

# NINE NATIVES FOR SHADE GARDENS

Creating Simple Gardens With Native Prairie Plants

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KATY PRAIRIE CONSERVANCY

NATIVE PRAIRIES ASSOCIATION OF TEXAS

THE NATURE CONSERVANCY IN TEXAS

PREPARED BY CLARK CONDON | LANDSCAPE ARCHITECTURE



# NINE NATIVES FOR SHADE GARDENS

## Creating Simple Gardens with Native Prairie Plants

### INTRODUCTION

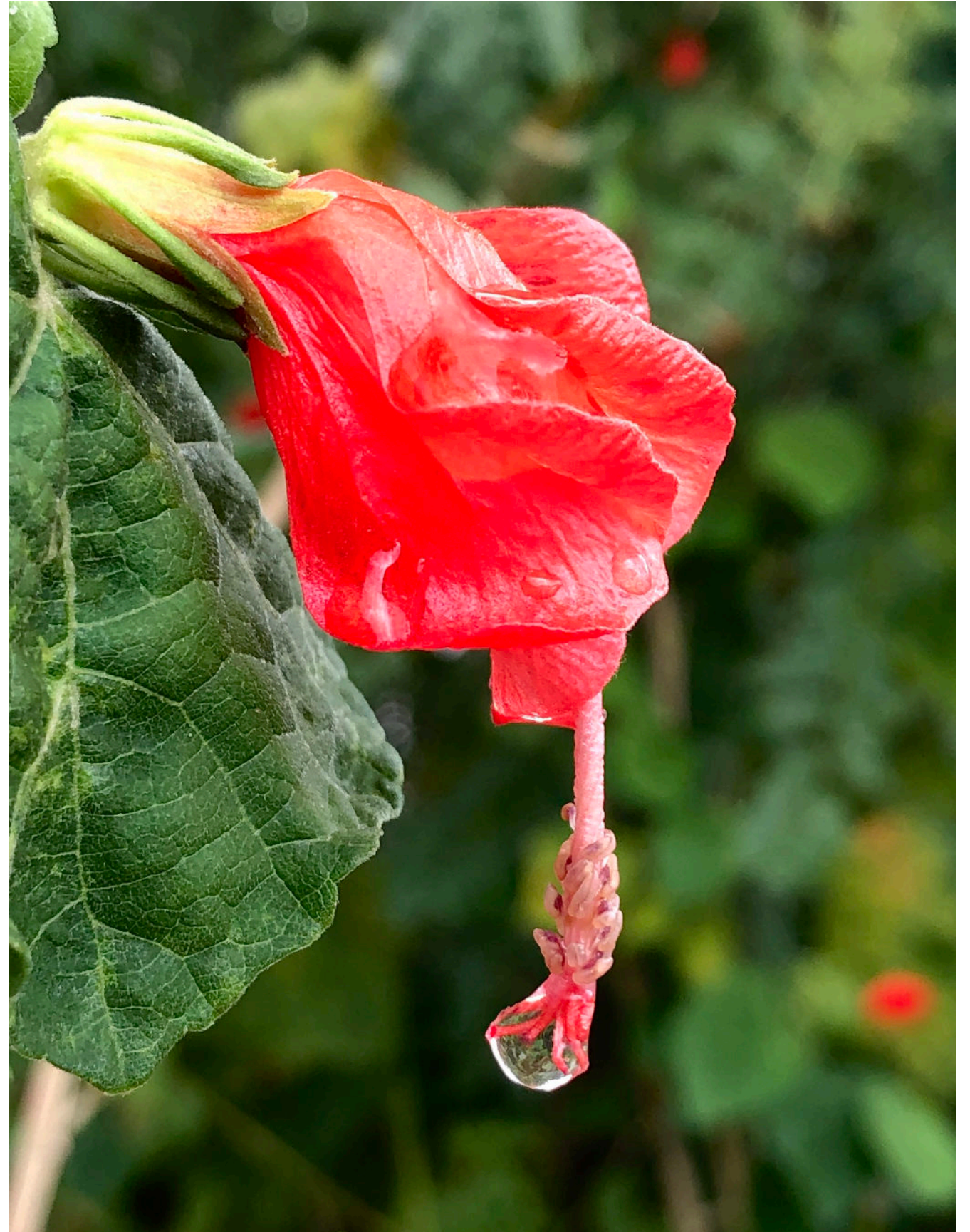
The purpose of this “Nine Natives For Shade Gardens” guide is to introduce a simple palette of native plants for shade gardens for the Houston area that is commercially available for the community to use in garden landscapes. This booklet outlines the selected Nine Natives for Shade Gardens, their growth habits, wildlife value, ethnobotanical value, and the reasons for selection. It includes example plans for formal and informal home gardens.

While many ‘native’ species may be found in local nurseries, the genotype may or may not be native to the Houston area, or even to Texas. Many commercial cultivars have deviated from the true native. Whenever possible, the groups that have collaborated on this booklet recommend the use of local genotypes. For that purpose, some Houston and Texas sources are referenced for native plant materials and seeds.

Creating a new garden using native plants or adding natives to a local garden can be simple and rewarding. The Nine Natives for Shade Gardens (and a few alternates) were selected to work together to give a beautiful show in the garden throughout the year. Some species were selected for their extended or repeat blooms and others for their interesting foliage and contrasting colors and textures. All were chosen for their benefit to butterflies, hummingbirds, birds, beneficial insects, and other wildlife in the garden.

While some species are strong enough to be used in monoculture, others may be more effective in mixed groupings due to their annual or perennial habits. These nine species were judged to be a collection that would be appealing to local gardeners - easy to grow - and with a height and habit acceptable to the residential garden. Most of the plants are available through local specialty growers, if not a local nursery. Seeds may be available through local native plant and prairie organizations, through commercial native seed suppliers, or perhaps through your own collection. (Check websites of the sponsoring prairie organizations for seed collecting days). The collection is a mix of woody species, ferns, forbs, and grass-like species. Though more muted in flowering than most sun-loving species, the palette selected adds textural contrast to the shaded garden.

These Nine Natives for Shade Gardens species may be used to incorporate natives in lieu of, or in addition to, horticultural (non-native) species. Use them individually, plant them in landscape beds in groups as shown, or mix them together with the alternatives offered. Add the ‘Woodland Garden’ species to make a wild and natural woodland garden. No matter how you use them, these Nine Natives for Shade Gardens - or other natives you may find - will add to the beauty and enjoyment of your garden.



*Turk's Cap, Lauren Simpson*



# NINE NATIVES FOR SHADE GARDENS

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## 1 CHEROKEE SEDGE *Carex cherokeensis*



Missouri Wildflower Nursery



Joseph A. Marcus, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 12-18 inches, spread: 6-12 inches. This grass-like species forms attractive, slowly-spreading clumps of fine-textured, narrow, grass-like, deep green leaves. It produces red, yellow, and brown wheat-like seed spikes that mature May to August. This plant is somewhat drought tolerant but will fare better with extra water in drier months. Cherokee Sedge thrives in medium to wet soils in part shade.

### WILDLIFE VALUE

Cherokee Sedge provides cover for small wildlife, acts as a nectar plant, and offers seeds and nesting material for birds. It is also a larval host plant for Satyr, Eufala Skipper, and Common Roadside Skipper butterflies.

### ETHNOBOTANICAL VALUE

The Cherokee Peoples used *Carex* species for a nightmarish condition called *inadö danskitsöi* ('when they dream of snakes'). *Carex* species roots and seeds can also be cooked for food.

### Why Was This Plant Selected?

Cherokee Sedge was selected to add evergreen foliage and texture to the garden. Its arching grass-like form and seed heads add interest. This plant is pest resistant and unappetizing to deer and other herbivores. It is native throughout the Southeastern and South-Central U.S.



Green Tree Frog, Cee Cee Parker



Eastern Cottontail Rabbit, Cee Cee Parker



Chipping Sparrow, Greg Lavaty



American Bumblebee, Chuck Duplant

## 2 SPEARBRACT BLUE-EYED GRASS *Sisyrinchium sagittiferum*



Chuck Duplant



Campbell and Lynn Loughmiller, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 8-12 inches, spread: 6-12 inches. This grass-like perennial grows in clumps of narrow, light-green leaves. Flattened leaf-like flower stems bear light-blue, star-shaped flowers with yellow centers a few inches above the leaves. A member of the iris family, Blue-eyed Grass blooms appear from March through July. Blue-eyed Grass grows in shade to sun in moist to wet conditions and tolerates a variety of soils.

### WILDLIFE VALUE

Blue-eyed Grass attracts Halictine Bees, bumblebees, other native bees, and pollinating flies seek nectar and pollen from its flowers. The seeds are eaten by various birds.

### ETHNOBOTANICAL VALUE

Indigenous Peoples of America used Blue-eyed Grass root tea to treat diarrhea in children and to treat worms and stomach aches. The leaves of several varieties of this species were also eaten as a cooked green to regulate the bowels. Most *Sisyrinchium* species are considered to be laxatives.

### Why Was This Plant Selected?

Blue-eyed Grass was selected as a fine textured addition to the shade garden and for its attractive blue iris-like flowers. It is native throughout Texas, Louisiana, and Arkansas.



# NINE NATIVES FOR SHADE GARDENS

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## 3 INLAND SEA OATS *Chasmanthium latifolium*



Sam Strickland, Lady Bird Johnson Wildflower Center



Bruce Leander, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 24-60 inches, spread: 24-36 inches. This clump-forming, upright, perennial grass is most 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 in the June to September months. Bright green leaves then turn a coppery color after frost and eventually turn brown in winter. It is easily grown in average, medium to wet, well-drained soil in part shade to full shade. Avoid planting in continuous full sun as its leaves turn yellowish without adequate shade.

### WILDLIFE VALUE

Inland Sea Oats produce seeds that are eaten by small mammals and granivorous birds, and it provides cover for other wildlife. Its leaves provide graze for mammals, and its stems and leaves are used as nesting material by birds. Inland Sea Oats is also a larval host to caterpillars of several species of Skippers.

### ETHNOBOTANICAL VALUE

Inland Sea Oats was once used as a food crop by the Cocopa Peoples of Mexico. Its seed can be used as a cereal in making bread, biscuits, etc. The seed can also be ground into a flour and used as a mush.

### Why Was This Plant Selected?

Inland Sea Oats was selected because it is an attractive, dense-covering grass for shade with decorative seedheads. This species also grows well in pots. It is native to the Eastern, Northern, and Central U.S. from Pennsylvania south to Florida, and west as far as Illinois. It also occurs in Central Texas and south to Nuevo Leon in Northeastern Mexico.



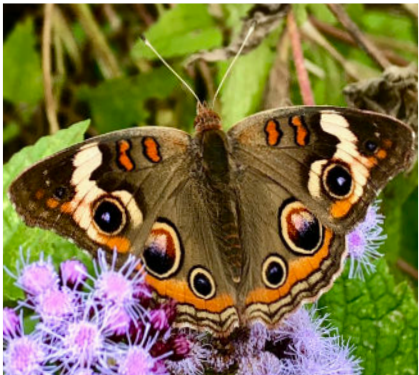
Field Mouse, Cee Cee Parker



White-throated Sparrow, Chuck Duplant

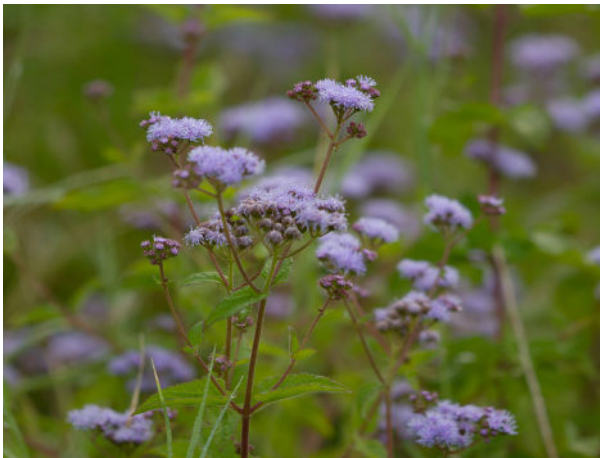


Queen Butterfly, Eric Duran



Common Buckeye Butterfly, Lauren Simpson

## 4 BLUE MISTFLOWER *Conoclinium coelestinum*



Chuck Duplant



Norman G. Flaigg, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 18-36 inches, spread: 18-30 inches. This herbaceous perennial typically shows downy purplish stems clad with coarsely-toothed, ovate-deltoid leaves. This species has numerous small, fluffy, tubular blue-purple flowers that bloom from July to October in dense, flat-topped terminal clusters. While this species is most commonly referred to as Mistflower, it is also called Boneset, Thoroughwort, and Snakeroot. It grows well in full sun to part shade and prefers moist loam, sand, or clay soils. This species can spread aggressively by rhizomes, making it a potential pest if not controlled.

### WILDLIFE VALUE

Blue Mistflower is an important nectar source for migrating butterflies such as Monarchs, Sulphurs, Buckeyes, and more. Its flowers also provide nectar and pollen for native bees, flower flies, moths, beetles, and birds. Caterpillars, such as the Clymene Moth and Lined Ruby Tiger Moth, will use Blue Mistflower's foliage as a food source. Few mammalian herbivores will take a bite because its leaves are very bitter.

### ETHNOBOTANICAL VALUE

Various members of the Mistflower species have been used to treat fevers and other health ailments. The less common name, Boneset, alludes to the use of the plant to stimulate calcium production to speed the healing of broken bones, although the name may have also come from its use to treat dengue fever, also called breakbone fever, due to the pain it inflicted.

### Why Was This Plant Selected?

Blue Mistflower was selected because it is good as a border plant or as a colonizing groundcover. The fluffy-edged flowers serve as a magnet for late-season butterflies. It is native to the Eastern U.S. from Northern Michigan to Florida, and west as far as Nebraska and Texas.



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## 5 PIGEONBERRY *Rivina humilis*



Wynn Anderson, Lady Bird Johnson Wildflower Center



Ray Mathews, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 12-24 inches, spread: 12-24 inches. This deciduous species is a native perennial that is known for its striking pink and white blooms and the following showy red berries, from March to October. However, the berries may not last long because they are a favorite of the local birds. This species has multiple common names such as Pigeonberry, Rouge Plant, Baby-peppers, and Bloodberry. Pigeonberry prefers light shade and moist but well-drained soil. Without supplemental water in summer it may go dormant.

### WILDLIFE VALUE

Pigeonberry acts as a food source for birds such as Flickers, Red-bellied Woodpeckers, Phoebe, Kingbirds, Catbirds, Cardinals, Rose-breasted Grosbeaks, Mourning Doves, White-winged Doves, and White-throated Sparrows. It is also a larval host plant for some caterpillars.

### ETHNOBOTANICAL VALUE

In Mexico, Pigeonberry leaves were used to treat wounds. There is some evidence from a study of leaf extracts that the leaves are weakly effective in reducing growth of certain bacteria. Southwestern Indigenous Peoples supposedly used the fruit of Pigeonberry to make red dye. The red fruits have been used for cosmetics, hence the less frequently used common name Rouge Plant. Leaves and roots and probably the berries of Pigeonberry are poisonous to the gastrointestinal system, which explains why deer seem reluctant to browse this plant most of the year.

### Why Was This Plant Selected?

Pigeonberry was selected because it is a low-growing herb layer plant with attractive decorative fruit and flowers. It is native to the Southern U.S. from Arizona to Florida including South and Central America.



Northern Cardinal, Cee Cee Parker



Red-bellied Woodpecker, Cee Cee Parker



Ruby Throated Hummingbird, Greg Lavaty



Metallic Green Sweat Bee, Chuck Duplant

## 6 HEARTLEAF SKULLCAP *Scutellaria ovata*



Norman G. Flaigg, Lady Bird Johnson Wildflower Center



Norman G. Flaigg, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 12-24 inches, spread: 9-18 inches. This native perennial species features snapdragon-like, tubular, two-lipped, blue-violet flowers that bloom in the April to June months. These flowers grow in branched terminal racemes atop square pubescent stems clad with heart-shaped green leaves. Heartleaf Skullcap adapts well in dry to medium, well-drained soils in part shade to full shade. It flowers longer under average moisture. Heartleaf Skullcap spreads easily by rhizomes. Plants may go dormant after bloom in hot dry summer weather.

### WILDLIFE VALUE

Heartleaf Skullcap provides nectar to native hummingbirds such as the Ruby-throated Hummingbird and Rufous Hummingbird. It is also a nectar source for the Cucumber Beetle, butterflies such as Skippers and Little Yellows, moths such as the Coffee-loving Pyrausta, and other nectar insects.

### ETHNOBOTANICAL VALUE

Indigenous Peoples of America used Heartleaf Skullcap to promote menstruation, and it was reputed to be effective against rabies. The leaf was used as a mild relaxant for anxiety, and it is said to have powerful antioxidant properties that may lesson food allergies and may help with Alzheimer's and Parkinson's diseases.

### Why Was This Plant Selected?

Heartleaf Skullcap was selected for its showy, blue flowers and blue-green, fuzzy foliage. This species is easily grown from seed and will self-seed in the garden. The oil of its leaves offers some deer resistance. It is native in the Eastern U.S. from Minnesota to South and East Texas and extends south to Mexico.



# NINE NATIVES FOR SHADE GARDENS

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## 7 CHRISTMAS FERN *Polystichum acrostichoides*



Sally and Andy Wasowski, Lady Bird Johnson Wildflower Center



Stefan Bloodworth, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 12-24 inches, spread: 12-24 inches. This evergreen species typically grows in a fountain-like clump and features leathery, lance-shaped fronds. Not only is Christmas Fern green at Christmas time, but it also features a stocking-shaped pinnae. Christmas Fern grows in dry to medium moist, well-drained soil in full shade. This species does not like standing water. If using this plant as a groundcover, note that it is a clumping fern and does not form a continuous, undifferentiated carpet the way some ferns do.

### WILDLIFE VALUE

Christmas Fern provides cover for small mammals and ground feeding birds. Ground nesting birds may use ferns for their habitat.

### ETHNOBOTANICAL VALUE

Christmas Fern was used medicinally by several groups of Indigenous Peoples to treat a variety of complaints. A tea was made from the root to serve as a blood purifier, emetic, and febrifuge. This tea was also used in the treatment of chills, fevers, pneumonia, stomach or bowel complaints, and rheumatism. A decoction of the root has been massaged into rheumatic joints to treat pain. The powdered root has also been inhaled and then coughed up in order to restore the voice. Some used the fiddleheads for food.

### Why Was This Plant Selected?

Christmas Fern was selected because its evergreen fronds and fiddleheads provide an interesting texture in the garden throughout the year. This species is also ideal for border plantings, accent plantings, and large groundcovers. Ferns in general are not often eaten by mammals such as deer or rabbits. Christmas Fern is native to the Eastern, Northern, and Central U.S. from Minnesota to Texas, Mexico, and parts of Canada.



Northern Mockingbird, Greg Lavaty



Nine Banded Armadillo, Chuck Duplant



Cedar Waxwing, Cee Cee Parker



American Blue Jay, Cee Cee Parker

## 8 AMERICAN BEAUTYBERRY *Callicarpa americana*



WD and Dolphia Bransford, Lady Bird Johnson Wildflower Center



Bruce Leander, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 36-72 inches, spread: 36-72 inches. This loose, open, deciduous shrub is most valued for its spectacular fruits. The small, short-lived flowers bloom in the May to July months and develop into white and pink to deep purple berry-like drupes which circle the stem. The fruit remains attractive for a long time although they are generally gone before severe winter weather. American Beautyberry prefers a moist clay soil or sand enriched with organic matter. It will fruit most abundantly in part sun or part shade and requires minimal care once its roots are established. It can be cut to 12 inches above the base each winter to encourage more compact growth, flowers, and fruit. It can also be left to mature naturally into a tall woody shrub. The shrub may temporarily defoliate and lose developing fruit during periods of prolonged summer drought.

### WILDLIFE VALUE

American Beautyberry provides nectar to birds, butterflies, and other nectar insects. The fall migrant Robins and Cedar Waxwings, as well as the local Mockingbirds and Blue Jays, eat the berries as they ripen. White-tailed Deer will browse the stems, leaves, and fruit.

### ETHNOBOTANICAL VALUE

Indigenous Peoples of America used tea made from roots and leaves in sweat baths for rheumatism, fevers, and malaria. Teas from roots were used for dysentery and stomach aches and teas from roots and berries were used for colic.

### Why Was This Plant Selected?

American Beautyberry was selected for its size, arching foliage, and the fall show of bright berries. The foliage is a favorite of White-tailed Deer. This species is a good understory shrub, easily propagated, and requires little maintenance. It is native to the Southeastern U.S.



# NINE NATIVES FOR SHADE GARDENS

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## 9 TURK’S CAP *Malvaviscus arboreus* var. *drummondii*



Lee Page, Lady Bird Johnson Wildflower Center



Joseph Marcus, Lady Bird Johnson Wildflower Center

### GROWTH HABITS

Height: 24-36 inches, spread: 24-36 inches. This deciduous spreading shrub is characterized by bright-red pendant, hibiscus-like flowers that never fully open. The flower petals overlap to form a loose tube with the staminal column protruding; some say the flowers resemble a Turkish turban, hence its name, Turk’s Cap. Flowers bloom in late summer to fall, July to September. Turk’s Cap grows best in part to full shade. This species will adapt to and thrive in many different sites, including full sun and heavy soil, though too much sun will cause its leaves to become rougher, smaller, darker, and puckered.

### WILDLIFE VALUE

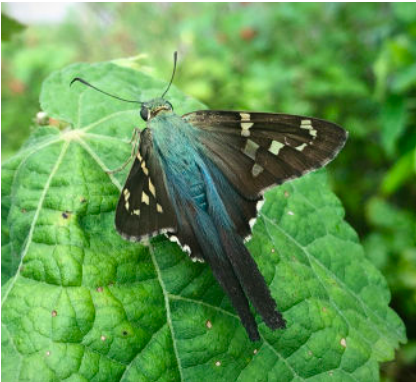
Turk’s Cap provides nectar for hummingbirds, butterflies, and moths and attracts other nectar insects. It is a larval host for Skipper, Sulphur, and Hairstreak Butterflies and produces fruits for birds and mammals to eat.

### ETHNOBOTANICAL VALUE

Turk’s Cap leaves have been used to treat inflammation, soothe itching skin, and soften skin. Indigenous People of Mexico used the flowers of the plant to treat digestive inflammation and as a menstrual aid. The flowers, either fresh or dried, can also be used to make tea. Turk’s Cap fruit is edible either raw or cooked. The fruit tastes rather like apple, hence its Spanish name, Manzanilla (Little Apple).

### Why Was This Plant Selected?

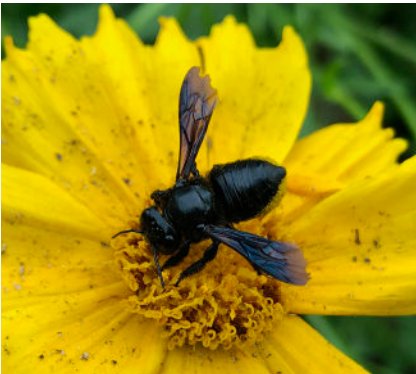
Turk’s Cap is an attractive woody species for shady sites. Its size and large leaves add structure and texture to the garden. The bright red flower has an extended bloom followed by a showy red fruit. It is native to the Southeastern U.S., extending north from Arkansas and South Carolina to Central Texas, Florida, Cuba, and through Mexico to the Yucatan and Chiapas.



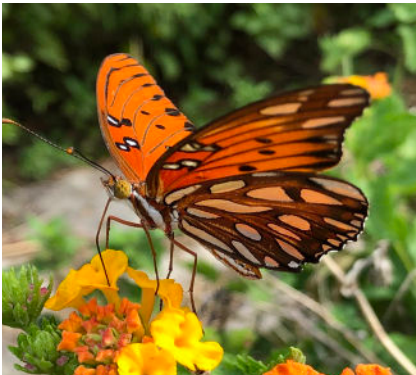
Long-tailed Skipper, Lauren Simpson



Gray Hairstreak, John Flannery



Carpenter-mimic Leafcutter Bee (female), Lauren Simpson



Gulf Fritillary, Lauren Simpson

## ALTERNATE SPECIES

At the edge of your shade garden a little more sunlight will allow you to add a few species with showy blooms to add more color and interest in the garden.

### Louisiana Phlox *Phlox divaricata*



Alan Cressler, Lady Bird Johnson Wildflower Center

### Lance-leaved Coreopsis *Coreopsis lanceolata*



Sally and Andy Wasowski, Lady Bird Johnson Wildflower Center

### Texas Lantana *Lantana x urticoides*



Sally and Andy Wasowski, Lady Bird Johnson Wildflower Center

### Lyre Leaf Sage *Salvia lyrata*



WD and Dolphia Bransford, Lady Bird Johnson Wildflower Center



# NINE NATIVES FOR SHADE GARDENS

## Creating Simple Gardens with Native Prairie Plants - Woodland Gardens

### 10 WOOD FERN *Thelypteris kunthii*



Sally and Andy Wasowski, Lady Bird Johnson Wildflower Center



Sally and Andy Wasowski, Lady Bird Johnson Wildflower Center

#### GROWTH HABITS

Height: 2 1/2- 3 feet, spread: 2-3 feet. This long-creeping, deciduous, perennial fern features upright fronds with pinnate-pinnatifid blades that are 6 inches wide. Each frond has about 10-40 pairs of deeply lobed leaflets. This species also has forked veins extending to the edge of each lobe. Wood Fern is easily grown in medium to moist soils and adaptable to a variety of soil types. It prefers part to full shade and tolerates poor drainage. Wood fern is a robust grower and spreads easily through rhizomes.

#### WILDLIFE VALUE

Wood Fern provides habitat and hiding locations to frogs such as the Gulf Coast Toad, lizards such as the Green Anole, turtles, ground-feeding birds, and insects.

#### ETHNOBOTANICAL VALUE

Fern roots have been used in the treatment of stomach aches and menstrual cramps.

#### Why Was This Plant Selected?

Wood Fern was selected for its graceful arching fronds and its light colored foliage. It can serve as a low-maintenance groundcover for the woodland garden. Ferns in general are not often eaten by mammals such as deer or rabbits. It is native to the Southeastern U.S. from South Carolina to Florida, west to Texas, and south to the Caribbean Islands.



Gulf Coast Toad, Jaime González



Green Anole Lizard, Clinton and Charles Robinson



Chickadee, Cee Cee Parker



Carolina Satyr, Chuck Duplant

These natives species are robust. They will spread, seed-out, and ‘move’ about your garden. They may not be appropriate for a small lot - but if you are ‘wild’ about your garden and have room for them to wander - they may be a perfect addition to your palette.

### 11 VIRGINIA WILDRYE *Elymus virginicus*



Benny Simpson, Lady Bird Johnson Wildflower Center



Native American Seed

#### GROWTH HABITS

Height: 2-4 feet, spread: 1-2 feet. Virginia Wildrye is a graceful, short-lived, perennial bunch grass with a showy seed head, blooming March to May. It grows in the spring and fall when temperatures are cooler and can turn attractive shades of yellow, tan, and crimson in the fall. Virginia Wildrye grows well in part shade and is a pioneer species for woodland settings. It grows well in moist soils but tolerates dryer conditions and a variety of soil types.

#### WILDLIFE VALUE

Virginia Wildrye provides seed and forage for various insects, birds, and small mammals; they utilize the plant fibers for denning and nesting materials. Caterpillars of several species of Satyr Butterflies, along with various Leaf Minor Moths and the False Wainscot Moth, eat the leaves. It is palatable and nutritious forage for deer and other large game animals.

#### ETHNOBOTANICAL VALUE

The seed of Virginia Wildrye was an important item of food for the Paiute Indigenous Peoples of Southwestern North America. The seed can be ground into a flour and used to make bread.

#### Why Was This Plant Selected?

Virginia Wildrye was selected because its foliage, flowers, and seed spikes lend interest to the garden. It is a good species to use in rain gardens and provides erosion control for slopes and hillsides. Virginia Wildrye is native to much of the U.S. and Canada.



# NINE NATIVES FOR SHADE GARDENS

## Creating Simple Gardens with Native Prairie Plants - Woodland Gardens

### 12 FROSTWEED *Verbesina virginica*



Steven Schwartzman, Lady Bird Johnson Wildflower Center



Stephanie Brundage, Lady Bird Johnson Wildflower Center

#### GROWTH HABITS

Height: 3-6 feet, spread: 1 1/2-2 feet. This stiff, upright perennial is characterized by its dark green leaves and its white autumn flowers that bloom from August to the first frost. Frostweed gets its name because the moisture in the stem will sometimes split and exude a sap that expands to create a showy mass that looks like ice crystals with the first hard freeze. Frostweed is a vigorous grower in shade to part shade, and it tolerates dry to moist conditions and a variety of soil types.

#### WILDLIFE VALUE

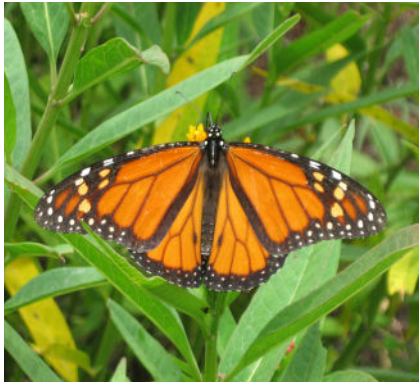
Frostweed acts as an important pollinator plant for butterflies, native bees, honey bees, beetles, and other insects. It attracts butterflies such as Pipevine, Monarchs, and Great Purple Hairstreaks.

#### ETHNOBOTANICAL VALUE

Frostweed leaves were once dried and used as tobacco by some Indigenous Peoples. Different parts of the plant were also used to ease gastrointestinal symptoms, mainly as a laxative, and they also believed that it would help the urinary tract and certain eye ailments.

#### Why Was This Plant Selected?

Frostweed was selected because of the texture, upright growth, and extended bloom time, and also the interesting effect of the expanding sap in the winter. It was also chosen for its exceptional wildlife value. It is native to the Southeastern U.S. extending from Pennsylvania to Central Texas and Florida.



Monarch Butterfly, Jaime Gonzales



Great Purple Hairstreak Butterfly, Chuck Duplant



Cloudless Sulphur Butterfly, Chuck Duplant



American Robin, Cee Cee Parker

These natives species are robust. They will spread, seed-out, and ‘move’ about your garden. They may not be appropriate for a small lot - but if you are ‘wild’ about your garden and have room for them to wander - they may be a perfect addition to your plant palette.

### 13 CORALBERRY *Symphoricarpos orbiculatus*



Ray Mathews, Lady Bird Johnson Wildflower Center



Sally and Andy Wasowski, Lady Bird Johnson Wildflower Center

#### GROWTH HABITS

Height: 1-3 feet, spread: 4-8 feet. This dense, suckering, native, deciduous shrub is characterized by its bell-shaped, greenish-white flowers with a pink tinge that grow along the stems in axillary clusters and in spikes at the stem ends. The flowers bloom April to July, then give way to clusters of round, coral-red berries which mature in the autumn months. These berries persist through most of the winter, providing excellent color and interest to the winter landscape. Coralberry grows best in well-drained sand, loam, or clay soils with full to part shade. To keep this species at a low height, it can be cut back to the ground and will come back bushier and with more berries the following year.

#### WILDLIFE VALUE

Coralberry flowers attract insects such as bees, wasps, and flies. Caterpillars of many moths, including Hummingbird Clearwing Moths, feed on the foliage. Birds, particularly Robins and Bobwhite Quail, love to eat the berries that appear in fall. Coralberry is also used by birds, rodents, and small mammals as a nesting site or for cover. This species is a favorite food of White-tailed deer.

#### ETHNOBOTANICAL VALUE

Indigenous Peoples of America used Coralberry to treat eye issues as the berries have a mild sedative property. They also used the dried roots, known as devil's shoestrings, as an easy method for catching fish by stunning them.

#### Why Was This Plant Selected?

Coralberry was selected because it is a low-growing shrub with attractive winter berries and persistent, bright green foliage. It is native to the Eastern U.S. from New York south to East Texas, and west to South Dakota, including Utah.



# NINE NATIVES FOR SHADE GARDENS

Creating Simple Gardens with Native Prairie Plants - A Companion Plant

14

SOUTHERN ARROWWOOD  
*Viburnum dentatum*



Stephanie Brundage, Lady Bird Johnson Wildflower Center



Stephanie Brundage, Lady Bird Johnson Wildflower Center

GROWTH HABITS

Height: 6-12 feet, spread: 6-12 feet. This upright, rounded, multi-stemmed, deciduous shrub is characterized by its non-fragrant white flowers that bloom between May and July. The flowers give way to blue-black, berry-like drupes which are quite attractive to birds and other wildlife. The species has ovate, toothed, glossy, dark green leaves with variable fall colors that range from yellow to shades of orange and red. Southern Arrowwood grows best in dry to wet, acid soils and sands, in full sun, part shade, and full shade. It is an excellent alternative to non-natives shrubs to add structure to the garden.

WILDLIFE VALUE

Southern Arrowhead provides support for game birds, songbirds, and small mammals. It attracts Eastern Bluebird, Northern Flicker, Gray Catbird, and American Robin. Its white blooms also attract bees, beetles, and butterflies.

ETHNOBOTANICAL VALUE

Southern Arrowwood was used by Indigenous Peoples of America as a birthing aid. They made a poultice from the plant and applied it to the swollen legs of a woman after she had given birth. Southern Arrowwood twigs were also boiled to make a decoction to prevent women from conceiving. The bark of some species was used to treat asthma and spasms.

Why Was This Plant Selected?

Southern Arrowwood was selected because its attractive foliage, showy flowers, and wildlife value make it an excellent addition to the shade garden. It transplants well and is one of the most adaptable of the viburnums. It is native to the Eastern U.S. and Canada and from Maine south to Northern Florida and Eastern Texas.



Pipevine Swallowtail, Meilinda Fawver



American Goldfinch, Greg Lavaty



Gray Catbird, Chuck Duplant



Emerald Flower Scarab Beetle, Lauren Simpson

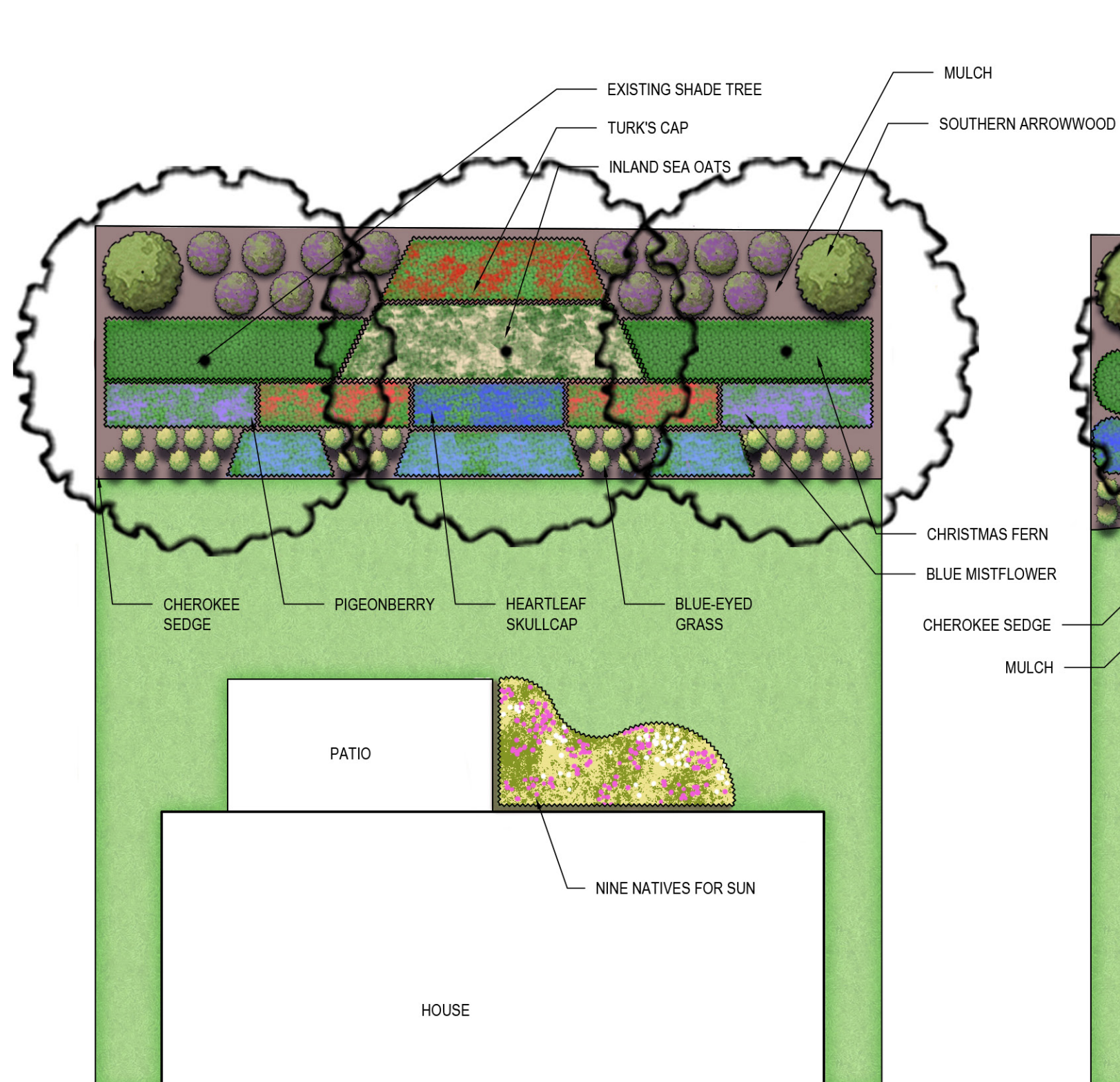


Eastern Bluebird, Cee Cee Parker

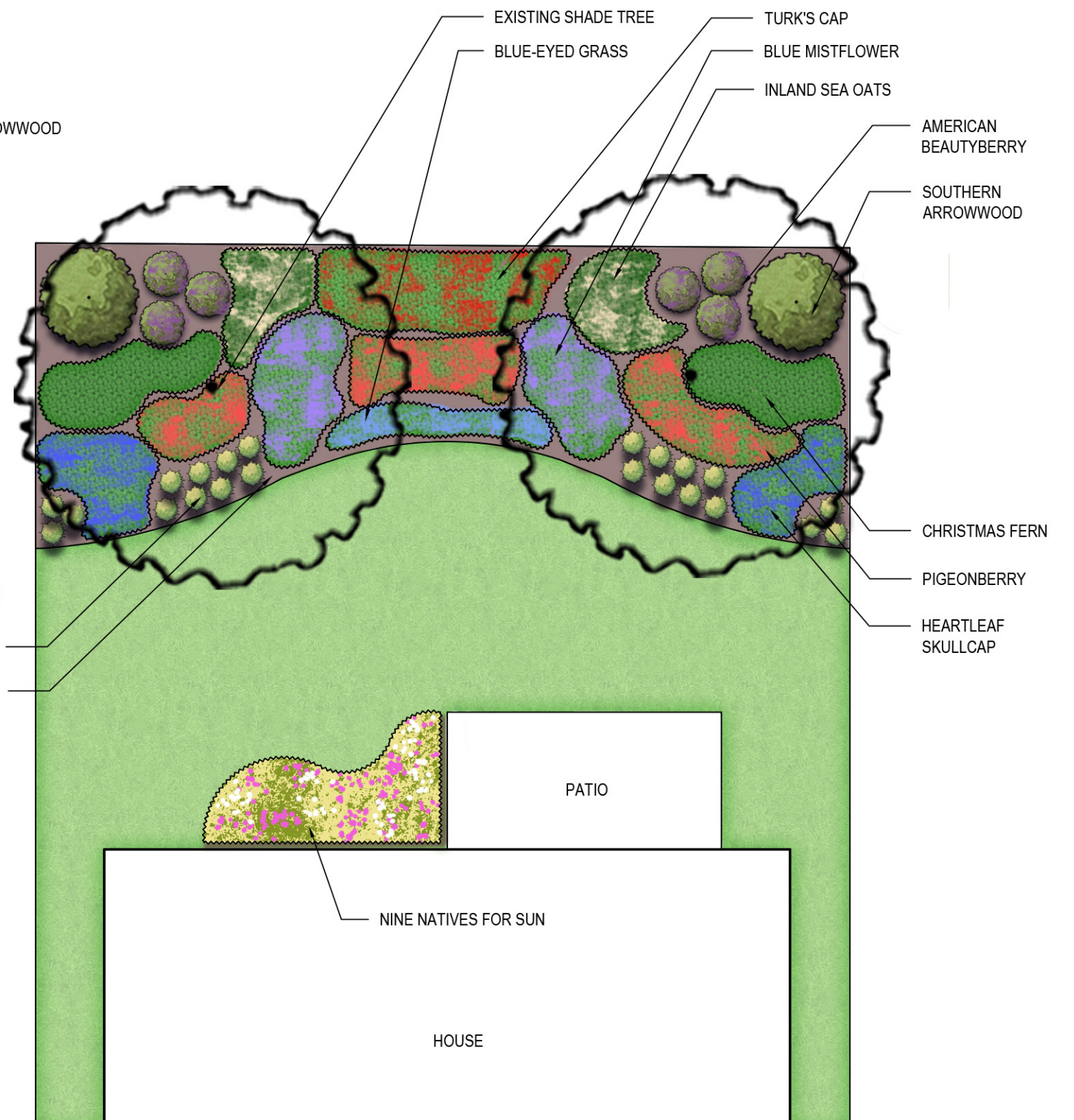
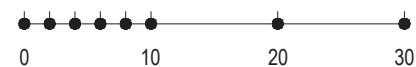


Delta Scarab Beetle, Jacopo Werther

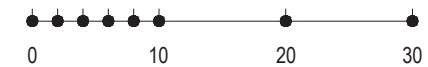




**FORMAL GARDEN**



**INFORMAL GARDEN**





# NATIVE PLANT SOURCES

## TEXAS GULF COAST NURSERIES

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### SEEDS:

BAMERT SEED COMPANY  
www.bamertseed.com  
1-800-262-9892  
Muleshoe, Texas

NATIVE AMERICAN SEED  
www.seedsource.com  
1-800-728-4043  
Junction, Texas

TURNER SEED COMPANY  
www.turnerseed.com  
1-800-722-8616  
Breckenridge, Texas

WILDSEED FARMS  
www.wildseedfarms.com  
1-800-848-0078  
Fredericksburg, Texas

### PLANTS:

AUDUBON SOCIETY NATIVES NURSERY  
Edith L. Moore Sanctuary  
www.birdfriendlyhouston.org  
713-932-1639  
Houston, Texas

BUCHANAN'S NATIVE PLANTS  
www.buchananplants.com  
713-861-5702  
Houston, Texas

ENCHANTED GARDENS  
www.myenchanted.com  
281-341-1206  
Richmond, Texas  
Booth, Texas

JOSHUA'S NATIVE PLANTS  
www.joshuasnativeplants.net  
713-862-7444  
Houston, Texas

MORNING STAR PRAIRIE PLANTS  
www.morningstarprairieplants.com  
markmorg64@gmail.com  
713-446-2509  
Damon, Texas



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