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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/

Southern Branch Nursery
1412 Benefit Rd, Chesapeake, VA 23322
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.
PLANTING DESIGN
FULL SUN - DRY TO MEDIUM MOISTURE

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<th>QTY</th>
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<tr>
<td></td>
<td>4</td>
<td>PINK SILENE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Silene Marylandica</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>PURPLE CONEFLOWER</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Echinacea purpurea</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>BUTTERFLY WEED</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Asclepias tuberosa</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>BEE BALM</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Monarda fistulosa</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>CARDINAL FLOWER</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lobelia cardinalis</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>BLUE WILD INDIGO</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baptisia australis</td>
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<th>ICON</th>
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<tr>
<td></td>
<td>3</td>
<td>LIATRIS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Liatris spicata</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>MUHLY GRASS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Muhlenbergia capillaris</td>
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<tr>
<td></td>
<td>11</td>
<td>CREEPING PHLOX</td>
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<tr>
<td></td>
<td></td>
<td>Phlox subulata</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>CAROLINA LUPINE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thermopsis villosa</td>
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<tr>
<td></td>
<td>4</td>
<td>WILD PETUNIA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ruellia humilis</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>CAREX BLUE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Carex laxiculmis</td>
</tr>
</tbody>
</table>
PLANTING PALETTE
FULL SUN - DRY TO MEDIUM MOISTURE

PINK SILENE
Silene marylandica
Grows 1-2 feet tall.
Blooms May-July.

PURPLE CONEFLOWER
Echinacea purpurpea
Grows 2-5 feet tall.
Blooms Purple Cornflower.

BUTTERFLY WEED
Asclepias Tuberosa
Grows 1-2.5 feet tall.
Blooms June-August.

BEE BALM
Monarda fistulosa
Grows 2-4 feet tall.
Blooms June-September.

CARDINAL FLOWER
Lobelia cardinalis
Grows 2-4 feet tall.
Blooms July-September.

BLUE WILD INDIGO
Baptisia australis
Grows 3-4 feet tall.
Blooms April-July.

LIATRIS
Liatris Spicata
Grows 3-4 feet tall.
Blooms July-August.

MUHLY GRASS
Muhlenbergia capillaris
Grows 1-3 feet tall.
Blooms August-October.

CREEPING PHLOX
Phlox subulata
Grows 4-6 inches tall.
Blooms May-September.

CAROLINA LUPINE
Thermopsis villosa
Grows 3-4 feet tall.
Blooms May-July.

WILD PETUNIA
Ruellia humilis
Grows 1-3 feet tall.
Blooms May-September.

CAREX BLUE
Carex laxiculmis
Grows 6 inches-2 feet tall.
Blooms May-July.
PLANTING DESIGN
FULL SUN - MEDIUM TO WET MOISTURE

<table>
<thead>
<tr>
<th>ICON</th>
<th>QTY</th>
<th>PLANT SPECIES</th>
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<tr>
<td></td>
<td>3</td>
<td>CULVERS ROOT Veronicastrum virginicum</td>
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<tr>
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<td>6</td>
<td>TICKSEED Coreopsis verticillata</td>
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<tr>
<td></td>
<td>2</td>
<td>SOFT RUSH Juncus effusus</td>
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<tr>
<td></td>
<td>6</td>
<td>BLUE-EYED GRASS Sisyrinchium angustifolium</td>
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<tr>
<td></td>
<td>1</td>
<td>AMSONIA, WILLOW Amsonia tabernaemontana</td>
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<tr>
<td></td>
<td>3</td>
<td>SWAMP MILKWEED Asclepias incarnata</td>
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<th>PLANT SPECIES</th>
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<tr>
<td></td>
<td>6</td>
<td>WILD GERANIUM Geranium maculatum</td>
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<td></td>
<td>6</td>
<td>GOLDEN RAGWORT Packera aurea</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>JOE PYE WEED &quot;Baby Joe&quot; Eupatorium dubium</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>BLAZING STAR Liatris Spicata</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>OBEIDENT PLANT Physostegia virginiana</td>
</tr>
</tbody>
</table>
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.

OBEIDENT 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**

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**ICON** | **QTY** | **PLANT SPECIES** |
--- | --- | --- |
| | 6 | WOODLAND PHLOX  
Phlox subulata |
| | 6 | BEE BALM  
Monarda didyma |
| | 3 | WILD GINGER  
Asarum canadense |
| | 3 | INDIAN PINK  
Spigelia marilandica |
| | 4 | CARDINAL FLOWER  
Lobelia cardinalis |
| | 1 | BUGBANE  
Actaea racemosa |

---

**ICON** | **QTY** | **PLANT SPECIES** |
--- | --- | --- |
| | 3 | BLUE WOOD ASTER  
Aster cordifolius |
| | 6 | TUFTEDHAIR GRASS  
Deschampsia cespitosa |
| | 9 | JACOBS LADDER  
Polemoium repens |
| | 4 | BLUE MISTFLOWER  
Eupatorium coelestinum |
| | 4 | COLUMBINE  
Aquilegia canadensis |
PLANTING PALETTE
SHADE - DRY TO MEDIUM MOISTURE

WOODLAND PHLOX
Plox subulata
Grows 8-12 inches tall.
Blooms April-May.

BEE BALM
Monarda didyma
Grows 2-4 feet tall.
Blooms May-October.

WILD GINGER
Asarum canadense
Grows 6-12 inches tall.
Blooms April-June.

INDIAN PINK
Spigelia marilandica
Grows 1-2 feet tall.
Blooms March-May.

CARDINAL FLOWER
Lobelia cardinalis
Grows 2-4 feet tall.
Blooms July-September.

BUGBANE
Actea racemosa
Grows 3-6 feet tall.
Blooms May-August.

BLUEWOOD ASTER
Aster cordifolius
Grows 2-3 feet tall.
Blooms June-November.

TUFTEDHAIR GRASS
Deschampsia cespitosa
Grows 1-3 feet tall.
Blooms May-June.

JACOBS-LADDER
Polemoium repens
Grows 3-3.5 feet tall.
Blooms April-May.

BLUE MISTFLOWER
Eupatorium coelestinum
Grows 1-3 feet tall.
Blooms July-November.

COLUMBINE
Aquilegia canadensis
Grows 1-3 feet tall.
Blooms February-July.
### PLANTING DESIGN

**SHADE - MEDIUM TO WET MOISTURE**

![Diagram of a planting design featuring various plant species in a medium to wet moisture environment.](image)

<table>
<thead>
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<th>ICON</th>
<th>QTY</th>
<th>PLANT SPECIES</th>
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<tbody>
<tr>
<td></td>
<td>6</td>
<td>CAREX BLUE Carax laxiculmis</td>
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<tr>
<td></td>
<td>6</td>
<td>DWARF CRESTED IRIS Iris Cristata</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>BONESET Eupatorium perfoliatum</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>SCARLET ROSE MALLOV Hibiscus coccinus</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>OBEDIENT PLANT Physostegia virginiana</td>
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<tr>
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<th>PLANT SPECIES</th>
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<tr>
<td></td>
<td>5</td>
<td>TURTLE HEAD Chelone lyonii</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>SOFT RUSH Juncus effusus</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>GREEN AND GOLD Chrysogonum virginianum</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>GOLDEN ALEXANDER Zizia aurea</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>NEW YORK IRONWEED Vernonia noveboracensis</td>
</tr>
</tbody>
</table>
PLANTING PALETTE
SHADE - MEDIUM TO WET MOISTURE

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

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

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

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

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

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

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

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

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

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

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.

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)

BENEFITS
- Get A Native Tree Delivered To Your Home
- Enhance your Property
- Provide Food and Habitat for Local Birds and Pollinators
DO SOMETHING BEAUTIFUL
The Elizabeth River Project is the non-profit leading community-wide implementation of this plan through membership support.

JOIN US.
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.