Native Plants For Wetland Restoration And Enhancement: A Source Guide

**Figure 1. Cross-sectional diagram of a tidal salt marsh (adapted from Tiner, 1984).**

**Vegetated Wetland - Zone Key**
- **Intertidal Marsh**
- **High Marsh**
- **Brackish Marsh**

**Common Name**
Rose Mallow — *Kosteletsky a virginica*

**Scientific Name**
*Kosteletsky a virginica*

**Large showy blooms.**
Plant more for aesthetics than wildlife benefits.
Survives well in upland

**Sources:** 1, 4, 6, 10

**Plant Height**
- **2-4’**

**Sun/Shade Requirements and Blooming Period**
- **Full sun, Jul-Aug**
- **0-10 ppt, plant above mean high water in irregularly flooded areas.**

**Salinity Regime**

*This guide was prepared by Kevin Du Bois of Norfolk’s Bureau of Environmental Services to provide citizens with information that could be used for wetland restoration or to enhance existing wetlands with native wetlands plants to add beauty and plant diversity.*

Updated 12/23/13
Smooth Cordgrass: *Spartina alterniflora*

Provides habitat for juvenile crabs, juvenile finfish, food for geese, rails and sparrows. Prevents shoreline erosion.

Sources: 1, 3, 4, 6

2-7’

Full sun, Jul-Sept

0-35 ppt., Intertidal - Plant between mid-tide level and MHW.

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Spike Grass - *Distichlis spicata:*

Food for shoveler and, teal ducks, Canada geese, and other waterfowl.

Sources: 1, 4, 6

8-16’

Partial shade, to full sun, but prefers full sun. August-October

0-50 ppt., plant above MHW but within the area flooded by spring and moon tides.

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Saltmeadow Hay—*Spartina patens*

Good cover and nesting, food for geese, black ducks, sparrows and rails.

Sources: 1, 3, 4, 6

1-3’

Full sun, Jul-Sept.

0-35 ppt, plant above MHW

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Marsh Hibiscus - *Hibiscus moscheutos*

Nectar source for ruby-throated hummingbirds. Grows well in uplands.

Sources: 1, 3, 4, 6, 10, 13

4-7’

Full sun, July-Sept.

0-15 ppt, plant above mean high water in irregularly flooded areas.

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Black Needlerush- *Juncus roemerianus*

Food for wildfowl, marsh birds and songbirds, and muskrats, spawning grounds or fish, cover for marsh wrens.

Sources: 1, 3, 4, 6, 13

1-4’

Full sun, May-Oct.

0-25 ppt.; brackish and salt marshes, plant above mean high tide to spring tide level

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Rose Mallow— *Kosteletskyia virginica*

Large showy blooms. Plant more for aesthetics than wildlife benefits. Survives well in upland.

Sources: 1, 4, 6, 10, 13

2-4’

Full sun, Jul-Aug.

0-10 ppt, plant above mean high water in irregularly flooded areas.
Sea Oxeye—*Borrichia frutescens*

Attracts butterflies, can be used as a small flowering hedge

Source: 6 (seed)

1-4'

Full sun, blooms summer through fall

Found along the upper edges of salt marshes, but may endure brackish conditions and diverse soil types.

Sea Lavender—*Limonium carolinianum*

Small delicate purple flowers, sometimes used in dried flower arrangements

Sources: You tell me!

1-2'

Full sun, July to October

0-30 ppt., high salinity tolerance but usually found above mean high water in high marsh meadows.

Saltmarsh Fleabane—*Pluchea purpurascens*

Attracts butterflies and bees.

Sources: 4, 8, 13

1-5'

Full sun, Jul-Aug.

0-20 ppt., plant above mean high water in areas of irregular inundation.

Seaside Goldenrod—*Solidago sempervirens*

Found in dunes and coastal marshes, attracts butterflies and other beneficial insects, beneficial for small mammals and migratory songbirds

Sources: 3, 4, 13, 14

1-6'

Partial shade to full sun, but prefers full sun, Jul-Nov.

0-10 ppt., plant above MHW

Swamp Rose—*Rosa palustris*

Birds and other animals use the fruits for winter food. Provides nesting sites for birds.

Source: 6,

1-7'

Full sun to light shade, but prefers full sun, Jun-Oct

< 0.5 ppt., can tolerate regular inundation in freshwater habitats.

Annual Saltmarsh Aster—*Aster subulatus*

Attracts butterflies and beneficial insects.

Sources: You tell me!

1-3'

Full sun, Jul-Oct.

Irregularly flooded areas of the high marsh. Also found in brackish areas, or the marsh border/upland edge.
Swamp Milkweed: *Asclepias incarnata*

Nectar source for butterflies and beneficial insects.

Sources: 3, 4, 6, 10, 13, 17

- Up to 6’
- Full sun, Jun - Aug.
- 0-5 ppt.

Spotted Joe-Pye Weed—*Eupatorium maculatum*

Nectar source for butterflies

Sources: 3, 5, 11

- 3-5’
- Sun to light shade, Jul. - Sept.
- Found in brackish and freshwater marshes and wet meadows

Tall cordgrass: *Spartina cynosuroides*

Benefits migratory songbirds, waterfowl and small mammals. Stabilizes the soil.

Sources: 1, 3, 6

- 3-10’
- Full sun
- 0-10 ppt., plant between MHW and spring tide level in brackish and tidal fresh marshes

Perennial Salt Marsh Aster: *Aster tenuifolius*

Attracts butterflies and beneficial insects.

Sources: You tell me!

- 0.5-2’
- Irregularly flooded areas of the high marsh. Also found in brackish areas, or the marsh border/upland edge.

Jewelweed—*Impatiens capensis*

Attracts hummingbirds, butterflies, migratory songbirds and small mammals. Stem juice thought to be a remedy for poison ivy itching.

Sources: 11

- 1-5’
- Partial shade to full shade, Aug - Oct.
- Found in fresh and low salinity brackish marshes

Marsh Pink—*Sabatia stellaris*

Just plain attractive! Showy, but diminutive.

Sources: You tell me!

- 1-2’
- Full sun, July - Oct.
- Grows on open sandy soils at the upper edges of salt and brackish marshes
Lizard’s Tail—*Saururus cernuus*

Valued by wood ducks. Drought resistant.

Sources: 1, 3, 4, 6, 11, 12, 13, 17

2-4’

Partial shade to full sun,

<0.5 ppt., naturally - plant in brackish marshes, but appears to tolerate dry growing conditions.

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Cardinal flower—*Lobelia cardinalis*

Nectar source for butterflies and hummingbirds.

Sources: 3, 4, 5, 6, 9, 11, 12, 13

2-7’

Full sun to partial shade, Jul - Oct.

<0.5 ppt., plant in brackish and freshwater marshes

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Marsh Marigold - *Caltha palustris*:

Provides browse and seed for wildlife.

Source: 2, 3, 5, 11

1-2’

Full sun (best) to light shade, Apr. - Jun

Low growing plant found in freshwater swamps, wet meadows and forested wetlands.

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Blue Water Iris—*Iris versicolor*

Food for waterfowl migratory songbirds, and small mammals.

Sources: 1, 3, 4, 5, 6, 10, 11, 12, 17

1-3’

Partial shade to full sun (requires full sun for flowering), May-Jun

<0.5 ppt. Freshwater and brackish marshes

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Button Bush - *Cephalanthus occidentalis*

Food for ducks and deer.

Nectar for hummingbirds, nesting for VA rail and blackbird.

Sources: 1, 4, 5, 6, 10, 11, 12, 13

6-12’

Tolerates full shade but flowers best in partial shade and full sun, Jul—Aug

Tolerates infrequent flooding by saltwater. Can be permanently inundated with freshwater.

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Sweet Flag—*Acorus calamus*

Food and cover for waterfowl and small mammals.

Sources: 1, 4, 11, 12, 13, 17

2-3’

partial shade to full sun, Apr. - May

0-10 ppt, plant near mean high water or areas of regular inundation in brackish marshes
Key For Sources of Wetland Plants

1. Naturescapes: 4075 Vicksburg Road, Suffolk, Virginia, 23437
   (757) 539-4833

2. Enviro-Seeds, 195 Miller Road, Slippery Rock, PA 16057 (724) 794-4467

3. Pinelands Nursery: 323 Island road, Columbus NJ 08022 (800) 667-2729
   www.pinelandsnursery.com

4. Environmental Concerns Inc: Columbus NJ, (800) 667-2729 or (609) 291-9486
   (410) 745-9620

   (800) 873-3321, ernstsales@ernstseed.com

6. Mellow Marsh Farm: 1312 Woody Store Road, Siler City, NC 27344 • Phone:
   (919) 742-1200, Fax: (919) 742-1280

7. California Native Plant Society (CNPS), Sacramento Valley Chapter—contact them at
   www.sacvalleycnps.org


9. Niche Gardens: 1111 Dawson Road, Chapel Hill, NC 27516.
   (919) 967-0078; www.nichegardens.com

10. Easy Living Wildflowers, P.O. Box 522, Willow Springs MO 65793,
    (417) 469-2611

11. Signature Horticultural Services. 19960 Gore Mill road, Freeland, MD 21053 (410) 329-6466

12. Cullipher Farm Market, 1444 Princess Anne Road, Virginia Beach, VA 23456. (757) 721-7456


14. Southern Branch Nursery - Eric Gunderson. (757) 373-7763 1412 Benefit Road, Chesapeake
    VA 23322

15. Mid-Atlantic Natives— Kurt & Linda Kurzmiller, (717) 227-0924, 12506 Susquehanna Trail
    South, New Freedom PA 17349. www.midatlanticnatives.com

16. Southern Branch Nursery, Eric Gunderson, 1412 Benefit Road, Chesapeake, VA (757) 373-7763
    regunderson1@gmail.com

17. Sylva Native Nursery and Seed Company: 3815 Roser Road, Glen rock PA 17327
    (717) 227-0486), sylvanat@aol.com, www.sylvanative.com

Other Sources of Information

1. Native Plants for Wildlife Habitat and Conservation Landscaping:
   http://www.nps.gov/plants/pubs/chesapeake/toc.htm