For Us & Them: How Native Plants Can Feed Us and Pollinators

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So What Are We All Doing Here Today?

• Why do we grow things?
  • Because we’re hungry
  • For ecological reasons
  • For our own enjoyment
• What if it was simple?
• What if your plants could function on all these levels?
• What if it worked anywhere?
How do we do it?

• Right plant, right place!
• Native species fit all of our requirements
• *Maianthemum racemosum*, false Solomon’s seal
  • Beautiful, shade tolerant garden plant
  • Flowers for bees
  • Leaves for caterpillars
  • Berries for humans
How do we do it?

Today’s Categories

• Easy Additions
• Containers
• A Better Lawn
• Shady Edibles
• Don’t Waste Any Space
• The Importance of Trees
Easy Additions
Agastache foeniculum, anise hyssop
Corylus americana, American hazelnut
What do Pollinators Really Need?

- Pull the natives off this list
- We are now providing host sites for 14 different lepedopteran species
- The genus *Carex* alone supports 36
- Put the native back on the list... 216 species supported
- Does the monarch butterfly need milkweed?
- How about the Luna Moth?
**MONARDA MOJITO**

**INGREDIENTS**
- 15 fresh bee balm leaves (*Monarda didyma*)
- 1/2 lime, cut into 4 wedges
- 2-3 tsps simple syrup (see recipe)
- 1 cup ice cubes
- 1 1/2 fl oz. white rum
- 1/2 cup club soda

**DIRECTIONS**
1. Place bee balm leaves and 1 lime wedge into tall sturdy glass and muddle.
2. Add 2 more lime wedges and simple syrup and muddle further.
3. Fill glass 3/4 with ice and pour rum over ice.
4. Top with club soda and stir, adjust syrup to taste.
5. Garnish with remaining lime wedge.

**SIMPLE SYRUP RECIPE**
1. Combine 2 tbsp hot water with 4 tbsp sugar and stir until dissolved.
2. Add 2 tbsp cold water and stir.
   Makes 1/2 cup simple syrup
Solidago odora, sweet goldenrod
Three brothers

Corn, beans and squash
Apios americana, American ground nut  Helianthus tuberosus, sunchoke
So what’s the issue?
• 90 million pounds of herbicides applied to lawns and gardens annually
• ~2 Million pounds of fertilizer run off into the gulf of Mexico annually
  • The gulf dead zone expands to 7000 sq. miles at the peak of the summer
• ~9 billion gallons of water wasted every day...
• Of 30 commonly used lawn pesticides:
  • 19 are carcinogens
  • 13 are linked with birth defects
  • 21 with reproductive effects
  • 15 are neurotoxic
  • 26 with liver or kidney damage
  • 27 are sensitizers and/or irritants
  • 11 have the potential to disrupt the endocrine (hormonal) system
How is this low maintenance?

In a perfect world my lawn would:
• Require no supplemental water
• Require no fertilizer
• Feed pollinators
• Require no pesticides or herbicides
• Feed me!
• Tolerate foot traffic
What if your lawn could look like this without any mowing, watering or fertilizer?
Fragaria virginiana, wild strawberry
Flowering raspberry, *Rubus odoratus*

Mourning Warbler Special Concern, MA

Black raspberry, *Rubus occidentalis*

Red raspberry, *Rubus idaeus*

Blackberry, *Rubus allegheniensis*
Don’t do this!

Schinia snowi

Allium tricoccum, ramps
Ruffed grouse

Maianthemum racemosum, Solomon’s plume
Matteuccia struthiopteris, fiddlehead fern
Don’t Waste Any Space!
Asclepias syriaca, common milkweed
Staghorn Sumac, *Rhus typhina*

Fragrant Sumac, *Rhus aromatica*

3. Combine 1 cup juice with 1 cup water and 4 cups rum. Stir. Let sit for 24 hours.

2. Strain, reserving the flavorful juice. Add 1 cup sugar and 1 cup water to the juice and bring to a boil. Reduce heat, cover, and simmer until thick.

1. To make monkey punch: Toss 1 cup of 2 cups of crushed ice into a large punch bowl. Add 2 cups of reserved juice and stir. Add 1 cup of 2 cups of fresh cherries and mountain dew. Stir and serve.
Vitis labrusca, fox grape

Wasp mimic moth
And don’t forget trees!

- Goldenrods support 115 different butterfly and moth species!
- Native strawberries support 87 species.
- Anyone want to guess how many species are supported by an oak? 534
Acer saccharum, sugar maple
Betula alleghaniensis, sweet birch
Quercus alba, white oak
Carya ovata, shagbark hickory
Prunus serotina, black cherry
Prunus virginiana, choke cherry
Questions?

Dantjaffe.com
Prunella vulgaris ssp. lanceolata, self heal