

SELECTED NATIVE PLANTS FOR BIRDS and POLLINATORS IN THE PIEDMONT AREA OF NORTH CAROLINA

Common name	Scientific name	Height / Width	Sun / soil moisture	Flower dates	Tend to be resistant to:	Benefit to Wildlife	# of butterfly and moth caterpillars supported by genus	Special Notes
Trees								
Southern sugar maple	<i>Acer floridanum</i>	40-60' / 40-60'	s-ps / m	Apr-May		NE,SE, LH	238	
Chalk maple	<i>Acer leucoderme (native)</i>	20-30' / 15-25'	s-ps / m- d	Mar-Apr	drought	NE,SE, LH	238	
Red maple	<i>Acer rubrum</i>	40-75' / 20-50'	s-ps / w-m	Jan-Mar	drought, deer	NE,SE, LH	238	
Downy serviceberry	<i>Amelanchier arborea</i>	20-40' / 8-15'	s-ps / m- d	Mar-May	deer	BE, NE, LH	92	Fruits can be damaged by rust fungus.
Eastern serviceberry	<i>Amelanchier canadensis</i>	10-20' / 5-10'	s-ps / m	Mar-Apr	deer	BE, NE, LH	92	Fruits can be damaged by rust fungus.
Dwarf pawpaw	<i>Asimina parviflora</i>	3-12' / 2-6'	s-ps / m-d	Apr-May	deer	BE, LH	12	Species is drought sensitive.
Common pawpaw	<i>Asimina triloba</i>	8-35' / 6-10'	ps-sh / m	Mar-May	deer	BE, LH	12	Species is drought sensitive.
River birch	<i>Betula nigra</i>	40-80' / 15-25'	s-ps / w- m	Mar-Apr	drought, deer	LH, SE	284	
Ironwood, American hornbeam	<i>Carpinus caroliniana</i>	15-35' / 12-18'	s-sh / w- m	Mar-Apr		SE, LH	71	Drought sensitive
Bitternut hickory	<i>Carya cordiformis</i>	70-100' / 25-40'	s-ps / w- m	Apr-May		SE, LH	213	
Pignut hickory	<i>Carya glabra</i>	60-80' / 25-35'	s-ps / m- d	Apr-May		SE, LH	213	
Common Shagbark hickory	<i>Carya ovata</i>	70'-100' / 20-35'	s-ps / m- d	Apr-May		SE, LH	213	
Mockernut hickory	<i>Carya tomentosa</i>	60'-80' / 20-30'	s-ps / m- d	Apr-May		SE, LH	213	
Southern hackberry	<i>Celtis laevigata</i>	60-80' / 40-60'	s-ps / m-d	Apr-May	deer	NE,BE,LH	47	Best for natural areas. Tolerates seasonal flooding
Dwarf hackberry	<i>Celtis tenuifolia</i>	12-25' / 8-15'	s-ps / w- m- d	Apr-May	deer	NE,BE,LH	47	
Eastern redbud	<i>Cercis canadensis</i>	10-25' / 10-20'	s-ps / m- d	Mar-May	drought, deer	NE, SE, LH	25	
Fringe tree	<i>Chionanthus virginicus</i>	10-30' / 10-20'	s-ps / m-d	Apr-May		BE, LH	12	Needs male pollinator
Silky dogwood	<i>Cornus amomum</i>	3-10' / 3-6'	s-ps / w- m	May-Jun	drought	NE, BE, LH	98	
Flowering dogwood	<i>Cornus florida</i>	12-20' / 8-15'	ps / m	Mar-May		NE, BE, LH	98	
Washington Hawthorn	<i>Crataegus phaenopyrum</i>	20-35' / 20-25'	s / m- d	May-Jun	drought, deer	NE, BE, LH	131	
American persimmon, Common persimmon	<i>Diospyros virginiana</i>	30'-70' / 15'-25'	s / m- d	May-Jun	drought	NE, BE, LH	55	Dioecious: male pollinator plant needed for female fruit set. Edible fruit.
American beech	<i>Fagus grandifolia</i>	50-70' / 25-50'	s / m-d	Mar-May		SE, LH	116	Drought sensitive
American holly (e)	<i>Ilex opaca</i>	to 70' / 8-15'	s-ps / m	Apr-Jun		BE, NE, LH	44	Needs male pollinator
Eastern red cedar (e)	<i>Juniperus virginiana</i>	15-35' / 3-12'	s-ps / w- m- d	Jan-Mar	drought, deer	BE, LH	29	needs male pollinator
Sweetgum	<i>Liquidambar styraciflua</i>	60-100' / 30-70'	s-ps / m- d	Apr-May	deer	NE, SE, LH	37	Fruits messy.
Tulip tree, Yellow poplar	<i>Liriodendron tulipifera</i>	70-130' / 30-60'	s-ps / m- d	Apr-Jun		SE, NE, LH	18	Drought sensitive.
Sweetbay Magnolia (e)	<i>Magnolia virginiana</i>	20-60' / 8-20'	s-ps / w- m	Apr-Jul	deer	BE, LH	24	evergreen varieties
Flowering crabapple	<i>Malus angustifolia</i>	10-20' / 8-15'	s-ps / m	Apr-May		BE, LH	237	
Black gum	<i>Nyssa sylvatica</i>	30-100' / 20-35'	s-ps / w- m- d	Apr-Jun	drought, deer	NE, BE, LH	37	
American hop-hornbeam	<i>Ostrya virginiana</i>	20-35' / 10-18'	s-sh / m	Apr-May		SE, LH	82	
Sourwood	<i>Oxydendrum arboreum</i>	15-60' / 6-12'	s-ps / m- d	Jun-Jul		NE, LH	14	Source of Sourwood honey.
Shortleaf pine (e)	<i>Pinus echinata</i>	50-100' / 25-30'	s / m- d	Mar-Apr	deer	SE, LH	200	
Longleaf pine (e)	<i>Pinus palustris</i>	40-70' / 25-40'	s / m- d	Mar-Apr	deer	SE, LH	200	
Virginia pine (e)	<i>Pinus virginiana</i>	40-70' / 20-35'	s / m- d	Mar-May	drought, deer	SE, LH	200	

American Sycamore	<i>Platanus occidentalis</i>	70-100' / 40-60'	ps-s / w- m	Apr–May	drought, deer	NE, SE, LH	42	Fast-growing.
Wild plum	<i>Prunus americana</i>	25-30' / 25-30'	s-ps / m- d	Mar-Apr	drought	LH, BE, NE	340	Fruit edible.
Chickasaw plum	<i>Prunus angustifolia</i>	to 16' / -10'	s-ps / m- d	Mar-Apr		LH, BE, NE	340	Fruit edible.
Black cherry	<i>Prunus serotina</i>	50-90' / 20-30'	s-ps / m- d	Apr-May	drought, deer	BE, NE, LH	340	
White Oak	<i>Quercus alba</i>	50-100' / 30-40'	s-ps / m- d	Apr		LH,SE	436	
Scarlet Oak	<i>Quercus coccinea</i>	50-80' / 50-80'	s-ps / m- d	Apr	drought	LH,SE	436	
Overcup Oak	<i>Quercus lyrata</i>	60-80' / 30-45'	s-ps / w- m	Apr		LH,SE	436	
Willow Oak	<i>Quercus phellos</i>	60-100' / 30-60'	s-ps / m	Apr		LH,SE	436	
Red Oak	<i>Quercus rubra</i>	60-80' / 30-45'	s-ps / m	Apr		LH,SE	436	
Shumard Oak	<i>Quercus shumardii</i>	80-90' / 30-60'	s-ps / m- d	Apr		LH,SE	436	
Black willow	<i>Salix nigra</i>	80-100' / 25-40'	s / w	Mar-Apr	drought, deer	LH	289	
Sassafras	<i>Sassafras albidum</i>	30-60' / 12-25'	s-ps / m-d	Mar–Apr	drought, deer	BE, LH	32	needs male pollinator
Winged Elm	<i>Ulmus alata</i>	30-50' / 20-40'	s-ps / m- d	Feb-Mar		SE, LH	164	
Shrubs								
Red buckeye	<i>Aesculus pavia</i>	12-15' / 12-15'	s-ps / w- m	Apr-May	deer	LH,NE,SE	38	
Painted buckeye	<i>Aesculus sylvatica</i>	5-20' / 4-10'	s-ps / m	Apr–May	deer	LH,NE,SE	38	
Tag alder	<i>Alnus serrulata</i>	8-15' / 6-15'	s-ps / w- m	Jan–Mar	drought	SE, LH	173	Colonial.
Red chokeberry	<i>Aronia arbutifolia</i>	5-10' / 4-8'	s-ps / w- m	Mar–May		BE, NE, LH	3	Colonial.
American beautyberry	<i>Callicarpa americana</i>	3-8' / 3-6'	ps-sh / m	Jun-Jul	deer	BE, NE, LH	2	
Carolina allspice, Sweetshrub	<i>Calycanthus floridus</i>	4-10' / 4-12'	s-sh / m-d	Apr–May	drought, deer	NE, SE, LH	3	
New Jersey tea	<i>Ceanothus americanus</i>	2-3' / 2-3'	s-ps / m- d	May-Jun	drought	LH, NE	37	
Buttonbush	<i>Cephalanthus occidentalis</i>	5-8' / 3-6'	s-sh / w- m	Jun-Jul	drought, deer	SE, NE, LH	24	
Sweet pepperbush	<i>Clethra alnifolia</i>	3-8' / 4-6'	s-ps / w- m	Jun-Aug	deer	NE, SE	1	
Strawberry-bush, Hearts-a-burstin'	<i>Euonymus americanus</i>	3-8' / 3-5'	s-ps / m	May–Jun		BE	1	
Indigo bush	<i>Amorpha fruticosa</i>	4'-15' / 6'- 15'	s-ps / m-d	Apr-Jun	drought, deer	NE, SE, LH	27	Tolerates poor soil, dry soil, and wet soil. Is weedy.
Common or American witchhazel	<i>Hamamelis virginiana</i>	15-20' / 12 -15'	s-ps / m	Oct–Dec	deer	SE,LH	68	tolerates seasonal flooding
Deciduous holly	<i>Ilex decidua</i>	15-30' / 8-15'	s-ps / w-m	Mar-May	drought, deer	BE, NE, LH	44	Need male pollinators.
Inkberry holly (e)	<i>Ilex glabra</i>	6-8' / 3-6'	s-ps / w	May-Jun		BE, NE, LH	44	Drought sensitive. Need male pollinators.
Winterberry holly	<i>Ilex verticillata</i>	6-15' / 6-10'	s-ps / w	Apr-Jun	deer	BE, NE, LH	44	Need male pollinator.
Virginia sweetspire	<i>Itea virginica</i>	3-6' /	s - sh / w- m	May-Jun		NE,SE,LH	1	
Mountain laurel (e)	<i>Kalmia latifolia</i>	4-15' / 4-8'	s-ps / m- d	Apr–Jul	deer	SE,NE,LH	23	
Spicebush	<i>Lindera benzoin</i>	8-15' / 6-15'	ps / w- m	Mar-Apr	deer	BE, LH	11	Needs male pollinator
Wax myrtle (e)	<i>Morella cerifera</i>	8-30' / 10-25'	s-ps / w- m- d	Apr	deer	BE, LH	2	Needs male pollinator
Ninebark	<i>Physocarpus opulifolius</i>	6-12' /	s-ps / m- d	May–Jul	drought	NE,LH	29	
Sweet azalea	<i>Rhododendron arborescens</i>	5-10' / 4-8'	s-ps / m	Mar-Jun		NE, LH	53	drought sensitive.
Flame azalea	<i>Rhododendron calendulaceum</i>	3-8' / 5-8'	s-ps / m	May-Jun		NE, LH	53	drought sensitive.
Pinxterflower	<i>Rhododendron periclymenoides</i>	3-8' / 3-4'	s-ps / m	Mar-May		NE, LH	53	
Swamp azalea	<i>Rhododendron viscosum</i>	8-15' / 3-5'	s-ps / w	Jun-Jul		NE, LH	53	
Shining sumac	<i>Rhus copallinum</i>	5-15' / 6-12'	s-ps / m- d	May-Jul	drought, deer	BE, NE, LH	53	Colonial, best for natural areas, need male pollinator

Smooth sumac	<i>Rhus glabra</i>	to 20' / 12-20'	s-ps / m- d	May-Jul	drought, deer	BE, NE, LH	53	Colonial, best for natural areas, need male pollinator
Carolina or Pasture rose	<i>Rosa carolina</i>	2-3' / 3-4'	s-ps / m- d	May-Jun	drought	BE, NE, LH	102	Have sharp thorns; make a good wildlife thicket.
Swamp Rose	<i>Rosa palustris</i>	3-5' / 3-6'	s / w- m	May-Jul		BE, NE, LH	102	Have sharp thorns; make a good wildlife thicket.
Elderberry	<i>Sambucus canadensis</i>	6-12' / 6-12'	s-ps / w- m	Apr-Jul	drought	BE, NE, LH	29	Needs more than one genetic strain for fruit set.
native Blueberries and their cultivars	<i>Vaccinium spp.</i>	3-15' / 2-10'	s-ps / w- m- d	Apr-Jun		BE, NE, LH	217	Size and growing conditions vary by species. Easiest to find cultivars grown for fruit.
Maple-leaf viburnum	<i>Viburnum acerifolium</i>	3-6' / 3-6'	ps-sh / m- d	May		BE, NE, LH	99	Need more than one genetic strain for fruit set.
Arrowwood viburnum	<i>Viburnum dentatum</i>	6-12' / 4-10'	s-ps / m- d	Mar-Apr	drought	BE, NE, LH	99	Need more than one genetic strain for fruit set.
Possumhaw viburnum	<i>Viburnum nudum</i>	6-12' / 4-15'	s-ps / w- m	Apr-May	drought	BE, NE, LH	99	Need more than one genetic strain for fruit set.
Blackhaw viburnum	<i>Viburnum prunifolium</i>	8-18' / 6 -15'	s-sh / m- d	Mar-Apr	drought	BE, NE, LH	99	Need more than one genetic strain for fruit set.
Downy arrowwood	<i>Viburnum rafinesqueanum</i>	3-5' / 3'	ps-sh / m	Apr-May	drought	BE, NE, LH	99	Need more than one genetic strain for fruit set.
Perennial Flowers								
Eastern bluestar	<i>Amsonia tabernaemontana</i>	3' / to 3'	s-ps / w- m	Apr	deer	NE, LH	1	
Wild columbine	<i>Aquilegia canadensis</i>	1-3' / 8-12"	ps / m	Mar-May		NE, SE, LH	10	Self-sows readily
Eastern swamp milkweed	<i>Asclepias incarnata</i>	2-4' / to 2'	s-ps / w- m	Jul-Sep	deer	NE, LH	13	
Butterfly-weed	<i>Asclepias tuberosa</i>	1-3' / to 2'	s-ps / m- d	May-Aug	drought, deer	NE, LH	13	
Wild indigos	<i>Baptisia spp.</i>	2-3' / 2'	s-ps / m- d	May-Jul	drought, deer	NE, LH	20	blue wild indigo, <i>B. australis</i> , in 1992 Spiked wild indigo
Downy woodmint	<i>Blephilia ciliata</i>	1-2.5' / 1-1.5'	s-ps / m-d	Apr-Aug	drought, deer	NE		
Green and gold	<i>Chrysogonum virginianum</i>	6-12" / 12-18"	ps-sh / m-d	Mar-Jun	deer	NE, SE		
Maryland golden-aster	<i>Chrysopsis mariana</i>	1-2' / 1-2'	s-ps / m	Aug-Oct	drought, deer	NE, LH	5	self-seeds; short-lived
Blue mistflower, Wild ageratum	<i>Conoclinium coelestinum</i>	1-3' / 3'	s-ps / m	Jul-Oct	deer	SE, NE		Colonial; spreads rapidly
Lobed tickseed	<i>Coreopsis auriculata</i>	3-18" / 12-16"	s -ps / m- d	Apr-Jul	drought, deer	SE, NE, LH	7	
Greater tickseed	<i>Coreopsis major</i>	2-3' / 1-2'	s / m- d	May-Aug	drought, deer	SE, NE, LH	7	Will naturalize
Star tickseed	<i>Coreopsis pubescens</i>	2-4' / 1-2'	s -ps / m- d	Jun-Sep	drought, deer	SE, NE, LH	7	
Threadleaf coreopsis	<i>Coreopsis verticillata</i>	1-2' / to 12"	s -ps / m- d	May-Jul	drought, deer	SE, NE, LH	7	
Purple coneflower	<i>Echinacea purpurea</i>	2-4' / 18-24"	s / m- d	Jun-Aug	drought, deer	SE, NE, LH	1	
Northern rattlesnake master	<i>Eryngium yuccifolium</i>	2-3' / 1-1.5'	s / m- d	Jun-Aug	drought, deer	NE, LH	3	has thorns
Common boneset	<i>Eupatorium perfoliatum</i>	3-6' / 3-4'	s-ps / w- m	Jul-Sep	deer	NE, LH	33	
White wood aster	<i>Eurybia divaricata</i>	1-2' / 12-18"	ps-sh / m- d	Aug-Oct	deer	SE, NE, LH		
Three-nerved or Coastal Joe-pye-weed	<i>Eutrochium dubium</i>	3'-6' / 2'-4'	s-ps / m-w	Jul-Oct	deer	NE, SE, LH	2	Shorter cultivars available
Joe-Pye-weed	<i>Eutrochium fistulosum</i>	5-10' / 3-4'	s-ps / w- m	Jul-Oct	deer	SE, NE, LH	2	
Purple-node Joe-Pye-weed	<i>Eutrochium purpureum</i>	2'-5' / 3'-5'	s-ps / w-m	Jul-Oct	deer	NE, SE, LH	2	Can tolerate somewhat drier soils than most Joe-Pye-weeds. Cultivars available
Swamp sunflower	<i>Helianthus angustifolius</i>	5-9' / 3-4'	s / w-m	Sep-Oct	deer	SE, NE, LH	66	
Appalachian sunflower	<i>Helianthus atrorubens</i>	1.5-6' / 1-3'	s-ps / m- d	Jul-Oct	drought, deer	SE, NE, LH	66	

Woodland sunflower	<i>Helianthus divaricatus</i>	3-6' / 1-3'	ps / m- d	Jun-Sep	drought, deer	SE, NE, LH	66	
Oxeye sunflower, False sunflower	<i>Heliopsis helianthoides</i>	3-6' / 3'	s-ps / m-d	May-Oct	drought, deer	SE, NE, LH	5	
American alumroot	<i>Heuchera americana</i>	1-2' / 12-16"	ps / m- d	Apr–Aug		NE		
Crimson-eyed rose-mallow	<i>Hibiscus moscheutos</i>	4-7' / 3-4'	s / w- m	Jun–Sep	deer	NE, LH	28	
Flaxleaf whitetop aster	<i>Ionactis linariifolius</i>	1-2' / 6-12"	s-ps / m- d	Aug-Oct	drought	NE		
Dwarf Crested Iris	<i>Iris cristata</i>	4"-8" / 3"-12"	ps-sh / m	Apr–May	deer	NE, LH	6	Colonial. Good deciduous groundcover.
Blazing star	<i>Liatris</i> spp.	1.5-4' /	s-ps / w- m- d	Jul-Oct	deer	NE, SE, LH	5	Size and growing conditions vary by species
Cardinal flower	<i>Lobelia cardinalis</i>	2-3' / 1'	s-ps / w- m	Jul-Oct	deer	NE, SE, LH	6	
Great blue lobelia	<i>Lobelia siphilitica</i>	2-3' / 1'	s-ps / m	Jul-Oct	deer	NE, SE, LH	6	
Eastern Solomon's-plume, False Solomon's-seal	<i>Maianthemum racemosum</i>	1-2' / 3-4'	ps-sh / m	Apr–Jun		BE, NE	2	
Piedmont Barbara's buttons	<i>Marshallia obovata</i>	0.5-1.5' / 1'	ps / m	Apr-May		SE, NE		
Virginia bluebells	<i>Mertensia virginica</i>	1-2' / 12-16"	ps-sh / m	Mar–May		SE		Seeds readily. Goes dormant in the summer.
Scarlet beebalm	<i>Monarda didyma</i>	2-4' / 2-3'	s-ps / m- w	Jul-Aug	deer	NE, LH	12	
Wild bergamot	<i>Monarda fistulosa</i>	2-5' / 2-3'	s-ps / m-d	Jul-Sep	drought, deer	NE, LH	12	
Spotted horsemint	<i>Monarda punctata</i>	2-3' / 2'	s-ps / m-d	Jun-Jul	drought	NE, LH	12	
Southern Sundrops	<i>Oenothera fruticosa</i>	16-30" / to 3'	s-ps / m- d	Apr–Oct		NE, SE, LH	17	
Wild quinine	<i>Parthenium integrifolium</i>	2-4' / 2-3'	s / m-d	May-Aug	drought, deer	NE, LH	15	
Eastern Smooth Beardtongue	<i>Penstemon laevis</i>	1-3' / 1-2'	s-ps / m- d	May-Jul	drought, deer	NE, LH	7	
Eastern blue phlox	<i>Phlox divaricata</i>	9-12" / 10-20"	ps-sh / m	Apr-May		NE, LH	7	
Trailing phlox	<i>Phlox nivalis</i>	6-8" / 12-15"	s-ps / m- d	Mar-May	drought, deer	NE, LH	7	Spreading, can use as groundcover
Obedient-plant	<i>Physostegia virginiana</i>	2'-5' / 3'-4'	s-ps / m-d	Jul–Oct		NE, SE, LH	6	Colonial, very aggressive, self-sows readily.
Silverleaf Mountain-mint	<i>Pycnanthemum incanum</i>	3-4' / 2-3'	s-ps / m- d	Jun–Aug	drought, deer	NE, LH	4	
Short-toothed Mountain-mint	<i>Pycnanthemum muticum</i>	2-3' / 2-3'	s-ps / m	Jul-Aug	drought, deer	NE, LH	4	
Narrow-leaf Mountain-mint	<i>Pycnanthemum tenuifolium</i>	1-1.5' / 2-3'	s-ps / m- d	Jun–Aug	drought, deer	NE, LH	4	
Black-eyed Susan	<i>Rudbeckia fulgida</i>	2-3' / 12-16"	s / m- d	Jun-Oct		NE, SE, LH		
Green-headed coneflower	<i>Rudbeckia laciniata</i>	4-8' / 3-6'	s-ps / m	Jul–Oct	deer	NE, SE, LH		spreads rampantly by underground stems
Lyre-leaf sage	<i>Salvia lyrata</i>	1-2' / 1'	s-ps / w- m- d	Apr–May	deer	NE, LH	8	
Bloodroot, Red Puccoon	<i>Sanguinaria canadensis</i>	5-12" / to 16"	ps-sh / m	Mar–Apr		NE, BE, LH	2	
Downy skullcap	<i>Scutellaria incana</i>	1-3' / 1-2'	s-ps / m- d	Jul-Aug	deer	NE, SE		
Fire pink	<i>Silene virginica</i>	12-18" / to 12"	s-ps / m-d	Apr–Jul		SE, NE, LH	4	Short-lived
Rosinweed	<i>Silphium asteriscus</i>	3-5' / 2-3'	ps-sh / m	Jun–Sep	drought, deer	SE, NE, LH	6	
Common Cup-plant	<i>Silphium perfoliatum</i>	4-8' / 2-4'	s-ps / m	Jun–Aug	drought	SE, NE, LH	6	colonial, self-seeds
Blue-eyed grass	<i>Sisyrinchium angustifolium</i>	6-20" / 6-8"	s-ps / m-d	Mar–Jun		SE		
Wreath goldenrod	<i>Solidago caesia</i>	1-4' / 16-20"	ps / m- d	Aug-Oct	drought, deer	NE, SE, LH	104	
Rough goldenrod	<i>Solidago rugosa</i>	2-6' / 1-3'	s-ps / m-w	Aug-Oct	drought, deer	NE, SE, LH	104	"Fireworks" is good cultivar
Eastern silvery aster	<i>Symphotrichum concolor</i>	1-3' / 1'	s / d	Sep-Oct	drought	SE, NE, LH	100	
Largeflower aster	<i>Symphotrichum grandiflorum</i>	1-1.5' / 1'	s-ps / m- d	Sep-Oct		SE, NE, LH	100	
Smooth blue aster	<i>Symphotrichum laeve</i>	1-3' / 1'	s-ps / m- d	Sep-Oct		SE, NE, LH	100	
Eastern aromatic aster	<i>Symphotrichum oblongifolium</i>	1-3' / to 3'	s / m- d	Sep-Oct	drought, deer	SE, NE, LH	100	

Foamflower	<i>Tiarella cordifolia</i>	5-12" / 12-18"	ps-sh / m	Apr–Jun		NE, LH		
Ironweed	<i>Vernonia noveboracensis</i>	4-8' / 3-4'	s / w- m	Jul-Oct	deer	NE, LH	21	
Atamasco lily	<i>Zephyranthes atamasca</i>	1' / <1'	s-ps / m- w	Mar-Jun		NE, SE		
Golden alexander	<i>Zizia aurea</i>	1-3' / 12-16"	s-ps / w-m	Apr-May	drought, deer	NE, LH	1	
Grasses and sedges								
Splitbeard Bluestem	<i>Anatherum ternarium</i>	3-5' / 2'	s-ps / m, d	Sep-Nov	drought, deer	SE, LH	19	
Eastern narrowleaf sedge (e)	<i>Carex amphibola</i>	1' / 1'	ps-sh / w, m	May	deer	SE, NE, LH	36	
Bottlebrush sedge	<i>Carex comosa</i>	2' / 1'-2'	s-ps / w, m	May	deer	SE, NE, LH	36	
Fringed sedge	<i>Carex crinita</i>	3' / 1-2'	s-ps / w, m	May	deer	SE, NE, LH	36	forms colonies
Meadow sedge	<i>Carex flaccosperma</i>	6-12" / 6-12"	ps-sh / m, w	May	deer	SE, NE, LH	36	tolerates dry or wet shade
Frank's sedge	<i>Carex frankii</i>	1-2' / 1-2'	s-ps / w, m	May	drought, deer	SE, NE, LH	36	tolerates temporary flooding
Gray's sedge (e)	<i>Carex grayi</i>	2' / 1.5-2'	s-ps / m, w	May	deer	SE, NE, LH	36	can tolerate drier conditions
Spreading sedge	<i>Carex laxiculmis</i>	6-12" / 6-12"	ps-sh / m	April	drought, deer	SE, NE, LH	36	
Hop sedge	<i>Carex lupulina</i>	2-3' / 1-2'	s-ps / w, m	May	deer	SE, NE, LH	36	
Sallow sedge	<i>Carex lurida</i>	1-3' / 1-2'	s-ps / w, m	May	deer	SE, NE, LH	36	
Rosy sedge	<i>Carex rosea</i>	1' / 1'	ps-sh / d, m	May	drought, deer	SE, NE, LH	36	
Squarrose sedge	<i>Carex squarrosa</i>	2-3' / 1-2'	s-sh / m, w	May	deer	SE, NE, LH	36	
Tussock sedge (e)	<i>Carex stricta</i>	3' / 2'	s-ps / m, w	May	deer	SE, NE, LH	36	tolerates flooding
Fox sedge	<i>Carex vulpinoidea</i>	1-3' / 1-2'	s-ps / m, w	May	deer	SE, NE, LH	36	can spread rapidly
River oats	<i>Chasmanthium latifolium</i>	2-4' / 20-30"	s-ps / w, m	Jun-Oct	drought, deer	SE, LH	7	Aggressively self sows
Pink muhly	<i>Muhlenbergia capillaris</i>	1-3' / 16-32"	s / m,d	Aug–Oct	drought, deer	SE, LH	3	
Switchgrass	<i>Panicum virgatum</i>	4-8' / 2-5'	s / w, m, d	Sep-Oct	drought, deer	SE, LH	31	
Little bluestem	<i>Schizachyrium scoparium</i>	2-4' / 6-24"	s / m,d	Jun-Oct	drought, deer	SE, LH	9	
Yellow Indian grass	<i>Sorghastrum nutans</i>	3-7' / 2-3'	s / m,d	Aug-Oct	drought, deer	SE, LH	8	
Vines								
Trumpet creeper	<i>Campsis radicans</i>	6-80' /	s-ps / m,d	Jun–Oct	drought, deer	NE, LH	7	
Cross-vine (e)	<i>Bignonia capreolata</i>	36-50' /	s-ps / m, d	Apr-May	drought, deer	NE, LH	2	
Butterfly pea	<i>Centrosema virginianum</i>	6-12' /	ps-sh / m, d	Jul-Aug	drought, deer	NE, LH	2	
Coral honeysuckle	<i>Lonicera sempervirens</i>	4-15' /	s-ps / m	Mar-Jul	drought, deer	NE, BE, LH	31	
Virginia creeper	<i>Parthenocissus quinquefolia</i>	4-70' /	s-ps / w, m, d	May-Jul	drought, deer	BE, LH	29	
Muscadine grapes	<i>Muscadinia rotundifolia</i> (<i>Vitis rotundifolia</i>)	8-60' /	s-ps / m	spring	drought	NE, BE, LH	67	Edible fruit
Carolina jessamine (e)	<i>Gelsemium sempervirens</i>	5-20' /	s-ps / m, d	Mar-May	deer	NE		
Yellow passionflower	<i>Passiflora lutea</i>	15' /	s-ps / m, d	Jun–Sep	deer	NE, BE, LH	5	
Purple passionflower, Maypop	<i>Passiflora incarnata</i>	25' /	s / m, d	May-Jul	deer	NE, BE, LH	5	colonial, aggressive spreader, climbs or sprawls
Pipevine	<i>Isotrema macrophylla</i>	15-30' /	s-ps / m	May-Jun	deer	NE, LH	1	
Lanceleaf greenbrier, Jacksonbrier (e)	<i>Smilax smallii</i>	6-12' /	s-ps / w, m	Jun–Jul		NE, BE, LH	19	Needs male pollinator
Ferns								
Northern Maidenhair	<i>Adiantum pedatum</i>	1'-2' / 2'	ps-sh / m		deer	see Notes column		Clump-forming. Used for shelter.
Southern Lady Fern	<i>Athyrium asplenoides</i>	20"-36" / 2'-3'	ps-sh / m		deer	see Notes column		Clump-forming. Cvs available. Used as shelter.
Marginal Wood-fern (e)	<i>Dryopteris marginalis</i>	16"-24" / 18"-24"	ps-sh / m		deer	see Notes column		Clump-forming. Used for shelter for toads and lizards.
Sensitive Fern, Bead Fern	<i>Onoclea sensibilis</i>	1'-2' / 2'-3'	s-ps / w, m		deer	see Notes column		Colonial; spreads rapidly. Used for shelter.

Cinnamon Fern	<i>Osmundastrum cinnamomeum</i>	2'-5' / 3'-5'	s-sh / w, m		deer	see Notes column		Clump-forming. Tolerates seasonal drought. Used for shelter and nesting material.
Christmas Fern (e)	<i>Polystichum acrostichoides</i>	1'-2' / 1'-2'	ps-sh / m, d		deer	see Notes column		Clump-forming. Used for shelter.

KEY	
Evergreen:	Marked with "(e)" next to plant name
Soil moisture:	w = wet, m = moist or moderate, d = dry
Sun requirements:	s = full sun, ps = part sun or part shade, sh = shade
Benefit to Wildlife:	LH = larval host, SE = seeds/nuts, BE = berries/fruits, NE = nectar and pollen
Deer Resistance:	No plant is deer proof but the plants marked yes are considered least likely to be damaged. Some new plants may need protection from "sampling" until established. New growth on perennials may need protection in spring with a spray if there's damage from browsing. All new trees need protection from browsing until branches are above browsing line and from buck rub until trunk diameter is at least 3 inches.
# of Caterpillars supported	This is for the entire genus rather than each species. It relates to Doug Tallamy's concept of keystone species where he recommends planting species from the genera hosting the most caterpillars to provide food for the birds to raise their nestlings.
Sources:	Plants and growing conditions: NC Extension Service (primary source) https://plants.ces.ncsu.edu/ Audubon NC - (primary source) https://nc.audubon.org/birdfriendlynativeplantslists Lady Bird Johnson Wildflower Center www.wildflower.org NC Wild Flower of the Year program: NC Botanical Gardens https://ncbg.unc.edu/plants/nc-wildflower-of-the-year/ Deer resistance: NC Extension Service (primary source) https://plants.ces.ncsu.edu/ Lady Bird Johnson Wildflower Center https://www.wildflower.org/collections/collection.php?collection=deer Also from the experience of members of the New Hope Bird Alliance's Bird Friendly Habitat Committee # of caterpillars supported and # of pollen specialist bees National Wildlife Federation https://www.nwf.org/NativePlantFinder/About https://www.nwf.org/Garden-for-Wildlife/About/Native-Plants/keystone-plants-by-ecoregion
Compiled by:	New Hope Bird Alliance, serving Durham, Orange, and northern Chatham Counties in North Carolina and parts of adjacent counties newhopebirdalliance.org