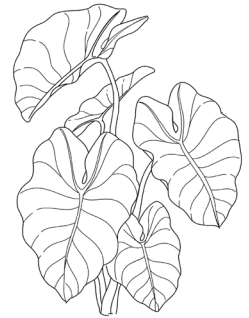


Cindy's Garden Plant List 2022



Mountain Mint - perennial native to Eastern US. Dense white blooms from July-Sept are highly attractive to pollinators. Leaves emit a strong aroma when crushed. Deer proof. Can be made into tea. *Scent, sight, taste.*

Roman Chamomile - native to Europe. Has a light apple fragrance. Used medicinally for centuries as a treatment for upset stomach, anxiety and insomnia. Small daisy-like flowers can be dried for potpourri or made into tea. *Scent, sight, taste.*

Guara - native of N.A. Also called Wandflower or Bee Blossom. Perennial that blooms intermittently summer to fall. Host plant for the caterpillar of the White-lined Sphinx Moth. Thrives in poor soil. *Sight.*

Trumpet Honeysuckle "John Clayton" - native vine of N.A. A favorite of hummingbirds and butterflies. The yellow blossoms bloom from June to Nov. Produces red berries eaten by birds. *Sight, scent.*

Culinary Sage - perennial native to Mediterranean. Soft, silvery green leaves used fresh or dried in cooking and tea. Beneficial insects attracted to it's purple/blue flowers. High in antioxidants. Long history of various uses from warding off evil to an aid in digestion. Flavor is a mix of pine and citrus. *Scent, taste, sight, touch.*

Pineapple Sage - native to Mexico and Guatemala, it is an annual in our cooler climate. Strong aroma of pineapple when leaves are rubbed. Used in tea, salads and desserts. Red flowers bloom late in season are a favorite of hummingbirds. *Scent, taste, sight.*

Switch Grass "Heavy Metal" - Durable native perennial grass of the US. Upright habit and pink-tinted seed heads in late summer. Drought tolerant. Bright fall foliage as well as winter interest. Seeds provide a winter food for birds. As with all the grasses in this garden, a breeze sways and rustles the foliage. *Sight, sound.*

Switch Grass "Cape Breeze" - native to N.A. Produces airy seed heads earlier than other switchgrasses. Foliage has bronze accents in autumn. Deer resistant and drought tolerant. *Sight, sound.*

Big Bluestem Grass "Red October" - US native. Year long visual interest. Deep scarlet foliage after a frost. Upright habit with seed heads shaped like turkey feet. Seeds provide food for wildlife. *Sight, sound.*

Lamb's Ear - native to the Middle East, it is grown primarily for its thick, fuzzy, silvery foliage. Deer and rabbit resistant. Flowers have a light fruity aroma and are enjoyed by pollinators. *Touch, sight.*

Sea Holly "Blue Hobbit" and "Blue Glitter" - perennial from Europe has spiny foliage with striking blue flowers that are a pollinator magnet. Birds are attracted to the seed heads. Thrives in hot conditions and sandy soils. We have a compact variety (Blue Hobbit) that grows to 12" high and a tall variety (Blue Glitter) that was originally grown for the cut flower trade. *Touch, sight.*

Baptisia "Vanilla Cream" - a False Indigo shrub variety that is a N.A. native. Lupine-like flower spikes bloom in spring. Mature seed pods make rattle sound. Deer and drought resistant. *Sight, sound.*

Lavender Hidcote - perennial native to Mediterranean. Grown for its oil and dried flowers. Used in perfume, soap, tea and potpourri. This compact variety with dark purple flowers is a favorite of pollinators. *Sight, touch, scent.*

Lemon Verbena - a South American native, this herb is an annual below Zone 8. Has an intense oil concentration within its leaves and can be used anywhere you would use lemon zest. *Scent, sight, taste.*

Agastache "Blue Fortune" - a perennial native to Europe. A pollinator magnet with a long bloom season. Foliage has a minty/licorice aroma. Deadhead flowers to promote more blooms. *Scent, sight.*



Elephant Ear - native to tropical regions of Asia, Africa, South America and Australia. Grown for their dramatic, heart shaped leaves. This variety will reach a height of five feet. Will not survive our winters, so corms must be dug up after first frost and stored in cool, not freezing, location. *Sight.*

Coreopsis - native to N.A. The common name "tickseed" was inspired by their seed's resemblance to the insect. Widely used by Native Americans as medicine, a vitamin tonic and food. Long bloom season and attractive to pollinators. *Sight.*

High Bush Blueberry - native to east coastal regions of N.A. and the common choice for home gardens. Soil must be quite acidic or plants will not produce fruit. Foliage turns yellow to red in autumn. *Sight, taste.*

Astilbe - native to mountain ravines in Asia and N.A. A trouble-free perennial that is grown for its colorful, soft plumes that brighten up a shady garden spot. *Sight, touch.*

Trumpet Vine - Although native to U.S., this aggressive perennial vine requires early spring pruning and removal of shoots and seed pods in lawn to control its invasive tendency. The clusters of tubular orange flowers are loved by hummingbirds and bees. *Sight.*

Woodland Phlox - a native spring ephemeral with lightly fragrant blue flowers that is visited by early season pollinators. A perfect ground cover for dappled shade. *Sight, scent.*

Oregano and Marjoram - native to Mediterranean. Perennial herbs that are similar...Marjoram has a milder flavor. Both are popular for cooking, used dried or fresh. Both also have anti-inflammatory and antimicrobial properties. Their tiny flowers are attractive to pollinators. *Taste, scent, sight.*

Lady's Mantle - an easy care perennial native to Europe and Greenland. Velvety scalloped leaves hold water droplets that glisten in the sun. The leaves contain astringents and tannins that have been used for skin problems, digestive issues and insomnia. Tea made from the leaves tastes like green tea. *Touch, sight, taste.*

Tomato - Originally from Mexico, Central and South America. Botanically classified as a fruit, but culinarily used like a vegetable, they come in a wide range of sizes, colors and flavors. Heat lovers, they are annual vines in our climate. One of the most popular plants for home vegetable gardens. Indeterminate varieties (continue to grow till frost) can be pruned to promote bushiness and increase fruit production. *Taste, sight.*

Geranium (in pots) - native to South Africa and a favorite of gardeners for their colors, foliage and scents. Not to be confused with the perennial woodland geranium, this group is an annual below Zone 10. Can also be kept as a houseplant if enough sun is available. We have three of the eight types of geraniums...Zonal, the most common; Fancy Leaf, with variegated or colored leaves; Scented Leaf, with fragrances resembling other plants. *Touch, scent, sight.*