

# Slender Mountain Mint - *Pycnanthemum tenuifolium*

**Soil:** Loam, Organic, Sandy, Clay

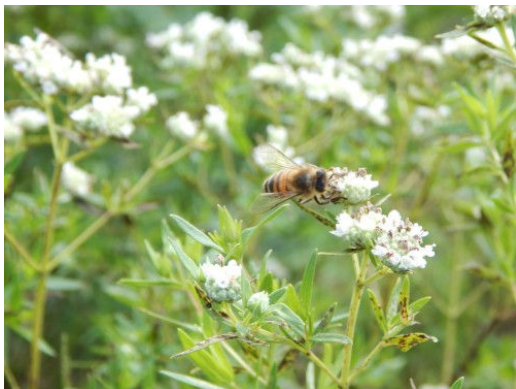
**Soil Moisture:** Dry, Moist

**Light:** Full sun

**Height:** 1-3 ft

**Wildlife:** Bees and Other Pollinators, Butterflies

**Fun Fact:** The flowers are a valued nectar source for pollinators, including native bees and wasps, as well as beneficial insects. *Pycnanthemum* means “densely flowered,” a characteristic that enables many pollinators to visit at the same time.



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Info source: [jerseyyards.org](http://jerseyyards.org) , Photo Source: [pinelandsnursery.com](http://pinelandsnursery.com)

# Scarlet Beebalm - *Monarda didyma*

**Soil:** Loam, Organic, Clay

**Soil Moisture:** Moist

**Light:** Full sun

**Height:** 2-4 ft

**Wildlife:** Bees and Other Pollinators, Butterflies, Hummingbirds

**Fun Fact:** The nectar is a valued food source for hummingbirds, butterflies, and bees – it will attract many pollinators to your garden! Deadheading the spent flowers will prolong bloom time. Scarlet Beebalm leaves contain oils that give off a pleasant herbal scent. This plant spreads quickly through re-seeding, so your small patch will grow into a large area in just a few seasons.



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Info and Photo source: [jerseyyards.org](http://jerseyyards.org)

# Foxglove Beardtongue - *Penstemon digitalis*

**Soil:** Loam, organic, sandy, clay

**Soil Moisture:** Dry, moist, wet

**Light:** Full sun

**Height:** 3-5 ft

**Wildlife:** The flower nectar is a food source for butterflies, hummingbirds, and bees. This plant prefers moist, well-drained soils, and grows in sand, loam and is one of the few Penstemons that tolerate clay soils, as well. Use Foxglove Beardtongue in beds, borders, meadows, and naturalized areas of your yard.



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**Info and Photo Sources:** <https://www.jerseyyards.org/plant>

# New England Aster - *Symphotrichum novae-angliae*

**Soil:** Loam, Organic, Sandy, Clay

**Soil Moisture:** Moist

**Light:** Full sun

**Height:** 2.5-6 ft

**Wildlife:** Bees and Other Pollinators, Butterflies, Birds

**Fun Fact:** Visited by long-tongued bees, short-tongued bees, syrphid flies, bee flies, Monarchs, small butterflies and skippers, all searching for nectar or pollen. New England Aster is a host plant for caterpillars of Pearl Crescent butterfly (*Phyciodes tharos*) and checkerspot butterflies, as well as various moths. The seeds are eaten by birds.



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**Info and Photo Sources:** <https://www.jerseyyards.org/plant>, and Toadshade Wildflower Farm

# Hollow Joe-Pye Weed - *Eutrochium fistulosum*

**Soil:** Loam, organic, sandy

**Soil Moisture:** Moist, Wet

**Light:** Full sun

**Height:** 4-7 ft

**Wildlife:** Bees and Other Pollinators, Butterflies, Birds

**Fun Fact:** The flowers are followed by seed heads (which persist into winter), providing an important food source for sparrows, as well as providing seasonal interest. Joe-Pye Weed is a host plant for butterfly and moth larvae (caterpillars), including Three-lined Flower Moth (*Schinia trifascia*), Eupatorium Borer Moth (*Papaipema eupatorii*), and Clymene Moth (*Haploa clymene*). It prefers moist, fertile soils, and is intolerant of dry conditions.



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**Info Source:** <https://www.jerseyyards.org/plant>, **Photo Source:** [wildflower.org](http://wildflower.org)