

Mellow Marsh Farm – Native NC Plants Wildlife Value

Species	Common Name	Form	Shade Adapted	Wildlife Value
Asclepias incarnata	Swamp milkweed	Herb		Butterflies
Asclepias tuberosa	Butterfly-weed	Herb		Butterflies
Canna flaccida	Yellow canna	Herb	Yes	
Carex crinita	Fringed sedge	Rush/Sedge		Birds, waterfowl
Carex lupulina	Hop sedge	Rush/Sedge	Yes	Birds, waterfowl
Carex lurida	Lurid sedge	Rush/Sedge		Birds, waterfowl
Carex stricta	Tussock sedge	Rush/Sedge		Birds, waterfowl
Cephalanthus occidentalis	Button bush	Shrub		Pollinators
Chasmanthium latifolium	River oats	Grass	Yes	Birds, waterfowl
Chelone glabra	White turtlehead	Herb	Yes	
Coreopsis lanceolata	Lance-leaf coreopsis	Herb		Song birds, Pollinators
Coreopsis palmata	Prairie coreopsis	Herb		Song birds, Pollinators
Echinacea purpurea	Purple coneflower	Herb	Yes	Pollinators
Equisetum hyemale	Horse tail	Rush/Sedge	Yes	Pollinators
Eragrostis spectabilis	Purple lovegrass	Grass		Wildlife Food
Eupatoriadelphus fistulosus	Joe-pye weed	Herb		Butterflies
Eupatorium perfoliatum	Boneset	Herb		Pollinators
Gaillardia pulchella	Indian blanket	Herb		Butterflies
Helenium autumnale	Bitterweed	Herb		Pollinators
Helianthus angustifolius	Swamp sunflower	Herb		Song Birds
Hibiscus coccineus	Red hibiscus	Herb		Pollinators
Hibiscus moscheutos	Rose mallow	Herb		Pollinators
Iris virginica	Southern blue flag	Herb	Yes	Waterfowl
Southern blue flag	Soft rush	Rush/Sedge		Waterfowl
Kosteletzkya virginica	Marsh mallow	Herb		Pollinators, Butterflies
Liatris spicata	Blazing star	Herb	Yes	Pollinators, Butterflies
Lobelia cardinalis	Cardinal flower	Herb	Yes	Butterflies, humming birds
Lobelia elongata	Blue lobelia	Herb	Yes	Butterflies, humming birds
Muhlenbergia capillaries	Sweet grass	Grass		Wildlife Food
Nelumbo lutea	American lotus	Herb		Waterfowl
Nymphaea odorata	Fragrant waterlily	Herb		Waterfowl
Panicum virgatum	Switchgrass	Grass		Waterfowl
Physostegia virginica	Obedient plant	Herb		
Ratibida columnifera	Prairie coneflower	Herb		Pollinators, birds
Ratibida pinnata	Grey-headed coneflower	Herb		Pollinators, birds
Rudbeckia hirta	Black-eyed susan	Herb	Yes	Pollinators, Butterflies
Sabatia kennedyana	Plymouth rose-gentian	Herb		
Saururus cernuus	Saururus cernuus	Herb	Yes	Waterfowl, birds
Scirpus cyperinus	Woolgrass	Grass		Waterfowl
Symphotrichum lateriflorum	Calico aster	Herb	Yes	Pollinators, birds
Symphotrichum novae-angliae	Symphotrichum novae-angliae	Herb		Pollinators
Symphotrichum oblongifolium	Aromatic aster	Herb		Pollinators
Thalia dealbata	Powdery thalia	Rush/Sedge		Pollinators
Vernonia noveboracensis	Ironweed	Herb		Song birds, butterflies
Yucca filamentosa	Adam's needle	Herb		Pollinators, birds

All data based on field-observation by MMF Staff