



## Middle Fork Farm 2026 Native Plant List and Cultural Guide

FORBS/FLOWERS		For Home Landscape?	Light Conditions			Soil Moisture					Bloom Time	Height	Spacing	Notes
Common Name	Scientific Name		Sun	Part	Shade	Wet	Med Wet	Med	Med Dry	Dry	Month	Inches	Inches	
Anise Hyssop	<i>Agastache foeniculum</i>	X	X	X				X	X		J,J,A,S	36	12-16	Aromatic
Blue Sage	<i>Salvia azurea</i>	X	X	X				X	X	X	A,S,O	36	18-24	Native to Iowa and Wisconsin. Not native to Minnesota.
Blue Vervain	<i>Verbena hastata</i>		X	X		X	X	X			J,A,S	60	18-24	
Bradbury's Monarda	<i>Monarda bradburiana</i>	X	X	X				X	X		J,J	24	46374	Aromatic
Butterfly Weed	<i>Asclepias tuberosa</i>	X	X	X				X	X	X	J,J,A	24	12-26	
Button Blazing Star	<i>Liatris aspera</i>	X	X	X				X	X	X	J,A,S,O	36	10-18	
Common Evening Primrose	<i>Oenothera biennis</i>		X	X			X	X	X	X	J,J,A,S,O	72	24-48	Biennial
Common Ironweed	<i>Vernonia fasciculata</i>	X	X	X			X	X			J,A,S	72	24-36	
Common Milkweed	<i>Asclepias syriaca</i>		X	X		X	X	X	X		J,J,A	36	24-36	
Culver's Root	<i>Veronocastrum virginicum</i>	X	X	X			X	X	X		J,J,A	60	24-36	Can grow in up to 70% shade
Dwarf Blue Indigo	<i>Baptisia australis var. minor</i>	X	X						X	X	M,J	36	18-24	Legume
Early/Lanceleaf Figwort	<i>Scrophularia lanceolata</i>		X	X	X		X	X	X	X	M,J,J	60	24-36	Prefers light shade
Early/Oxeye Sunflower	<i>Heliopsis helianthoides</i>	X	X	X			X	X	X		J,J,A,S	60	18-36	
Foxglove Beardtongue	<i>Penstemon digitalis</i>	X	X	X				X	X		J,J	48	12-18	
Golden Alexander	<i>Zizia Aurea</i>	X	X	X			X	X	X		A,M,J	3	12-24	
Great Blue Lobelia	<i>Lobelia siphilitica</i>	X	X	X		X	X	X			J,A,S,O	36	12-18	
Great St. John's Wort	<i>Hypericum pyramidatum</i>	X	X	X			X	X			J,A	72	36-48	Foliage is somewhat toxic to mammalian herbivores.
Hairy Wood Mint	<i>Blephilia hirsuta</i>			X	X		X	X	X		J,J,A,S	36	10-18	
Heart-Leaved Aster	<i>Symphoricarion cordifolium</i>			X	X			X	X		S,O	36	18-24	
Hoary Vervain	<i>Verbena stricta</i>	X	X	X					X	X	J,J,A,S	24	10-12	
Jacob's Ladder	<i>Polemonium reptans</i>	X		X	X		X	X	X		A,M,J	12	6-12	
Joe Pye Weed	<i>Eutrochium maculatum</i>		X	X		X	X				J,A,S	60	36-48	Readily spreads; potentially aggressive in small spaces.
Lance-leaf coreopsis	<i>Coreopsis lanceolata</i>	X	X						X	X	M,J,J,A	24	10-16	Rhizomatous
Meadow Blazing Star	<i>Liatris ligulistylis</i>	X	X	X			X	X	X	X	A,S	60	12-24	
Midland Shooting Star	<i>Dodecatheon meadia</i>	X	X	X			X	X	X		A,M,J	12	6-12	Spring ephemeral. Goes dormant by mid summer.
Mountain Mint	<i>Pycnanthemum virginianum</i>		X	X		X	X	X	X		J,J,A,S	36	12-18	Can be aggressive in small landscapes.
Obedient Plant	<i>Physostegia virginiana</i>		X	X		X	X	X			A,S	48	12-24	Rhizomatous; potentially aggressive in small spaces.
Old Field/Grey Goldenrod	<i>Solidago nemoralis</i>	X	X	X				X	X		A,S	24	8-12	
Partridge Pea	<i>Chamaecrista fasciculata</i>	X	X	X				X	X	X	J,A,S	24	6-12	Annual. Legume.
Pearly Everlasting	<i>Anaphalis margaritacea</i>		X	X					X	X	J,J,A,S	24	12-36	Will regrow if heavily fed on by American Lady caterpillars.
Prairie Alumroot	<i>Heuchera richardsonii</i>	X	X	X			X	X	X	X	M,J,J	24	8-12	
Prairie Cinquefoil	<i>Drymocallis arguta</i>		X	X					X	X	J,J,A,S	24	12-18	
Prairie Smoke	<i>Geum triflorum</i>	X	X	X			X	X	X	X	A,M,J	8	6-8	
Purple Coneflower	<i>Echinacea purpurea</i>	X	X	X			X	X	X		J,A,S	48	18-24	Native to Iowa and Wisconsin. Not native to Minnesota.
Purple Giant Hyssop	<i>Agastache scrophulariifolia</i>		X	X			X	X	X		J,A,S,O	72	18-24	Can be aggressive in small spaces. Needs disturbance to persist.
Rattlesnake Master	<i>Eryngium yuccifolium</i>	X	X				X	X	X		J,A,S	48	18-24	
Royal Catchfly	<i>Silene regia</i>	X	X	X				X	X		J,A	48	12-24	Native to Wisconsin. Not native to Minnesota.

FORBS/FLOWERS		For Home Landscape?	Light Conditions			Soil Moisture					Bloom Time	Height	Spacing	Notes
Common Name	Scientific Name		Sun	Part	Shade	Wet	Med Wet	Med	Med Dry	Dry	Month	Inches	Inches	
Showy Goldenrod	<i>Solidago speciosa</i>	X	X	X				X	X	X	S,O,N	60	24-36	
Showy Tick Trefoil	<i>Desmodium canadense</i>	X	X				X	X	X		J,A	60	12	Legume
Silky Aster	<i>Symphyotrichum sericeum</i>	X	X	X					X	X	S,O	12	12-24	
Sky Blue Aster	<i>Symphyotrichum oolentangiense</i>	X	X	X				X	X	X	A,S,O	36	12-24	
Smooth Blue Aster	<i>Symphyotrichum laeve</i>	X	X	X			X	X	X		A,S,O	48	18-24	
Sneezeweed	<i>Helenium autumnale</i>	X	X	X		X	X				A,S,O	48	18-24	
Spotted Bee Balm	<i>Monarda punctata</i>	X	X	X				X	X		J,A,S	24	8-12	
Stiff Goldenrod	<i>Oligoneuron rigidum</i>		X	X			X	X	X	X	A,S,O	48	12-24	Remove blooms to prevent prolific seeding in small spaces.
Swamp Milkweed	<i>Asclepias incarnata</i>	X	X	X		X	X	X			J,J,A	48	18-36	
Sweet Black-Eyed Susan	<i>Rudbeckia subtomentosa</i>	X	X	X			X	X	X		A,S,O	60	24-36	
Sweet Joe Pye Weed	<i>Eutrochium purpureum</i>	X		X	X		X	X	X		J,A,S	84	36-48	
Tall Thimbleweed	<i>Anemone virginiana</i>	X	X	X	X				X	X	J,J,A	36	18-24	
Thimbleweed	<i>Anemona cylindrica</i>	X	X	X				X	X	X	J,J	24	6-8	
Turtlehead	<i>Chelone glabra</i>	X	X			X	X				J,A,S	60	24-36	
Wild Bergamot	<i>Monarda fistulosa</i>	X	X	X			X	X	X	X	J,A,S	48	24-36	
Wild Petunia	<i>Ruellia humilis</i>	X	X					X	X	X	J,J,A	12	12-18	
Wild White Indigo	<i>Baptisia alba</i>	X	X	X			X	X	X	X	J,J	48	24-36	Legume. Rare in Olmsted County.
Zig Zag Goldenrod	<i>Solidago flexicaulis</i>			X	X		X	X	X		A,S,O	36	12-24	Rhizomatous; potentially aggressive in small spaces.

GRASSES AND SEDGES		For Home Landscape?	Light Conditions			Soil Moisture					Bloom Time	Height	Spacing	Notes
Common Name	Scientific Name		Sun	Part	Shade	Wet	Med Wet	Med	Med Dry	Dry	Month	Inches	Inches	
Blue Grama	<i>Bouteloua gracilis</i>	X	X	X					X	X	J,A,S	12	12-14	Warm season
Bottlebrush Grass	<i>Elymus hirtix</i>			X	X			X	X		J,J,A	36	12-18	Cool season
Brown Fox Sedge	<i>Carex vulpinoidea</i>		X	X		X	X	X	X		J,J	36	12-24	Cool season
Canada Wild Rye	<i>Elymus canadensis</i>	X	X	X			X	X	X	X	J,A,S,O	60	24-36	Cool season
June Grass	<i>Koeleria macrantha</i>	X	X						X	X	J,J	24	10-12	Cool season; prefers sandy soils
Little Bluestem	<i>Schizachyrium scoparium</i>	X	X	X			X	X	X	X	J,A,S,O	36	24-36	Warm season
Path Rush	<i>Juncus tenuis</i>	X	X	X			X	X	X	X	J,J,A,S	12	6-8	Cool season
Prairie Dropseed	<i>Sporobolus heterolepis</i>	X	X	X			X	X	X	X	A,S,O	24	24-36	Warm season
Purple Love Grass	<i>Eragrostis spectabilis</i>	X	X	X						X	J,A	24	12-24	Warm season
Side-Oats Grama	<i>Bouteloua curtipendula</i>	X	X	X				X	X		A,S	24	10-24	Warm season
Silky Wild Rye	<i>Elymus villosus</i>	X		X	X		X	X	X		J,J,A	36	12-24	Cool season

VINES		For Home Landscape?	Light Conditions			Soil Moisture					Bloom Time	Height	Spacing	Notes
Common Name	Scientific Name		Sun	Part	Shade	Wet	Med Wet	Med	Med Dry	Dry	Month	Inches	Inches	
Virgin's Bower	<i>Clematis virginiana</i>			X	X		X	X			J,A,S	120	36-48	Toxic to mammals. Spreads easily.