

Pollinator-friendly Native & Naturalized Plants *of Quebec*



A bumble bee on an anise hyssop flower.

This document is created based on research done at Concordia University regarding commonly recommended Quebec native/naturalized plants that are beneficial to pollinating insects.

The production of the research and this document is made possible thanks to the support and collaboration by the ZULE lab and Nouveaux Voisins.

Produced and authored by Taylor Yeung. Co-authored by Dr. Gail MacInnis and Serena Sinno.

Photos taken by Sarah O'Driscoll, Taylor Yeung, Dr. Gail MacInnis, Dr. Frieda Beauregard, Serena Sinno.

ZULE Lab

(Ziter Urban Landscape Ecology Lab)

The ZULE lab is an ecology research group based in Concordia University's Biology Department in Tiohtià:ke/Montreal, Quebec, Canada, and is affiliated with Concordia's Institute for Next Generation Cities. Their work seeks to understand the provision of ecosystem services (the benefits people get from nature) in urban landscapes. They want to learn how we can better manage green spaces within the places we live, work, and play to create safer, more livable cities – both for people and the many non-human neighbours that share our cities.

While research in the lab is grounded in ecology, they recognize that addressing complex environmental problems is inherently inter- and transdisciplinary. They strive to develop research partnerships both within and outside the university setting, and value community engagement as integral to their work.

Nouveaux Voisins

Nouveaux Voisins is a non-profit organization that facilitates the socio-ecological transition of lawns into habitats rich in biodiversity through the development of alternative discourses, tools and planning.

They are currently developing a platform, www.nouveauxvoisins.org, that will bring together different functions (pedagogical, actionable, assessable, financial, regulatory, etc.) to support and accelerate this transition through the collective efforts of residential and commercial yards. The platform is intended to be used for informing communities, transforming lawns into biodiverse habitats, and mapping and measuring the impacts of such transformations.

Through these efforts, they are also aiming to reduce the urban heat island effect, increase carbon sequestration in soils and community resilience through collective regeneration of grasslands.

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How to use this booklet

This booklet contains a non-exhaustive list of Quebec native/naturalized plants that are beneficial for native insect pollinators through providing a nectar source and/or acting as a larval host for them.

An overview of all the plants within this booklet can be found on page 5 ("A Flower Patch for Our Forgotten Friends").

More detailed information can be found within each individual plant sheets. The first page includes the common name, Latin name, blooming season, preferred growing conditions and icons indicating specific characteristics of the plant. The second page includes additional information, practical recommendations for care and maintenance as well as some purchasing options in Quebec.

Any icons and acronyms used are explained below:



Naturalized



Native



Shrub



Herb



Vine



Tree

Sun Requirements



Full Sun



**Partial
Shade/Sun**



Shade

Water Requirements



Dry



Average



Moist



Wet

Soil Requirements

C: Clay

S: Sand

L: Loam

HE: Humus Enriched

Types of Pollinators attracted



Bees



Wasps



Butterflies



Moths



Beetles



Flies

Insect Pollinators of Quebec

Quebec is home to a variety of wild pollinators; our butterflies and wild bees alone comprise over 300 different species! These pollinators not only live in natural areas but can thrive in urban settings as well, such as the community gardens and green spaces in Montreal.



BEES

While many people are familiar with honey bees, most bee species are wild and solitary, with each bee creating an individual nest. Wild bees depend solely on their environment, rather than a beekeeper, for survival. Many native bees actually pollinate our native plants more effectively than non-native honey bees as they have evolved together, so preserving native pollinator diversity means that more plants get pollinated and produce fruit and seed.

In addition to helping control garden pests through predation, wasps are increasingly recognized as important pollinator species. While they do not actively collect pollen, they do feed on nectar and provide incidental pollination while moving among flowers. Some species have also co-evolved to pollinate specific plants, such as that of the fig wasp.



WASPS



BUTTERFLIES

Butterflies are active during the day and visit a variety of wildflowers to feed on their nectar. Even though they are considered less efficient pollinators when compared to bees, butterflies do their fair share of pollination as they walk around flower clusters picking up pollen on their tongue and legs. More importantly, they only lay eggs on a limited number of native plant species. It is, therefore, crucial that the right native species are planted to help butterflies complete their life cycle.

Moths pollinate a surprisingly large range of plants. Their pollination efforts may go underappreciated as they work while we are asleep. Potentially more efficient than daytime pollinators, moths may interact more regularly with some flowers that are not often visited by bees and they can move across longer distances. Thus, they may play an important role in facilitating genetic diversity in different plant communities.



MOTHS



BEETLES

Beetles, like moths, are nocturnal pollinators. They were among the first insects to visit flowers and are essential pollinators for ancient plant species, such as water lilies. While providing important pest control services, beetles also often eat through flowers with some even leaving droppings behind, earning them the name "mess and soil" pollinators.

Along with beetles, flies are also among the first insects to visit flowers. In terms of importance for pollination, flies are second only to bees. Given that they live in nearly every environment on earth and are generalist foragers with no nest to provision, they can feed on a large variety of flowers. Incidental pollination occurs as they move from flower to flower. Some flies are also specialists and pollinate only one type of plant, such as the chocolate midge and the cacao plant.



FLIES

Commonly seen in the garden

Leafcutter bees (Genus: *Megachile*)

These bees are very gentle and rarely sting. They are named for their habit of lining their nests with little pieces of leaves. These bees are exceptional pollinators, as they carry their pollen under their abdomens, which means it is dropped off in exactly the right place in many flowers.

How you can help: *These bees like to nest in stems, rotting wood and even small holes in buildings. You can encourage them to nest in your garden by providing small bundles of hollow reeds, leaving an old log on the ground or by cutting the tips off hollow plant stems.*



Photo: Sarah O'Driscoll

Bumble bees (Genus: *Bombus*)

These large, fuzzy bees are great pollinators because all the hair they have can pick up a ton of pollen on their travels. Bumble bees nest in small colonies that only last one year. Only the queens survive and hibernate over the winter. They are some of the earliest bees you will see emerging in the spring.

How you can help: *Bumble bees like to nest under piles of wood, dead leaves and compost piles. Being such large bees, they need lots of flowers to support themselves and their colonies. So planting nectar and pollen-rich flowers that bloom all season is one of the best ways to support bumbles.*



Photo: Sarah O'Driscoll

Mining bees (Genus: *Andrena*)

Mining bees dig tunnels underground to nest in, as do over 70% of all our native bees. Female mining bees will make many trips to flower patches to provision their tunnels with balls of pollen to feed their offspring. Mining bees are also very docile, so if you notice these bees in tiny holes in your soil, please welcome them. Their nests don't cause damage, and they rarely sting.

How you can help: *Avoid tilling and mulching as it can destroy and cover their nests. Reducing these practices can make your garden more habitable for mining bees, and many other native bees.*

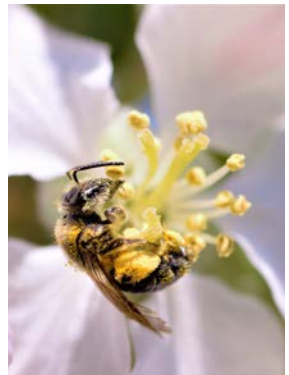


Photo: Gail MacInnis

Sweat bees (Genera: *Agapostemon*, *Halictus*)

Agapostemon are brilliant green, ground-nesting bees that are commonly seen around gardens. They are named for their preference for collecting human sweat, they will often land on an arm to leg to grab a drop. Sweat bees, especially the smaller *Halictus*, are excellent pollinators of many of the small flowers, which are often bypassed by the larger bees.

How you can help: *Setting aside an area of undisturbed, sandy soil in a sunny location will help provide an ideal habitat for these bees to nest in your area.*



Photo: Sarah O'Driscoll

Swallowtail butterflies (Genus: *Papilio*)

These butterflies are often found in flower and community gardens, as well as carrot fields. They are known for their distinct "tails" - the tip of the lower wing being long and thin.

How you can help: *To help protect these butterflies, it's important to remember that their eggs are laid sporadically, and their black-spotted green caterpillars are pretty harmless to crops, so there's no need to remove them. As adults, the butterflies enjoy nectar from flowers such as milkweed and phlox.*

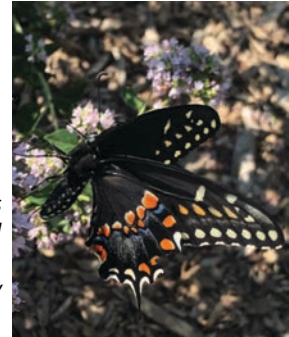


Photo: Serena Sinno

Monarch butterflies (Species: *Danaus plexippus*)

These well-known species of butterflies are known for their beautiful orange and black coloration. During the late summer and early autumn, they are notorious for their southbound migration to overwinter as far as Florida and Mexico. Unfortunately, monarchs are endangered.

How you can help: *One of the best things you can do for monarchs is plant native milkweed in your garden. This is the only plant the caterpillars feed on and lay their eggs on. Some examples of their preferred native milkweed species are common milkweed and swamp milkweed.*



Photo: Sarah O'Driscoll

Yellowjacket wasps (Genera: *Vespula* and *Dolichovespula*)

These genera are probably the ones that first come to mind when picturing a wasp, with many having the infamous bright yellow and black color patterns. Interestingly, these same genera can also have different coloration, such as white and black, or even red. They serve a great purpose, pest control!

How you can help: *If you want to help these critters, it can be as easy as leaving out a water source for them to drink from.*



Photo: Serena Sinno

Hoverflies (Family: *Syrphidae*)

Don't get these guys confused with bees! Although at a quick glance they may look like a bee, one noticeable difference is that they have one pair of wings, where bees have two pairs of wings. Like bees, these flies are very important pollinators. Also take note of their interesting flight patterns; true to their name, they hover in place when scoping out flowers to feed on.

How you can help: *Just planting native flowers for hoverflies to feed on is great for helping their communities.*



Photo: Serena Sinno

Summer

Monarda didyma

Bee Balm



Sun requirements



Watering needs



to



Soil requirements

pH 5.5-6.5 | C, S, L, HE

Hardiness Zone:	4
Height at maturity:	60-200cm
Width at maturity:	N/A
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Jardin Jasmine

Practical recommendations for care and maintenance

Susceptible to mold and powdery mildew - divide plants every few years to ensure adequate air circulation.

Do not spray leaves when watering.

Deadhead to extend blooming.

Spring

Aronia melanocarpa

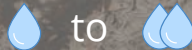
Black Chokeberry



Sun requirements



Watering needs



Soil requirements

Prefers acidic soil | C, S, L, HE

*Shown in the photo is the *Aronia mitschurinii* plant, a cultivar of the *Aronia melanocarpa*.

Hardiness Zone:	3
Height at maturity:	100-300cm
Width at maturity:	150cm

Invasive tendencies/ Aggressive spreader:	No
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Reproduction behavior:	Spread by seeds and via suckers
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Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Arbo-Quebecum Nursery
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Practical recommendations for care and maintenance

Ensure adequate sunlight and air circulation to prevent mildew from developing.

Flood tolerant.

Tends to produce suckers and be leggy at the bottom. Prune after flowering to control its size.

Spring

Sanguinaria canadensis

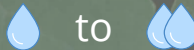
Bloodroot



Sun requirements



Watering needs



to



Soil requirements

pH 5.5-7.2 | HE



Hardiness Zone:	2
Height at maturity:	15-40cm
Width at maturity:	30cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Beaux Arbres

Practical recommendations for care and maintenance

Can spread rapidly. Effective as a groundcover, especially around the base of trees.

Apply a thin layer of leaf mulch during winter.

Summer

Verbena hastata

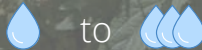
Blue Vervain



Sun requirements



Watering needs



Soil requirements

C, S, L



Hardiness Zone:	3
Height at maturity:	60-200cm
Width at maturity:	45-60cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Beaux Arbres Pépinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Seeds itself liberally in gardens. To counteract spreading, when seeds are finished drying on the plant in the fall, deposit seed heads where you would like to see them next year.

Deadhead to extend blooming.

Pinch off the tops of the plants several times during the growing season to encourage branching and a bushier growth habit.

Even though it is a wetland plant, it is very drought tolerant, and seems to do fine in a variety of environments.

May get white mold on leaves if stressed, but is not too affected by it.

Summer

Eupatorium perfoliatum

Boneset



Sun requirements

Watering needs

Soil requirements



to



C, S, L

Hardiness Zone:	3
Height at maturity:	60-200cm
Width at maturity:	80cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Beaux Arbres Pépinière Rustique Aiglon Indigo Jardin Jasmine

Practical recommendations for care and maintenance

Not affected by livestock as foliage is generally found to be too bitter for grazing.

Not drought tolerant.

Leaves are favored by grasshoppers, flea beetles and saw flies. Can leave plant looking bedraggled by midsummer.

Adaptable in its nutrient needs and pH.

Spring

Cornus canadensis

Bunchberry



Sun requirements

Watering needs

Soil requirements



to



Prefers acidic soil | C, S, L, HE

Hardiness Zone:	2
Height at maturity:	5-20cm
Width at maturity:	25cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by rhizomes
Purchasing options in Quebec:	Jardin Jasmine Pepinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Can withstand nutrient poor or rich soil.

Ground spreading shrub, can help deter weeds when established.

Summer

Asclepias tuberosa Butterfly Milkweed



Sun requirements

Watering needs

Soil requirements



to



pH 6.1-7.3 | C, S, L

Hardiness Zone:	3
Height at maturity:	30-90cm
Width at maturity:	40cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Jardin Jasmine Beaux Arbres

Practical recommendations for care and maintenance

Butterfly Milkweed does not like to be moved due to its taproot. Plant seedlings to a permanent place.

Remove seed pods before they open to avoid spreading.

Requires good drainage. Crown rot can be a problem in wet sites.

Tolerates drought once established.

Susceptible to aphids.

Summer

Lobelia cardinalis

Cardinal Flower



Sun requirements



Watering needs



to



Soil requirements

pH 5.5-7.0 | L, HE



Hardiness Zone:	2
Height at maturity:	60-150cm
Width at maturity:	30cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by seeds
Purchasing options in Quebec:	Beaux Arbres Pepinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Do not let soil dry out or the plant will most likely die.

Best to plant near or at locations where water is captured and held to create periodic or constant wet conditions.

Add compost or a shot of granular fertilizer when they begin growth is recommended as the plant is a heavy feeder.

Late Spring / Early Summer

Sambucus canadensis

Common Elderberry



Sun requirements

Watering needs

Soil requirements



to



Tolerates a wide range of soil pH
| C, S, L

Hardiness Zone:	3
Height at maturity:	100-400cm
Width at maturity:	200-300cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread via suckers
Purchasing options in Quebec:	Jardin Jasmine Pepinière Rustique Aiglon Indigo Arbo-quebecum Nursery

Practical recommendations for care and maintenance

Juglone tolerant.

Can spread easily. Annual pruning would be required to maintain size and can improve fruit yield considerably.

Removal of terminal shoots and dead canes will reduce winter-kill and help control elder borers.

Susceptible to leaf spots, cankers, borers, powdery mildew, spider mites, aphids.

Summer

Asclepias syriaca

Common Milkweed



Sun requirements



Watering needs



to



Soil requirements

C, S



Hardiness Zone:	2
Height at maturity:	50-150cm
Width at maturity:	40-60cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Place a barrier in soil to prevent propagation through rhizomes.

Avoid planting near agricultural/farmland. Use swamp milkweed instead in this situation.

Break off as many stalks as possible to encourage resprouting in the spring.

Avoid pesticide use to encourage usage by butterflies.

Milkweed bugs and milkweed beetle are late season pests.

Summer

Photos taken by Sarah O'Driscoll and Taylor Yeung

Oenothera biennis

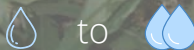
Evening Primrose



Sun requirements



Watering needs



Soil requirements

S, L



Hardiness Zone:	2
Height at maturity:	30-200cm
Width at maturity:	25-45cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by seeds
Purchasing options in Quebec:	Pepinière Rustique

Practical recommendations for care and maintenance

Reseeds itself easily. It may be difficult to get rid of once it establishes, may be best to let it come into the garden on its own instead of buying it.

Does well in nutrient poor, gravelly or sandy soils.

Drought tolerant.

Attracts predatory insects (biological pest control).

Attracts small pests: Large numbers of lygus bugs, leafhoppers, and Japanese beetles; small numbers of thrips, aphids, leaf beetles and weevils.

Summer

Heliopsis helianthoides

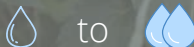
False Sunflower



Sun requirements



Watering needs



Soil requirements

C, S, L

Hardiness Zone:	4
Height at maturity:	50-150cm
Width at maturity:	60cm

Invasive tendencies/ Aggressive spreader:	Yes
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Reproduction behavior:	N/A
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Purchasing options in Quebec:	Jardin Jasmine Aiglon Indigo Beaux Arbres
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Practical recommendations for care and maintenance

Drought tolerant.

Juglone tolerant.

Undemanding and easy to grow, but also aggressive. Can be managed if mulched around the plant plus pulling/hoeing seedlings once a year.

Attracts aphids, can act as a good aphid trap. Aphids can be used as a natural control for its aggressive tendencies.

Summer

Chamerion angustifolium

Fireweed



Sun requirements

Watering needs

Soil requirements



to



Tolerates a wide range of soil pH

Hardiness Zone:	N/A
Height at maturity:	50-200cm
Width at maturity:	45cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Does not tolerate waterlogged soil.

May displace desirable vegetation if not properly managed.

Capable of self-fertilization. Collect seed from plant before they are able to spread.

Spring

Tiarella cordifolia

Foamflower



Sun requirements

Watering needs

Soil requirements



to



pH 5.0-7.0 | L, HE

Hardiness Zone:	3
Height at maturity:	15-30cm
Width at maturity:	30-45cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by stolons
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Jardin Jasmine Beaux Arbres

Practical recommendations for care and maintenance

Can spread easily, however, will create a wonderfully weed free and successful groundcover, occupying large areas.

Good for replacing the destructive and invasive Garlic Mustard (*Alliaria petiolata*).

Do not let soil dry out during growing season.

Mulch with dead leaves or compost.

Slugs are a potential problem.

Summer

Agastache foeniculum

Giant Hyssop



Sun requirements



Watering needs



to



Soil requirements

S

Hardiness Zone:	3
Height at maturity:	30-125cm
Width at maturity:	40cm

Invasive tendencies/ Aggressive spreader:	No
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Reproduction behavior:	N/A
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Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Beaux Arbres
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Practical recommendations for care and maintenance

Drought tolerant. Does not tolerate wet conditions.

Cut back plants in spring to 12 inches to promote more stem branching and fuller growth.

Susceptible to powdery mildew.

Two-spotted cucumber beetle are occasionally a problem.

Attracts beneficial insects like lacewings for biological pest control.

Late Spring / Early Summer

Iris Versicolor Harlequin Blue Flag



Sun requirements

Watering needs

Soil requirements



Prefers acidic soil

Hardiness Zone:	3b
Height at maturity:	60-90cm
Width at maturity:	50cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Beaux Arbres

Practical recommendations for care and maintenance

Ideal for cottage shoreline restorations.

Thrives without the addition of commercial fertilizers.

Easily over-topped by aggressive rhizomatous emergents.

Attracts muskrats that will eat the root.

Self-seeds.

Even though it can tolerate complete submergence, this iris can be easily grown in moist gardens. It is not a demanding plant.

Spring

Caltha palustris

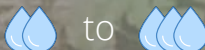
Marsh Marigold



Sun requirements



Watering needs



Soil requirements

Prefers acidic soil | HE

Hardiness Zone:	3
Height at maturity:	20-60cm
Width at maturity:	30-60cm

Invasive tendencies/ Aggressive spreader:	No
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Reproduction behavior:	N/A
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Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Beaux Arbres Jardin Jasmine
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Practical recommendations for care and maintenance

Requires constant soil moisture.

Susceptible to rust and powdery mildew.

Requires little care other than protection from drying, winter and early spring winds.

Late Summer / Fall

Symphiotrichum novae-angliae

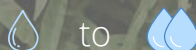
New England Aster



Sun requirements



Watering needs



Soil requirements

Prefers acidic to neutral soil |
C, S, L

Hardiness Zone:	2
Height at maturity:	20-210cm
Width at maturity:	30-60cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Drought and salt tolerant.

Tall plants can be staked, or can be cut to produce lower flowers if height is a concern.

Can be managed by weeding so that other less aggressive plants can take hold.

Divisions of the plant should be done in the spring every three years to maintain vigor.

Attracts natural enemies (biological pest control).

Susceptible to stem-rot if plant remains moist too long.

Ensure good air circulation to avoid foliar problems.

Summer / Fall

Anaphalis margaritacea

Pearly Everlasting



Sun requirements



Watering needs



Soil requirements

S



Hardiness Zone:	3
Height at maturity:	30-100cm
Width at maturity:	40cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by seeds
Purchasing options in Quebec:	Pépinière Rustique Aiglon Indigo Beaux Arbres

Practical recommendations for care and maintenance

Drought tolerant.

Spring

Actaea rubra

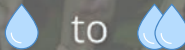
Red Baneberry



Sun requirements

Watering needs

Soil requirements



to



pH 5.0-7.0 | C, HE

Hardiness Zone:	N/A
Height at maturity:	20-90cm
Width at maturity:	30-60cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Do not let the soil dry out.

Berries, roots and sap are poisonous and may be toxic if eaten or with dermal exposure.

Spring

Aquilegia canadensis

Red Columbine



Sun requirements

Watering needs

Soil requirements



to



Prefers neutral-alkaline soil | S, L

Hardiness Zone:	2
Height at maturity:	30-100cm
Width at maturity:	40cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by seeds
Purchasing options in Quebec:	Pepinière Rustique Beaux Arbres

Practical recommendations for care and maintenance

Best to transplant the plant when small due to its taproot.

Prefers dry and rocky soils. Drought tolerant.

Prefers thin, sandy soils for stronger growth with longer lifespan.

Avoid soils that are too rich as this fosters production of foliage rather than flowers.

Do not plant in continuous full sun, as growth will be stunted and leaves may burn.

Be careful of overwatering in summer as the crowns can rot.

Cut back old seed heads and stems in summer to keep it tidy looking.

Slightly susceptible to powdery mildew or broad mites.

Spring

Cornus sericea

Red-osier Dogwood



Sun requirements



Watering needs



to



Soil requirements

pH 6.8-7.2 | C, S, L

Hardiness Zone:	2
Height at maturity:	150-400cm
Width at maturity:	300cm (if left unpruned)
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by stolons or suckers
Purchasing options in Quebec:	Pepinière Rustique Jardine Jasmine Aiglon Indigo Arbo-quebecum Nursery

Practical recommendations for care and maintenance

Grow in full sun for best flowering and winter colour.

To retain stems with good red colour, remove a few of the oldest stems to the ground every spring.

Traditionally tended by pruning or burning. Can be coppiced in late fall, after leaves turn brown.

Susceptible to salt damage, twig blight, scale, leaf spots and bagworms.

Attracts mirid bugs.

Stem canker is common.

Summer

Eutrochium maculatum

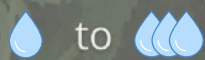
Spotted Joe-pye Weed



Sun requirements



Watering needs



Soil requirements

Prefers slightly acidic to neutral soil | C, S, L, HE

Hardiness Zone:	2
Height at maturity:	60-200cm
Width at maturity:	60cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by rhizomes
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Valuable wetland plant, can help stabilize streambanks.

Despite its height, it never needs to be staked for support.

Can spread easily.

Leaves are favored by grasshoppers, flea beetles and saw flies which can leave them looking disheveled by midsummer.

Summer

Asclepias incarnata

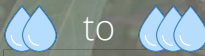
Swamp Milkweed



Sun requirements



Watering needs



Soil requirements

Prefers slightly acidic to neutral soil | C, L

Hardiness Zone:	3
Height at maturity:	30-150cm
Width at maturity:	40-60cm
Invasive tendencies/ Aggressive spreader:	No
Reproduction behavior:	Spread by rhizomes and by seeds
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Beaux Arbres

Practical recommendations for care and maintenance

Tolerates heavy clay soils.

Populations are often scattered and do not form dense colonies in their natural habitat.

Will inevitably have aphids, but tolerates them very well as this leads to attraction from lady bugs.

Plants have deep taproots and are difficult to transplant.

Insect pollinated and self-fertilizing.

Susceptible to milkweed bugs and milkweed beetles.

Summer

Clematis virginiana

Virgin's Bower



Sun requirements
Watering needs
Soil requirements



Prefers acidic soil | L, HE

Hardiness Zone:	3
Length at maturity:	100-700cm
Width at maturity:	60cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by seeds
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Jardine Jasmine

Practical recommendations for care and maintenance

New plants can be formed by layering or bending the vine onto the surface of the soil, and allowing it to root. (Sets down roots wherever the vine touches the ground.)

Climbing vine. Lacking tendrils, the vine supports itself by means of twisted stems, or petioles, that wrap around other plants. Grows well on trellises, arbors, wires or chain-link fences.

Can be an aggressive self-seeder. Weed out volunteers, otherwise they will take over the garden.

Powdery mildew and leaf spots can affect it, but no serious problems.

Summer / Fall

Chelone glabra White Turtlehead



Sun requirements

Watering needs

Soil requirements



to



Prefers acidic soil

Hardiness Zone:	3
Height at maturity:	30-100cm
Width at maturity:	45-60cm

Invasive tendencies/ Aggressive spreader:	No
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Reproduction behavior:	N/A
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Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Beaux Arbres
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Practical recommendations for care and maintenance

In areas with hot summers, more shade and consistent moisture is needed.

Size can be kept under control by pinching in spring, but you run the risk of taking off the blooms.

May need staking if growing in too much shade.

Can be susceptible to slugs and snails.

Susceptible to mildew if air circulation is poor.

Late Spring / Summer

Monarda fistulosa

Wild Bergamot



Sun requirements

Watering needs

Soil requirements



to



Tolerates a wide range of soil
pH | C, S, L, HE

Hardiness Zone:	4
Height at maturity:	60-150cm
Width at maturity:	40-60cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by rhizomes
Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo Beaux Arbres

Practical recommendations for care and maintenance

Drought tolerant.

Divide plants every 2-3 years in March before they send up stems.

Has shallow roots. Continue to add leaf mold and compost to soil as the root systems can spread easily in light soil.

Deadhead flowers to extend blooming period.

Prevent powdery mildew by dividing up mature plants to provide air circulation.

Mow the area, once a year, after the hardest killing frosts or the following spring. This keeps woody plants from encroaching and removes plants that have died back.

Spring

Asarum canadense

Wild Ginger



Sun requirements

Watering needs

Soil requirements



to



pH 5.5-6.5 | HE



Hardiness Zone:	3
Height at maturity:	10-30cm
Width at maturity:	20cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	Spread by rhizomes
Purchasing options in Quebec:	Pépinière Rustique Aiglon Indigo Beaux Arbres

Practical recommendations for care and maintenance

Good evergreen, colonizing, groundcover.

Easy to care for as long as soil is full of organic material and moisture is provided.

Potentially susceptible to snails and slugs.

Summer

Achillea millefolium

Yarrow



Sun requirements

Watering needs

Soil requirements



Tolerates both acidic and alkaline soils | S

*Can be native and naturalized depending on its variety.

Hardiness Zone:	2
Height at maturity:	30-70cm
Width at maturity:	N/A

Invasive tendencies/ Aggressive spreader:	Yes
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Reproduction behavior:	Spread by rhizomes
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Purchasing options in Quebec:	Pepinière Rustique Aiglon Indigo
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Practical recommendations for care and maintenance

Divide plant every year to thin out.

Drought tolerant.

Responds best to soil that is poorly developed and well drained.

Susceptible to mildew and root rot if not planted in well-drained soil.

Tends to be floppy and may require staking.

Leave basal foliage over winter to provide protection, cut back in spring.

Late Summer / Fall

Solidago flexicaulis

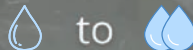
Zig Zag Goldenrod



Sun requirements



Watering needs



Soil requirements

Prefers acidic soil | S, L, HE

Hardiness Zone:	3
Height at maturity:	30-100cm
Width at maturity:	30-60cm
Invasive tendencies/ Aggressive spreader:	Yes
Reproduction behavior:	N/A
Purchasing options in Quebec:	Pépinière Rustique Aiglon Indigo

Practical recommendations for care and maintenance

Adapted to dry conditions and does not require mulching.

Drought tolerant.

Juglone tolerant.

Will outcompete most weeds.



Image of a part of Dawson College's pollinator garden. An understory is created with the herbaceous layer of pollinator-friendly plants.

Spotted in the garden:

Echinaceas, Goldenrods, Dogwoods, New-England Aster, Spotted Joe-pye Weed, Pearly Everlasting, Evening Primrose, False Sunflower, Common Milkweed

Resources

Books

100 Easy-to-grow Native Plants for Canadian Gardens (3rd editions)

by Lorraine Johnson

Flore Laurentienne

by Frère Marie-Victorin

Guide Identification et de Gestion - Pollinisateurs et Plantes Mellifères

by Centre de Référence en Agriculture et Agroalimentaire du Québec (CRAAQ)

Websites

David Suzuki Foundation:

Attract Butterflies with Native Plants – Eastern Canada

Espace Pour La Vie Montreal:

Native Plants for Your Garden

Pollinator Partnership Canada:

Selecting Plants for Pollinators – A Guide for Gardeners, Farmers, and Land Managers in the St. Lawrence Lowlands ecoregion

Front Yard Restoration:

An Introduction to Native Plant Gardening (Quebec Guide)

Action Chelsea for the Respect of the Environment (ACRE):

Naturescaping in the Outaouais

Canadian Wildlife Federation:

Native Plant Encyclopedia

CANPLANT:

Plant Species Database

United States Department of Agriculture (USDA):

Plants Database

Lady Bird Johnson Wildflower Centre:

Native Plants of North America

