turks cap." Impressive plants that are favored by butterflies and hummingbirds.	Grows well in medium rich to moist soils. Best in consistently moist soil but does very well locally.
full to partial sun	24"	Intricate lavender flowers are a magnet for pollinators, butterflies, and hummingbirds. Forms masses and is impressive planted in groups. Fresh leaves can be used to brew tea.	Best grown in dry to medium moisture in well-drained soils. Plants need good air circulation. Deadhead to prolong blooms.

FLOWERING PLANTS	Common Name	Scientific Name	Color	Height Width	Bloom Time	Use
	Little Joe Pye Weed	Eutrochium dubium	Pink	3'-4'h 1'-3'w	July-Sept	Butterfly
	Swamp/ Red Milkweed	Asclepias incarnata	Pink/ Red	3-5'h 2'w	June-July	Butterfly/ Songbird
	New York Ironweed	Vernonia noveboracensis	Purple	4'-6'h 3'-4'w	Aug-Sept	Pollinators
	Wild Columbine	Aquilegia canadensis	Red/ Yellow	1'-2'h 1'w	April-June	Hummingbird/ Butterfly
	Purple Milkweed	Asclepias purpurascens	Rose Pink to Purple	2'-3'h 1-3'w	May-July	Butterfly/ Songbird/ Pollinators
	Yarrow	Achillea millefolium	White	2'-3'	June-Sept	Butterfly/ Pollinators
	Whorled Milkweed	Asclepias verticillata	White	1.5'-3'h 1'-2'w	June-Sept	Butterfly/ Monarch Host Plant
	New Jersey Tea	Ceanothus americanus	White	3'-4'h 3'-5'w	May-July	Hummingbirds/ Butterfly/ Pollinators

Light	Spacing	Description	Conditions
full to partial sun	18-24"	Small, pink to purple flowers in large clusters on tall stems. Late summer to fall bloomer is an insect magnet.	Prefers moist soil in full sun to part shade. Does well in sandy soil but does not like to dry out.
full sun	12-18"	Showy pink flowers in umbels attract butterflies. Host plant for monarchs; top nectar plant for butterflies.	Prefers moist soil but easily established in average garden conditions.
full sun	12"	Features numerous tiny, fluffy deep purple flowers in 3"-4" clusters. Seeds and stems turn rusty orange in fall, giving it its name.	Prefers medium to most soil in full sun. Self sows. Tolerates deer.
full sun to shade	12"	Red and yellow dangling tube-shaped flowers prefer light to medium shade in well-drained soil. Flower in early spring and attracts hummingbirds when few other nectar flowers available. Columbine Duskywing Caterpillar host plant.	Interesting woodland plant that reseeds. Does best in partially shaded to shady spot.
full sun	12-18"	Resembles Common Milkweed except flowers are purple and on a shorter plant. Fragrant flowers. Monarch host plant and butterfly and pollinator attractor.	Can spread aggressively but not by underground rhizomes. Makes an excellent native habitat component where groomed gardens are not necessary. Drought tolerant.
full sun	12"	Native variety was planted here. Numerous cultivars exists that are sources from Europe and Asia. Has feathery leaves and white umbrella shaped flowers. Leaves are fragrant.	Best in dry to medium, well- drained soils. Drought tolerant and tolerates hot, humid summers. Spreads by rhizomes.
full sun to partial shade	12"	Small plant with narrow, needle-like leaves arranged in a whorl around the stem. Small white to greenish flowers form umbrella- like clusters. Pollinator magnate and host plant for monarch butterfly. Feathery look provides nice addition and texture to any butterfly garden.	Easily grown in average, dry, well-drained soils in full sun. Tolerates part shade. Best in sunny locations with sandy loams. Drought tolerant. Spreads slowly by rhizomes.
full sun to partial shade	36"	Small, native, compact shrub with fragrant white flower clusters. Young twigs and stems are yellow and stand out in winter. Dried leaves were used as a tea substitute in Revolutionary times, hence the name. Covered with pollinators and a real treat in the garden.	Easily grown in dry, sandy well-drained soils. Deep root structure makes it drought tolerant but difficult to transplant. Tolerates dry, rocky slopes in hard to plant places.

FLOWERING PLANTS	Common Name	Scientific Name	Color	Height Width	Bloom Time	Use
	Late Flowering Thoroughwort		White	2'-5'h 2'-3'w	Aug-Oct	Butterfly, Pollinators, Song Birds
	Roundhead Bushclover	Lespedeza capitata	White	2'-4'	Aug-Sept	Songbirds/ Pollinators
	Foxglove Beardtongue	Penstemon digitalis	White	3'-4'h 1.5'-2'w	June-July	Butterfly/ Songbird/ Hummingbird
	Slender Mountain Mint	Pyncanthemum tenuifolium	White	2'-3'h 2'-3'w	July-Sept	Butterfly/ Bees
	White Doll's Daisy	Boltonia asteroides	White, pink, lilac, purple with yellow center	5'-6'	Aug-Sept	Butterfly
	Short Toothed Mountain Mint	Pyncanthemum muticum	White/ Pink	1'-3'h 1'-3'w	July-Sept	Butterfly/ Bees
	Garden Phlox	Phlox paniculata	White/ Pink/ Purple	2-4'h 2'-3'w	June-Sept	Butterfly/ Hummingbird/ Songbird
	Lanceleaf Coreopsis	Coreopsis lancelota	Yellow	1'-2'h 1'-1.5'w	June-July	Butterfly/ Songbird

Light	Spacing	Description	Conditions
full sun to partial shade	12"	Small white flowers cluster in umbrella-shaped clusters are showy and extremely attractive to butterflies, bees, moths, and other pollinators. Also called Late Bonese.	Prefers medium to moist soil but tolerates dry conditions once established. Deer resistant.
full to partial sun	12"	Type of bush clover commonly found in prairies. Has small cream colored, pea-like flowers with magenta spots on rounded heads.	Easily grown in dry to medium, well-drained soil. Tolerates drought and may self-seed.
full to partial sun	12"	Trumpet-shaped white flowers are arranged in terminal clusters on multiple stems. Attractive dark green foliage. Hummingbird and butterfly magnet.	Grows in dry to medium moisture in well-drained soils in full sun. Avoid poorly drained soils.
full sun to partial shade	12"	Plant has very narrow, almost needle-like leaves and profuse clusters of small, white flowers. All parts of the plant emit a strong, mint-like aroma when crushed. <i>Pycnanthemums</i> have been used in teas.	Easily grown in average, dry to medium, well-drained soil. Can be a vigorous plant.
full sun	12"	Also called false chamomile, has small daisy-like flowers. Profuse bloomer in late summer and early fall.	Grows well in average, medium moisture well-drained soils. Tolerates dry soils. Spreads by creeping rhizomes.
full sun to partial shade	12"	Forms masses of densely packed tubular pink flowers that sit atop dark green foliage. Leaf bracts turn white, making plant look like it was dusted with white. Leaves have strong spearmint aroma. Forms clumps and is a butterfly magnet. <i>Pycnanthemums</i> have been used in teas.	Grows well in fertile, moist soil but also tolerates drought. Spreads by rhizomes but is not invasive.
full sun to partial shade	12"	Fragrant tubular purple-pink to white florets are densely packed in flower clusters that persist over a long bloom period. Attracts butterflies.	Prefers moderately fertile, medium moist soil. Best in part sun. Naturalizes outside native range.
full sun	12"	Large, golden-yellow flowers bloom for weeks creating amazing early summer displays that attract butterflies and songbirds to seedheads.	Grows well in dry to medium moisture, well-drained soil. Thrives in poor and sandy soil. Heat, humidity, and drought tolerant. Deadheading enhances blooming.

FLOWERING PLANTS	Common Name	Scientific Name	Color	Height Width	Bloom Time	Use
	Autumn Sneezeweed	Helenium autumnale	Yellow	3'-5'h 2'-3'w	Aug-Oct	Butterfly
	Woodland Sunflower	Helianthus divaricatus	Yellow	2'-4'h 1'-3'w	July-Sept	Butterfly, Songbirds, Pollinators
	Blue Stem Goldenrod	Solidago caesia	Yellow	2'-3'h 1.5'w	Aug-Oct	Butterfly/ Pollinator/ Songbird
	Seaside Goldenrod	Solidago sempervirens	Yellow	2-4'h 2'-3'w	Sept-Oct	Butterfly/ Pollinator
	Golden Alexander	Zizia aurea	Yellow	1'-3'h 1.5'-2'w	May-July	Butterfly
	Yellow Wild Indigo	Baptisia tinctoria	Yellow to Cream	2'-3'h 2'-3'w	May-June	Butterfly
	Orange Coneflower	Rudbeckia fulgida	Yellow with Brown Center	2'-3'h 2'-2.5'w	June-Oct	Butterfly/ Pollinator/ Songbird
	Black-eyed Susan	Rudbeckia hirta	Yellow/ Black	2'-3'h 1'-3'w	June-Sept	Butterfly/ Pollinator/ Songbird

Light	Spacing	Description	Conditions
full sun	12"	Features clusters of yellow, daisy-like flowers with distinctive wedge-shaped rays with dull yellow domed centers.	Grows well in average, medium to moist soil in full sun. Intolerant of dry soils. Remove spent flower heads to encourage additional blooms. Deer avoid this plant.
partial shade	12"	Clusters of 2" flowers with bright yellow rays and darker yellow centers sit atop rigid stems. Flower are attractive to butterflies and seeds are important food sources for songbirds. Makes nice cut flowers.	Grows well in average, medium- dry well-drained soil in part shade. Forms colonies over time. Deer and drought tolerant.
full sun to partial shade	12"	Semi-shade late-season bloomer brightens up shady gardens. Gracefully arching stems are covered with hundreds of tiny shooting stars of yellow flowers in late August and September.	Prefers average, medium to dry, well-drained soils in part shade. A woodland species that tolerates dry soils and is a shade lover.
full to partial sun	12-18"	Bright yellow flower heads are clustered on beautiful spikes. Important food source for migrating monarchs.	Does best in dry sites with sandy soil and is salt tolerant. Makes great addition to naturalized gardens, backyard habitats and wildflower gardens. Will produce foliage and few flowers if overfertilized.
full sun to partial shade	12"	Brilliant golden yellow flowers form broad umbrella-shaped clusters atop dark green foliage. An important food source for Black Swallowtail butterfly caterpillars.	Grow in average, medium moisture, well-drained soils in full sun to part shade. May be evergreen in mild winters. Deer resistant.
full sun to partial shade	24"	Yellow to cream, pea-like flowers form on attractive foliage with blue-black seed pods. Forms 3' w x 3' h clumps.	Easily grown in average, dry to medium well-drained soil. Prefers full sun. Tolerates drought and poor soil. Prefers not to be disturbed once established.
full sun	12"	Bright, sunny flower attracts butterflies and other pollinators. Looks wonderful planted in mass. Features daisy-like flowers up to 2.5" across with yellow rays and brownish-purple center disks. Prolific bloom production over a long midsummer-to-fall bloom period. Good cut flower.	Easily grown in dry to medium, well-drained soil. Best bloom occurs in full sun. Deadhead spent flowers to encourage additional bloom. Plants slowly spread in the garden by rhizomes.
full to partial sun	12"	Bright, sunny flower attracts butterflies and other pollinators. Looks wonderful planted in mass. Biennial that flowers year it is planted and self-sows from seed. A classic.	Easily grown in average, medium moisture, in well-drained soils. Tolerates heat, drought and a wide range of soils except poorly drained wet ones.

GRASSES	Common Name	Scientific Name	Color	Height Width	Bloom Time	Use
	Indian Woodoats	Chasmanthium Iatifolium	Green to purple/ bronze	2'-5'h	Aug-Sept	Songbirds
	Bottlebrush Grass	Elymus hystrix	Green	2'-3'h	Sept-Oct	Birds
	Virginia Wildrye	Elymus virginicus	Gray- Green	2'-4'	June-Oct	
	Coastal Panic Grass	Panicum amarum	Green	3'-4'h 2'-3'w	Aug-Oct	Foliage Interest, Coastal Wind Break, Butterflies
	Switchgrass	Panicum virgatum	Gray- Green	up to 5'	June-Sept	
	Pink Muhly Grass	Muhlenbergia capillaris	Green to pink	up to 3'	May-Sept	
	Little Blue Stem	Schizachyrium scoparium	Green to purple/ bronze	2'-4'h	Aug-Oct	Songbirds

Light	Spacing	Description	Conditions
full sun to partial shade		A clump-forming, upright, ornamental grass. This grass is distinguished by the flat, drooping seed heads which hang in terminal clusters on thread-like pedicels from slightly arching stems. Seed heads emerge green but turn purplish bronze by late summer.	Tolerant of poor soils, but prefers moist, fertile soils. One of the more shade tolerant of the ornamental grasses. Self-seeds and may spread aggressively. Leaving foliage in place over winter adds interest to the landscape and helps protect crowns from the cold. Cut back to the ground in early spring.
full sun to partial shade		Forms loose upright tufts of narrow- bladed, rough-textured, medium green leaves. Greenish, bristly flower heads rise well above the foliage in summer, maturing to brown in late summer and persisting on the plant well into autumn.	Easily grown in average, dry to medium, well-drained soils in full sun to part shade. Adapts to wide range of soil conditions including heavy clay.
full sun to partial shade	12-16"	An ornamental bunch grass that typically grows in a clump.	Tolerates many types of soils. Good for erosion control.
full sun to partial shade	24"	This perennial beach grass forms clumps and in ideal conditions will spread by rhizomes. Flowers in fall and seed heads persist through winter. This is the larval host plant for various Skipper butterflies and the Common Wood Nymph butterfly.	Grown in average, well-drained medium to dry sandy soils in full sun to part shade. It performs well in infertile sandy soils and tolerates coastal winds and salt. Drought tolerant and forms good wind breaks.
full sun		Switchgrass is a hardy, rapidly growing grass that begins growth in late spring. It can grow 8-10 feet high.	Readily tolerates heat and full sun.
full sun		Ornamental clump forming grass that forms clouds of pink to pinkish-red panicles from early to late fall.	Tolerant to heat, humidity, poor soil, salt and drought.
full sun		Typically matures to 2-4' tall, and features upright clumps of slender, flat, linear green leaves with each leaf having a tinge of blue at the base. Purplish-bronze flowers appear in racemes on branched stems rising above the foliage.	Easily grown in average, dry to medium moisture, well-drained soil in full sun. Tolerates a wide range of soil conditions. Good drought resistance once established. Tolerates high heat and humidity.



FOR MORE INFORMATION ABOUT NATIVE AND INVASIVE PLANTS, PLEASE VISIT:

Avalon Environmental Commission

avalonboro.net/government/departments/avalonenvironmental-commission

A Guide to Landscaping with Native Plants...

barnegatbaypartnership.org/2017/08

Cape Atlantic Conservation District – Conservation and Education capeatlantic.org/education.html

USDA Natural Resources Conservation Service nrcs.usda.gov

Pat Sutton's Wildlife Garden

patsuttonwildlifegarden.com

Doug Tallamy- University of Delaware (udel.edu)

homegrownnationalpark.org

Sustainable Landscape Design – Rutgers Office of Continuing Professional Education

cpe.rutgers.edu>landscape>sustainable-landscape-design

Learn About Jersey-Friendly Plants

jerseyyards.org/jersey-friendly-plants/invasive-plants

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PHOTO CREDITS

USDA - NRCS PLANTS Database, plants.usda.gov

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