

## Wildflowers...

*Helenium autumnale* (Sneezeweed)  
*Helianthus* (Sunflower)  
*Heliopsis helianthoides* (Oxeye)  
*Lespedeza frutescens* (Intermediate Lespedeza)  
*Liatris* spp. (Blazing Star)  
*Lilium* spp. (Lily)  
*Lobelia cardinalis* (Cardinal Flower)  
*Lobelia siphilitica* (Great Blue Lobelia)  
*Lupinus perennis* (Blue Lupine)  
*Mondarda didyma* (Oswego Tea)  
*Mondarda punctata* (Spotted Mint)  
*Mondarda fistulosa* (Wild Bergamot)  
*Phlox* spp.  
*Physostegia virginiana* (False Dragonhead)  
*Rudbeckia* spp. (Coneflower, Black-eyed Susan)  
*Sedum ternatum* (Wild Stonecrop)  
*Solidago* spp. (Goldenrod)  
*Spigelia marilandica* (Indian Pink)

## What is a Native Plant?

When we refer to native it means plants growing in North America prior to European settlement. The important point is not simply what it means to be native, but what possible consequences displacing a particular species from a particular place may have on the ecosystem as a whole. If we all decide to make an effort to restore some of the local plants to our landscape, we will in no small way help make our own piece of the world a richer, more diverse, and by consequence a healthier place.



## BECOME A MEMBER JOIN AUDUBON!

Please enroll me as a member of the Southern Maryland Audubon Society. I can receive the chapter newsletter, The Osprey, and all of my dues will support environmental efforts in Southern Maryland.

Local Chapter Dues: Make check to Southern Maryland Audubon Society

Individual/Family	Senior/Student
<input type="checkbox"/> 1 year \$20	<input type="checkbox"/> 1 year \$15
<input type="checkbox"/> 2 year \$38	<input type="checkbox"/> 2 year \$28
<input type="checkbox"/> 3 year \$56	<input type="checkbox"/> 3 year \$42

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Please enroll me as a member of the National Audubon Society. This also includes membership in the Southern Maryland Audubon Society. I will receive National's Audubon Magazine, the local newsletter, and support national and local environmental causes. A fraction of my dues will be returned to our local chapter.

National Dues: Make check to National Audubon Society

- Introductory Offer, 1 year \$20  
 Senior/Student, 1 year \$15

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

EMAIL: \_\_\_\_\_

Mail to:  
Southern Maryland Audubon Society  
P.O. Box 181  
Bryans Road, MD 20616

## Southern Maryland Audubon Society



**SUPPORTING BIRDS AND  
BUTTERFLIES USING NATIVE  
PLANTS**



[www.somdaudubon.org](http://www.somdaudubon.org)

## SUPPORTING BIRDS IN YOUR GARDEN

As a gardener you can add a whole new dimension to your outdoor enjoyment by supporting birds. One thing you learn quickly about native plants is the staggering number of birds, small mammals, insects, and fungi that depend on them directly for their existence. Adding native plants increase the diversity of animals in your yard, while supporting the ecological relationship required for a healthy environment.

### *What Birds Need*

Birds need four basic elements: Food, Water, Nesting Sites and Cover. Their food can consist of seeds, fruits, nuts, flowers, nectar, buds, insects, fish and soil invertebrates. Native plants and water fulfill most of these needs.

### *Helpful Practices*

#### Plant Native Plant Species:

Native plants feed insects and birds better than exotic plants. Learn about MD native plants by joining the MD Native Plant Society. Go to [www.mdflora.org](http://www.mdflora.org). To buy true MD natives go to [www.chesapeake natives.org](http://www.chesapeake natives.org).

#### Eliminate Pesticides

Let birds and insects provide a natural balance.

#### Reduce Lawn:

Consider replacing some of your lawn with beneficial plants and help the environment.

#### Rethinking Weeds:

Weeds can be a great seed source. Consider leaving an area for weeds rather than eradicating them.

#### Leave Leaves:

If you let leaves accumulate under trees and shrubs you provide habitat for small soil invertebrates and a natural fertilizer.

#### Re-use Christmas Trees:

After the holiday season set your tree out in the yard for the winter to provide cover for birds.

## PLANTS THAT SUPPORT BIRDS AND BUTTERFLIES

### Vines

*Bignonia capreolata* (Cross-vine)  
*Campsis radicans* (Trumpet creeper)  
*Lonicera* spp. (Honeysuckle)  
*Celastrus scandens* (American bittersweet)  
*Parthenocissus* spp. (Virginia creeper)  
*Vitis* spp. (grape)

### Shrubs

*Alnus* spp. (Alder)  
*Amelanchier* spp. (Serviceberry)  
*Aronia* spp. (Chokeberry)  
*Callicarpa americana* (American beautyberry)  
*Ceanothus americanus* (New Jersey Tea)  
*Cephalanthus occidentalis* (Buttonbush)  
*Clethra* spp. (Summersweet)  
*Gaylussacia* spp. (Huckleberry)  
*Ilex* spp. (Holly)  
*Juniperus* spp. (Juniper)  
*Lindera benzoin* (Spicebush)  
*Myrica cerifera* (Southern Bayberry, Waxmyrtle)

*Physocarpus opulifolius* (Ninebark)  
*Prunus* spp. (Cherry, Prun)  
*Rhododendron* spp. (including azaleas)  
*Rhus* spp. (Sumac)  
*Ribes hirtellum* (American Gooseberry)  
*Rosa* spp. (Rose)  
*Rubus* spp. (Raspberry, Blackberry)  
*Sambucus* spp. (Elderberry)  
*Spirea* spp. (Meadowsweet, Steeplebush)  
*Symphoricarpos* spp. (Snowberry, Coralberry)  
*Vaccinium* spp. (Blueberry, Cranberry)  
*Viburnum* spp.

### Trees

*Aralia spinosa* (Devil's Walking Stick)  
*Betula* spp. (Birch)  
*Carpinus caroliniana* (American Hornbeam)  
*Celtis* spp. (Sugarberry, Hackberry)  
*Chaemaecyparis thyroides* (Atlantic White Cedar)  
*Cornus* spp. (Dogwood)  
*Crataegus* spp. (Hawthorn)  
*Fagus grandifolia* (American Beech)  
*Pinus* spp. (Pine)  
*Prunus* spp. (Plum)  
*Salix* spp. (Willow)  
*Sassafras albidum* (Sassafras)  
*Thuja occidentalis* (Northern White Cedar)

### Wildflowers

*Aquilegia canadensis* (Wild Columbine)  
*Asclepias* spp. (Milkweed)  
*Aster* spp.  
*Chelone glabra* (Turtlehead)  
*Cimicifuga racemosa* (Black Cohosh)  
*Coreopsis* spp. (Tickseed)  
*Echinacea purpurea* (Purple Coneflower)