

# HOME PLANTING GUIDE



ELIZABETH RIVER  
PROJECT

RIVER STAR HOMES

A Roadmap for Native Landscaping in Southeast Virginia



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# HOW TO USE THIS GUIDE

The purpose of this guide is to provide homeowners with a roadmap for planting their own native garden. Included are four landscaping designs, each accommodating common growing conditions in Southeast Virginia. They can be scaled to fit any garden or yard size and shape. The native plants featured in each design were selected for attractiveness and palette, local ecological value, and ease of maintenance and sourcing.

There are several incentives to planting native plants. They support native pollinators and wildlife with habitat and food source. Once native plants are established, they require less fertilizers and waterings. Spraying pesticides is generally not needed. Native plants have adapted to local temperature, rainfall, and consumption by native wildlife and insects.

This guide is being provided by the Elizabeth River project to support native plantings in local urban and suburban landscaping to support a healthy watershed and beyond.



## PLANTING RESOURCES

The list of resources below are not comprehensive, but are a great place to start when planning your native planting.

### Hampton Roads Plant & Landscaping Vendors

#### Lady Fern Native Plants

4900 Colley Ave, Norfolk, VA 23508  
(757) 678-6041

#### Four Seasons Nursery

961 S Military Hwy, Virginia Beach, VA 23464  
(757) 420-4182

[www.fourseasonsnursery.biz/](http://www.fourseasonsnursery.biz/)

#### Southern Branch Nursery

1412 Benefit Rd, Chesapeake, VA 23322  
[www.southernbranchnursery.com/](http://www.southernbranchnursery.com/)

### Native Plant References

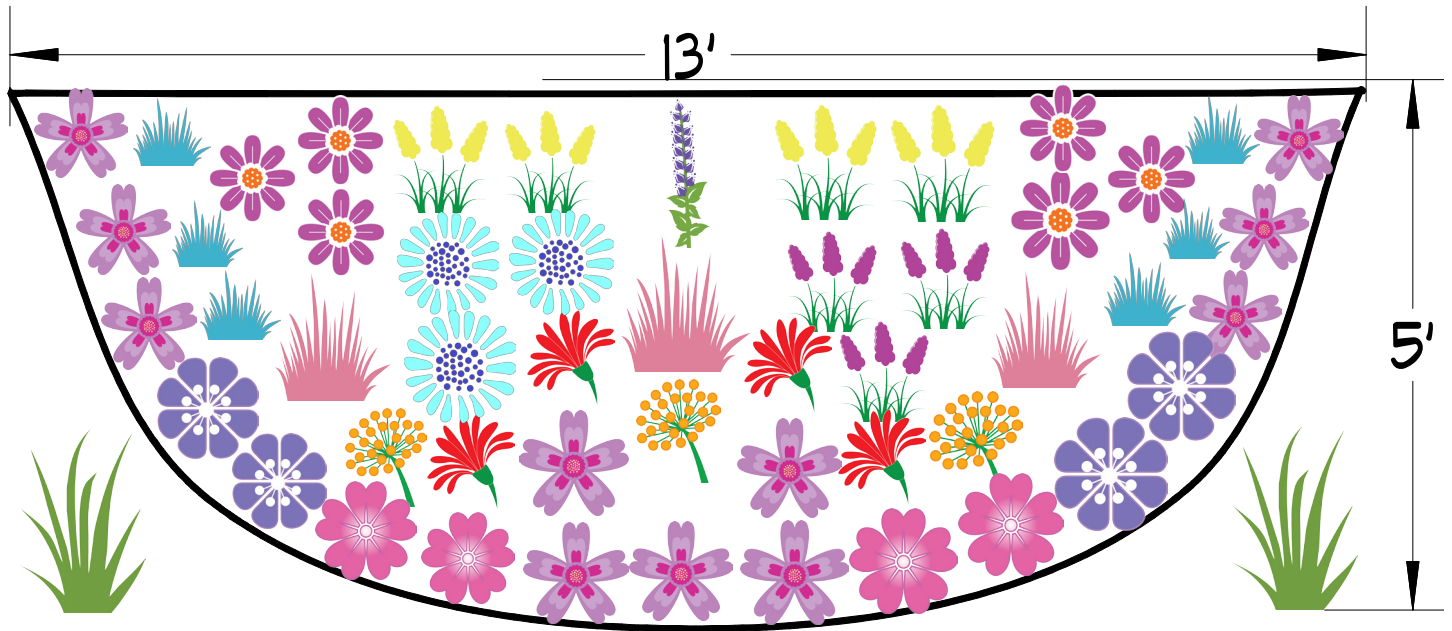
#### Native Plant for Southeast Virginia Guide







Published by the Virginia Coastal Management program. A free copy is available for download at [www.plantvirginianatives.org/plant-southeast-virginia-natives](http://www.plantvirginianatives.org/plant-southeast-virginia-natives).









# PLANTING DESIGN

**FULL SUN - DRY TO MEDIUM MOISTURE**



ICON	QTY	PLANT SPECIES
	4	<b>PINK SILENE</b> <i>Silene Marylandica</i>
	6	<b>PURPLE CONEFLOWER</b> <i>Echinacea purpurea</i>
	3	<b>BUTTERFLY WEED</b> <i>Asclepias tuberosa</i>
	3	<b>BEE BALM</b> <i>Monarda fistulosa</i>
	4	<b>CARDINAL FLOWER</b> <i>Lobelia cardinalis</i>
	1	<b>BLUE WILD INDIGO</b> <i>Baptisia australis</i>

ICON	QTY	PLANT SPECIES
	3	<b>LIATRIS</b> <i>Liatris spicata</i>
	3	<b>MUHLY GRASS</b> <i>Mulenbergia capillaris</i>
	11	<b>CREeping PHLOX</b> <i>Phlox subulata</i>
	4	<b>CAROLINA LUPINE</b> <i>Thermopsis villosa</i>
	4	<b>WILD PETUNIA</b> <i>Ruellia humilis</i>
	6	<b>CAREX BLUE</b> <i>Carex laxiculmis</i>



# PLANTING PALETTE

## FULL SUN - DRY TO MEDIUM MOISTURE



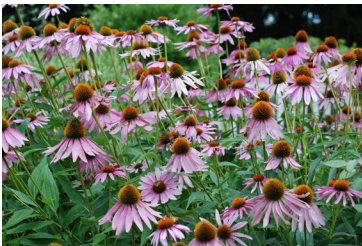
**PINK SILENE**  
*Silene marylandica*

Grows 1-2 feet tall.  
Blooms May-July.



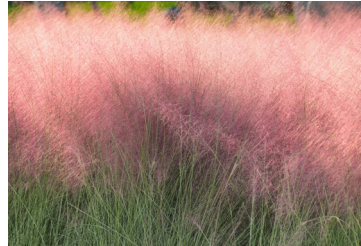
**LIATRIS**  
*Liatris Spicata*

Grows 3-4 feet tall.  
Blooms July-August.



**PURPLE CONEFLOWER**  
*Echinacea purpurea*

Grows 2-5 feet tall.  
Blooms Purple Cornflower.



**MUHLY GRASS**  
*Muhlenbergia capillaris*

Grows 1-3 feet tall.  
Blooms August-October.



**BUTTERFLY WEED**  
*Asclepias Tuberosa*

Grows 1-2.5 feet tall.  
Blooms June-August.



**CREeping PHLOX**  
*Phlox subulata*

Grows 4-6 inches tall.  
Blooms May-September.



**BEE BALM**  
*Monarda fistulosa*

Grows 2-4 feet tall.  
Blooms June-September.



**CAROLINA LUPINE**  
*Thermopsis villosa*

Grows 3-4 feet tall.  
Blooms May-July.



**CARDINAL FLOWER**  
*Lobelia cardinalis*

Grows 2-4 feet tall.  
Blooms July-September.



**WILD PETUNIA**  
*Ruellia humilis*

Grows 1-3 feet tall.  
Blooms May-September.



**BLUE WILD INDIGO**  
*Baptisia australis*

Grows 3-4 feet tall.  
Blooms April-July.



**CAREX BLUE**  
*Carex laxiculmis*

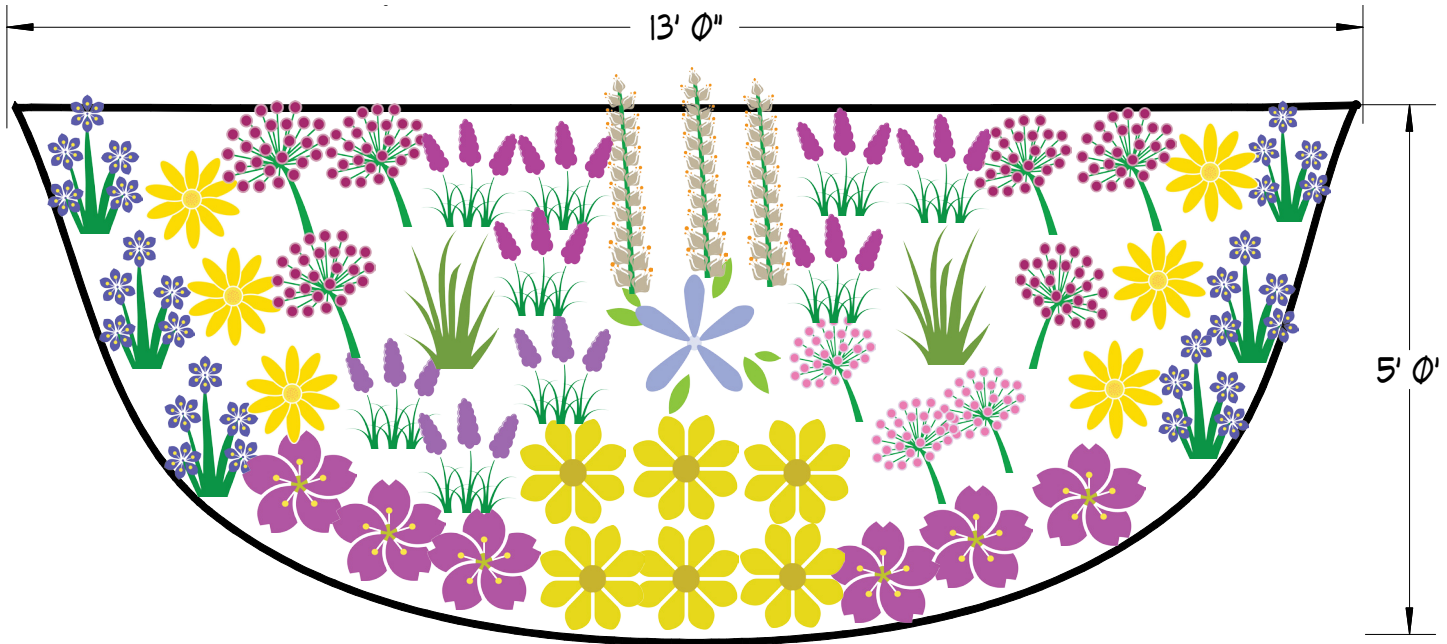
Grows 6 inches-2 feet tall.  
Blooms May-July.
















# PLANTING DESIGN

**FULL SUN - MEDIUM TO WET MOISTURE**



ICON	QTY	PLANT SPECIES
	3	<b>CULVERS ROOT</b> <i>Veronicastrum virginicum</i>
	6	<b>TICKSEED</b> <i>Coreopsis verticillata</i>
	2	<b>SOFT RUSH</b> <i>Juncus effusus</i>
	6	<b>BLUE-EYED GRASS</b> <i>Sisyrinchium angustifolium</i>
	1	<b>AMSONIA, WILLOW</b> <i>Amsonia tabernaemontana</i>
	3	<b>SWAMP MILKWEED</b> <i>Asclepias incarnata</i>

ICON	QTY	PLANT SPECIES
	6	<b>WILD GERANIUM</b> <i>Geranium maculatum</i>
	6	<b>GOLDEN RAGWORT</b> <i>Packera aurea</i>
	6	<b>JOE PYE WEED "Baby Joe"</b> <i>Eupatorium dubium</i>
	6	<b>BLAZING STAR</b> <i>Liatris Spicata</i>
	3	<b>OBEDIENT PLANT</b> <i>Physostegia virginiana</i>



# PLANTING PALETTE

## FULL SUN - MEDIUM TO WET MOISTURE



**CULVERS ROOT**  
*Veronicastrum virginicum*

Grows 2-6 feet tall.  
Blooms July-September.



**WILD GERANIUM**  
*Geranium maculatum*

Grows 1.5-2 feet tall.  
Blooms March-July.



**TICKSEED**  
*Coreopsis verticillata*

Grows 1-2 feet tall.  
Blooms June-July.



**GOLDEN RAGWORT**  
*Packera aurea*

Grows 1-3 feet tall.  
Blooms March-April.



**SOFT RUSH**  
*Juncus effusus*

Grows 1-2 feet tall.  
Blooms June-July.



**JOE PYE WEED**  
*Eupatorium dubium, "Baby joe"*

Grows 1-3 feet tall.  
Blooms July to September.



**BLUE-EYED GRASS**  
*Sisyrinchium angustifolium*

Grows 1-1.5 feet tall.  
Blooms March-July.



**BLAZING STAR**  
*Liatris Spicata*

Grows 2-4 feet tall.  
Blooms July-August.



**AMSONIA, WILLOW**  
*Amsonia tabernaemontana*

Grows 2-3 feet tall.  
Blooms Mid spring-early summer.



**OBEDIENT PLANT**  
*Physostegia virginiana*

Grows 3-6 feet tall.  
Blooms August-November.



**SWAMP MILKWEED**  
*Asclepias incarnata*

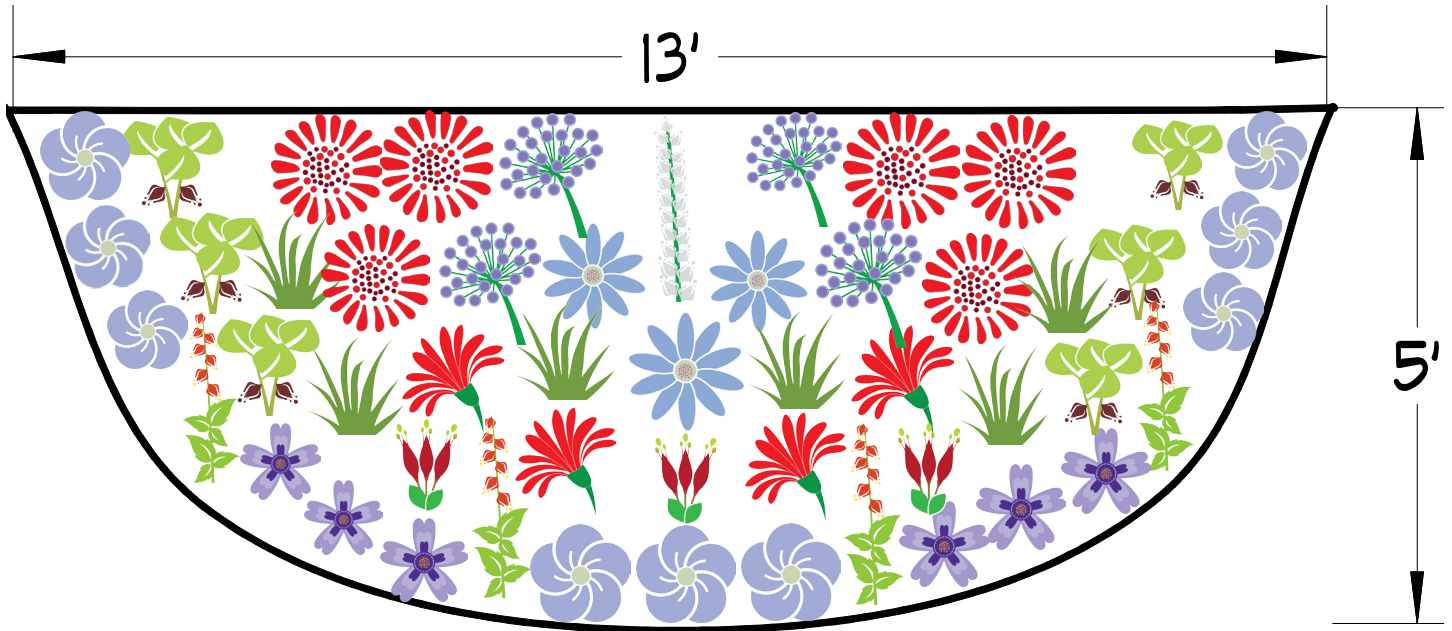
Grows 3-4 feet tall.  
Blooms July-August.
















# PLANTING DESIGN

## SHADE - DRY TO MEDIUM MOISTURE



ICON	QTY	PLANT SPECIES
	6	<b>WOODLAND PHLOX</b> <i>Phlox subulata</i>
	6	<b>BEE BALM</b> <i>Monarda didyma</i>
	3	<b>WILD GINGER</b> <i>Asarum canadense</i>
	3	<b>INDIAN PINK</b> <i>Spigelia marilandica</i>
	4	<b>CARDINAL FLOWER</b> <i>Lobelia cardinalis</i>
	1	<b>BUGBANE</b> <i>Actea racemosa</i>

ICON	QTY	PLANT SPECIES
	3	<b>BLUE WOOD ASTER</b> <i>Aster cordifolius</i>
	6	<b>TUFTEDHAIR GRASS</b> <i>Deschampsia cespitosa</i>
	9	<b>JACOBS LADDER</b> <i>Polemonium repens</i>
	4	<b>BLUE MISTFLOWER</b> <i>Eupatorium coelestinum</i>
	4	<b>COLUMBINE</b> <i>Aquilegia canadensis</i>



# PLANTING PALETTE

## SHADE - DRY TO MEDIUM MOISTURE



### WOODLAND PHLOX

*Plox subulata*

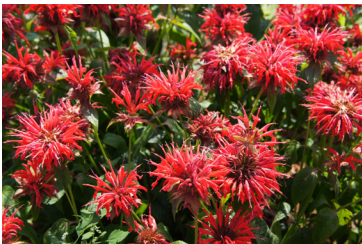
Grows 8-12 inches tall.  
Blooms April-May.



### BLUEWOOD ASTER

*Aster cordifolius*

Grows 2-3 feet tall.  
Blooms June-November.



### BEE BALM

*Monarda didyma*

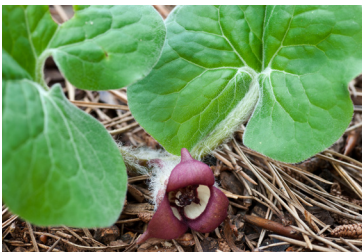
Grows 2-4 feet tall.  
Blooms May-October.



### TUFTEDHAIR GRASS

*Deschampsia cespitosa*

Grows 1-3 feet tall.  
Blooms May-June.



### WILD GINGER

*Asarum canadense*

Grows 6-12 inches tall.  
Blooms April-June.



### JACOBS-LADDER

*Polemonium repens*

Grows 3-3.5 feet tall.  
Blooms April-May.



### INDIAN PINK

*Spigelia marilandica*

Grows 1-2 feet tall.  
Blooms March-May.



### BLUE MISTFLOWER

*Eupatorium coelestinum*

Grows 1-3 feet tall.  
Blooms July-November.



### CARDINAL FLOWER

*Lobelia cardinalis*

Grows 2-4 feet tall.  
Blooms July-September.



### COLUMBINE

*Aquilegia canadensis*

Grows 1-3 feet tall.  
Blooms February-July.



### BUGBANE

*Actea racemosa*

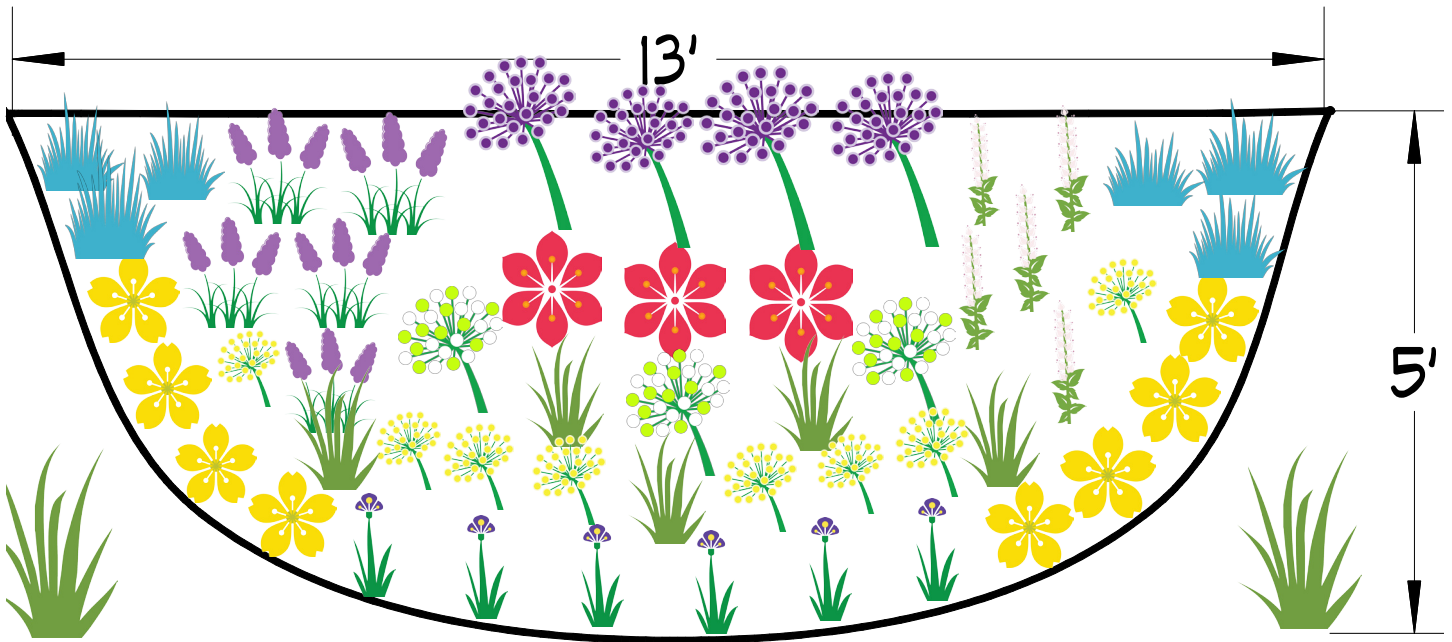
Grows 3-6 feet tall.  
Blooms May-August.















# PLANTING DESIGN

## SHADE - MEDIUM TO WET MOISTURE



ICON	QTY	PLANT SPECIES
	6	<b>CAREX BLUE</b> <i>Carax laxiculmis</i>
	6	<b>DWARD CRESTED IRIS</b> <i>Iris Cristata</i>
	3	<b>BONESET</b> <i>Eupatorium perfoliatum</i>
	3	<b>SCARLET ROSE MALLOW</b> <i>Hibiscus coccinius</i>
	5	<b>OBEDIENT PLANT</b> <i>Physostegia virginiana</i>

ICON	QTY	PLANT SPECIES
	5	<b>TURTLE HEAD</b> <i>Chelone lyonii</i>
	5	<b>SOFT RUSH</b> <i>Juncus effusus</i>
	8	<b>GREEN AND GOLD</b> <i>Chrysogonum virginianum</i>
	8	<b>GOLDEN ALEXANDER</b> <i>Zizia aurea</i>
	4	<b>NEW YORK IRONWEED</b> <i>Vernonia noveboracensis</i>

# PLANTING PALETTE

## SHADE - MEDIUM TO WET MOISTURE



**CAREX BLUE**  
*Carex laxiculmis*  
Grows 6 inches-2 feet tall.  
Blooms May-July.



**SOFT RUSH**  
*Juncus effusus*  
Grows 1-2 feet tall.  
Blooms June-July.



**DWARF CRESTED IRIS**  
*Iris Cristata*  
Grows 6-9 inches tall.  
Blooms March-May.



**GREEN AND GOLD**  
*Chrysogonum virginianum*  
Grows 1-2 feet tall.  
Blooms April-October.



**BONESET**  
*Eupatorium perfoliatum*  
Grows 4-6 feet tall.  
Blooms August-October.



**GOLDEN ALEXANDER**  
*Zizia aurea*  
Grows 1-2 inches tall.  
Blooms May-June.



**SCARLET ROSE MALLOW**  
*Hibiscus coccineus*  
Grows 4-7 feet tall.  
Blooms May-July.



**NEW YORK IRONWEED**  
*Vernonia noveboracensis*  
Grows 5-8 feet tall.  
Blooms August-September.



**OBEDIENT PLANT**  
*Physostegia virginiana*  
Grows 3-6 feet tall.  
Blooms August-November.



**TURTLE HEAD**  
*Chelone lyonii*  
Grows 3-6 feet tall.  
Blooms August-October.





# RIVER STAR HOMES PROGRAM

## Our Cost-Sharing Programs Protect Your Home and The River

More than 6,000 River Star Homes Do Something Beautiful right at home every day. They all pledge to take 7 simple steps to make the River cleaner, while many add backyard rain barrels, living shorelines and more to make their home landscapes even more river friendly. It's fun, free and easy to join, and when you do, we'll give you a beautiful flag for your yard, a welcome packet and more. Do Something Beautiful and sign up today!

## THE RIVER STAR HOME PLEDGE

To restore the Elizabeth River to the highest practical level of environmental quality through government, business and community partnerships.

### 1. SCOOP THE DOG POOP

Keep harmful nutrients and fecal coliform bacteria from washing into the river when it rains.

### 2. REDUCE LAWN FERTILIZERS

Excess amounts of nitrogen and phosphorus create algae blooms that reduce dissolved oxygen in the water marine life needs

### 3. KEEP POLLUTANTS OUT OF STORM DRAINS

Motor oil, antifreeze, soaps and other pollutants flow directly into the river without being treated.

### 4. NO GREASE IN THE SINK

Grease is one of the top causes of clogged sewer systems, leading to sewer overflows and the potential for raw sewage to wash into the river when it rains

### 5. DON'T FEED THE GEESE

Feeding the geese and ducks discourages migration and sends excess levels of unrated fecal bacteria directly into the river.

### 6. AVOID SINGLE-USE PLASTICS

Plastic pollution increases our flood risk and causes damages to marine ecosystems as well as shipping, transport and recreational vessels.

### 7. DON'T FLUSH MEDICINE

Municipal sewage treatment plants can't fully break down flushed medicines, which harm aquatic organisms and wildlife when they enter the river.

**LEARN MORE AT [RIVERSTARHOMES.ORG](http://RIVERSTARHOMES.ORG)  
OR CALL US AT (757)399-7487**

*Thanks to our partners! Our cost-sharing programs are only made possible through the generous support of our partners and the hundreds of Elizabeth River Project members and donors: National Fish and Wildlife Foundation – Chesapeake Bay Innovative Nutrient and Sediment Reduction Grant, Chesapeake Bay Small Watershed Grant, Virginia Environmental Endowment, City of Norfolk, City of Chesapeake, City of Virginia Beach.*



## LIVING SHORELINES & BUFFERS

Our cost-sharing programs protect your home and the environment. Interested in restoring the shoreline along your riverside home? Thanks to generous funders, we can help share the cost. Living Shorelines and Shoreline Buffers help protect your property from erosion, restore wildlife habitat and help your home adapt to tidal flooding and sea level rise.



**FIND OUT MORE**

### WHAT LIVING SHORELINES & SHORELINE BUFFERS DO

- Prevent Erosion And Land Loss by Creating Wetland Habitat
- Reduce Polluted Runoff From Your Property
- Discourage Geese From Entering Your Yard
- Attract Butterflies and Songbirds With Salt-Tolerant Native Flowers And Shrubs

## RAIN GARDENS & CONSERVATION LANDSCAPING

We'll share the cost to install a rain garden on your property to keep pollution out of the Elizabeth River. Rain gardens use amended soil and native plants to slow, absorb and filter polluted runoff before it ever reaches the river. Together we'll make the river cleaner and your yard beautiful.



**FIND OUT MORE**

### WHAT WILL RAIN GARDENS AND CONSERVATION LANDSCAPING DO

- Reduce pollution
- Help prevent algae blooms
- Prevents standing stormwater and mosquito breeding
- Attracts butterflies, hummingbirds and other wildlife

## FREE TREE PROGRAM

Receive A Free Tree Courtesy Of The Elizabeth River Project! (Availability varies)



**FIND OUT MORE**

### BENEFITS

- Get A Native Tree Delivered To Your Home
- Enhance your Property
- Provide Food and Habitat for Local Birds and Pollinators



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## *DO SOMETHING BEAUTIFUL*

The Elizabeth River Project is the non-profit leading community-wide implementation of this plan through membership support.

*JOIN US.*

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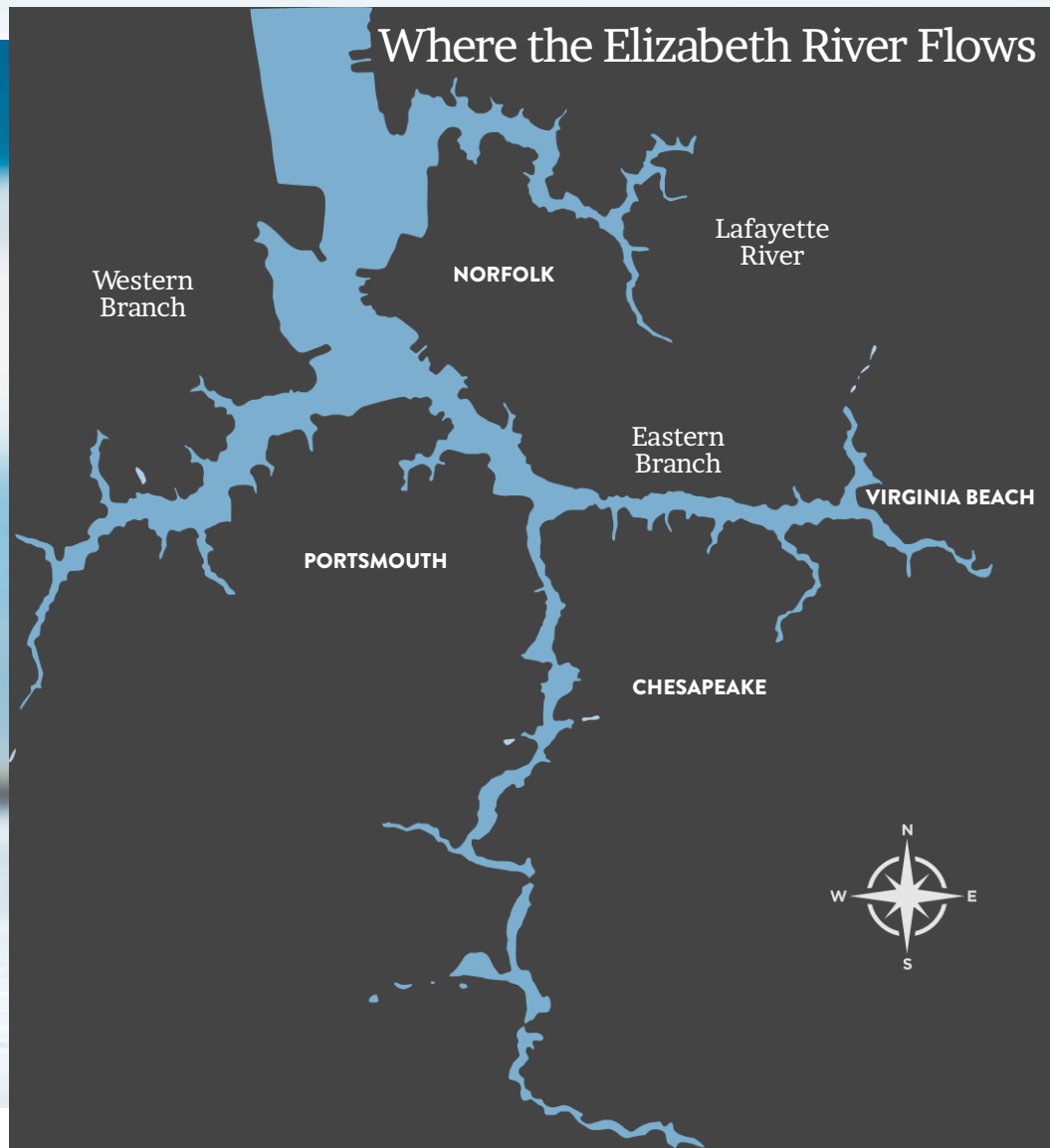
**ELIZABETH RIVER**  
PROJECT

# OUR STORY

The Elizabeth River Project is a growing non-profit organization leading the effort to restore the health of our historic urban river, while affirming her value to our region's maritime economy.

Formed by four concerned citizens over a kitchen table in 1991, our organization is a collection of community members, businesses, governments, students, educators and public servants working together to Do Something Beautiful by restoring our home river. We prefer to celebrate the Elizabeth River's revival rather than lament its past.


To that end, we rely on the power of partnership – rather than lawsuits and finger-pointing – to accomplish our restoration goals. That philosophy has become an international model for collective action, and led the Stanford Social Review to cite the Elizabeth River Project as one of the country's best examples of convincing disparate interests to work together on a community project.








**ELIZABETH RIVER**  
PROJECT

 757.399.7487

 [ElizabethRiver.org](http://ElizabethRiver.org)

 5205 Colley, Norfolk, VA 23508