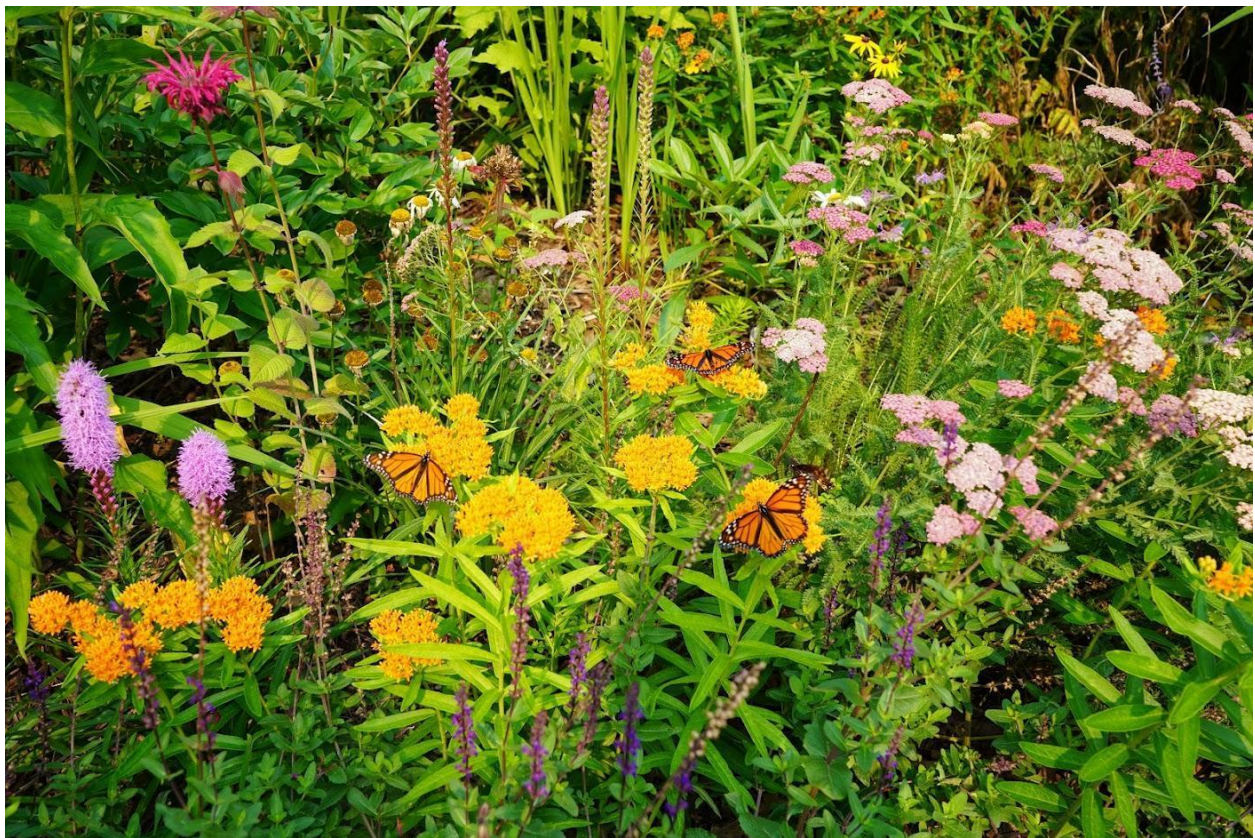




NORTH AMERICAN
NATIVE PLANT SOCIETY

A Beginner's Guide

How to Create a Pollinator Garden



How to Create Your Own Pollinator Garden, from Start to Finish

**In partnership with TD Friends of the Environment Foundation
and David Suzuki Foundation**

Territorial Acknowledgement:

We acknowledge that from coast to coast, we are on the traditional territories of diverse First Nations, Inuit and Métis peoples. We seek to live in respect, peace and right relations, and are mindful of broken covenants.

By making a land acknowledgement, we are taking part in an act of reconciliation, honouring the land and Indigenous heritage, which dates back over 10,000 years.



Geum triflorum - Prairie smoke Photo Credit: Donna Lang

This guidebook is designed to help a beginner native plant gardener – to plan, design, solarise, plant and maintain a successful pollinator garden, from start to finish.

We are very grateful for the assistance of members of the North American Native Plant Society (NANPS); they have helped edit and provide photographs for this guide. The guide would not have been possible without their expertise.

Native Plant “How to” Garden Guide

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Cover Photo Credit: Dorte Windmuller

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Chelone glabra (turtlehead) Photo Credit: Alice Kong
Euthamia gymnospermoides (Texas goldentop) Photo Credit: Richard Kingsley

1. Why Native Plants?

“When you plant a native species, you are employing all of evolutionary history. You can’t find a better reason for choosing a plant than that gained from 3 billion years of experience”.

Carol A. Smyser, Nature’s Design (#1 - For Source references #1-8 - see page 27)

Definition: A native plant is a plant that grew in a region, prior to the arrival of European settlers. Native plants are indigenous and therefore more resilient. All native plant gardeners acknowledge the effects of climate change and some of them also accept “near natives”- plants that may be found in nearby regions, but not in their immediate region.

Benefits: Native plants provide many benefits for our environment.

Here are 4 key reasons:

1. They provide valuable and reliable biodiversity and connectivity; this is becoming increasingly important, with the development and degradation of the natural world.
2. They provide pollen and nectar for pollinators (insects, bees, butterflies, birds), who are in turn, responsible for 85% of the fruit and vegetables that we eat.
3. They provide valuable habitat and shelter for pollinators, especially in winter.
4. They require less maintenance and less watering; they have adapted to their local area's natural level of rainfall.



Echinacea purpurea (purple echinacea), *Liatris spicata* (dense blazing star), *Asclepias incarnata* (swamp milkweed)
Photo Credits: Dominik Haake (left), Nancy Lang (middle), Dorte Windmuller (right)

Creating a pollinator garden is one small way that we can restore nature's balance and do something about climate change.



Lobelia cardinalis (cardinal flower), *Monarda fistulosa* (wild bergamot) Photo Credit: Harold Smith

Private Land is Key: According to John L. Riley, author of *The Natural Heritage of Southern Ontario's Settled Landscapes*, private land accounts for more than 90% of the land in southern Ontario. (#2) Douglas Tallamy states that 85% of land east of the Mississippi River (U.S.) is privately owned. (#3)

Thus if we are to restore ecosystems, we will have to do it on private land. This is why creating pollinator corridors in our front and back yards, apartment and condo balconies, is so important. Lorraine Johnson says, "When you garden with native plants, you're automatically gardening for wildlife too". (#4) You will be delighted by the number of different pollinators that show up in your garden.

It's not difficult to re-connect to nature. We can each do our small part to maintain and revive wildlife.

Plant, Pollinator and People Connectivity:

According to Douglas Tallamy, insects pollinate 90% of all flowering plants, which are part of the food chain. (#5) Insects depend on plants for food and birds depend on caterpillars for food. Entomologists have proven that many insects are plant specialists; they seek out specific plants for their food; they consume the leaves, nectar or pollen, and lay their eggs on the plant. Native plants support these insects. (#6)

The best known example of this: the monarch butterfly larvae rely solely on milkweed as their host plant.



Monarch butterfly 4 Stages; Photo Credits: L to R; www.inaturalist.org C. Stone, D.Lang, K.McFarland, M.Ramsdell

15 Keystone Native Plants that Attract Pollinators - Eastern Temperate Forest Region

	TREES	# Caterpillars * species that use this as host plant	# Bee species ** that rely on this plant
1.	<i>Quercus</i> - oak (white,black)	436	
2.	<i>Prunus</i> - (black cherry, chokecherry, American plum)	340	
3.	<i>Betula</i> - birch (river, sweet)	284	
4.	<i>Populus</i> - eastern cottonwood	249	
5.	<i>Acer</i> - box elder, silver maple, sugar maple	238	
6.	<i>Malus</i> – crabapple (southern and sweet)	237	
7.	<i>Carya</i> – hickory (bitternut, pignut, mockernut)	213	
8.	<i>Pinus</i> – Pine (pitch, eastern white, Virginia)	200	
	SHRUB		
9.	<i>Salix</i> - willow (prairie, black)	289	14
10.	<i>Vaccinium</i> - blueberry bush (northern highbush,black highbush, hillside)	217	14
	FLOWERING PERENNIAL PLANTS		
1.	<i>Solidago</i> – goldenrod (stiff leaf and Atlantic)	104	42
2.	<i>Symphyotrichum</i> - aster (blue wood, smooth)	100	33
3.	<i>Helianthus</i> - woodland sunflower	66	50
4.	<i>Rudbeckia</i> - black-eyed Susan, green-headed coneflower	20	29
5.	<i>Heterotheca</i> - camphorweed		24

#7 * Douglas Tallamy and ** Jarrod Fowler

<https://www.nwf.org/Garden-for-Wildlife/About/Native-Plants/keystone-plants-by-ecoregion>

This website is informative – it contains keystone plant information for 10 regions of North America.

2. Setting up a Pollinator Garden - Key Questions

1. Who will be in your garden?

Will it be adults, children, pets? How will you get from one end to the other? Will you have a special sit spot in the garden? Will you have a water source? Bees and butterflies will use muddy runoff and wet soil from a downspout as a source of drinking water. Downspouts and repurposed bird baths provide a source of water for many bees and butterflies.



Photo Credit: D. Lang

2. When will you be in the garden?

Spring, Summer, and Fall. Plan for multi-season blooming; then pollinators will always have food.

3. What kind of pollinators do you wish to attract?

Choose plants with different colours, shapes and scents. This will attract a wide range of pollinators to your garden. Bumblebees and birds have special needs in early Spring/Summer, so it's important to have a source of food for them at that time. If you know which bees, butterflies and birds you wish to attract, you can choose plants that will attract them.

4. How many native plants do you want in your garden?

You don't need to remove an existing garden if it already has plants you love.

Getting rid of plants that you have come to love is not necessary. Of course, you want to get rid of our invasive plants. Next, why not replace non native plants with natives, when the non natives die? This will happen naturally anyway, with climate change. If you are creating a new garden in a new space, you can choose the plants from scratch. Lorraine Johnson's "100 Easy-to-Grow Native Plants" is a valuable resource to use. NANPS and Network of Nature websites can also help you decide what to plant: <https://nanps.org/pc/native-plant-database/> and <https://networkofnature.org/species/can> Other helpful resources are found on page 21 of this guide.

1. Key Factors in Determining the Scope

Function: Ask yourself why you want to create a native plant garden; it will help solidify your purpose and it will allow you to dream.

Habitat and Soil: Habitat is a place where nature thrives. It provides food, shelter and nesting possibilities. The most common types of habitat for an urban garden are: Woodland, Prairie and Meadow. A bit of research will help you identify the right plants for your location.

Woodland plants prefer to grow in a tree canopy habitat and they prefer rich soil. Prairie plants are found in wide open spaces and can grow in a variety of soil types. Meadow plants also grow in various types of soil, and do well in urban habitat, where trees have been cut down to build homes.

Soil chemistry can sometimes have a significant role in gardening. Determine if your soil is composed of sand or clay. Adding compost and/or leaves will help aerate the soil and retain moisture.



Sun and Moisture: Figure out how much sun or shade your new garden will have? Woodland plants grow best in the shade, and meadow and prairie plants grow best in full sun. Prairie plants require at least 6 hours of sun a day. Many native plants will grow in either sun or shade, or variations of either.

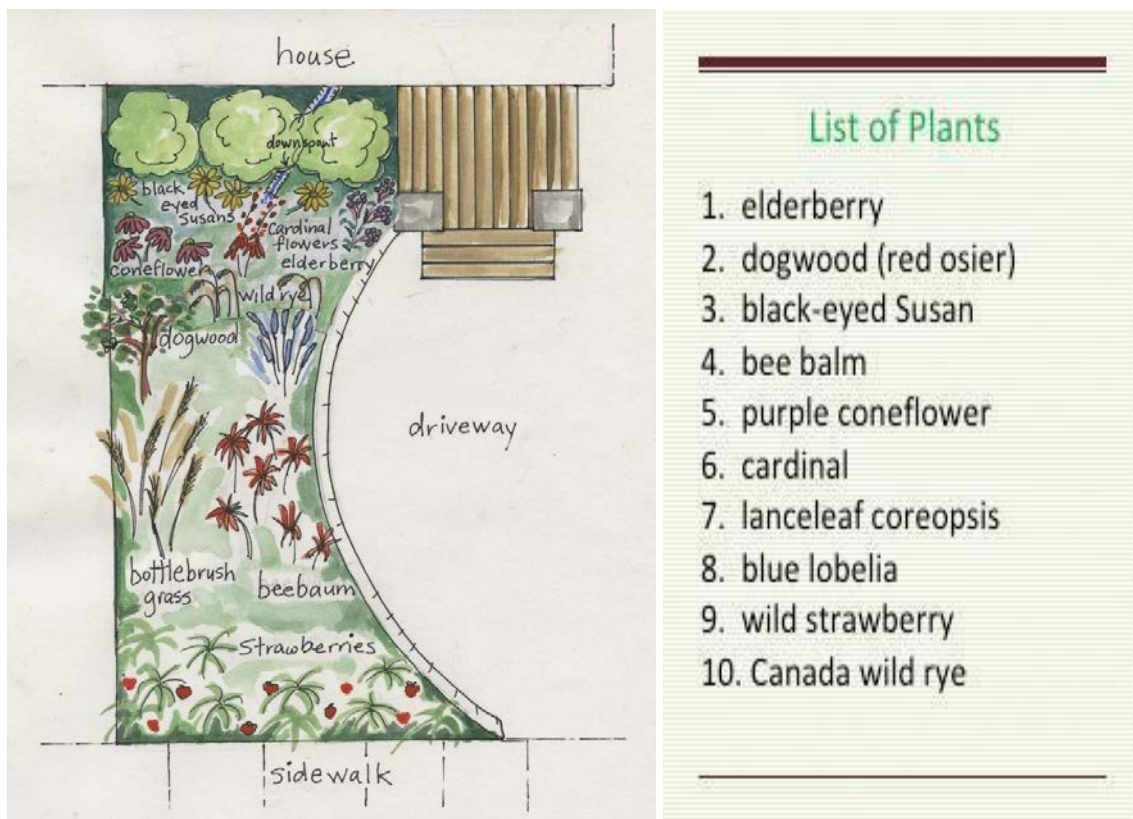
Time Commitment: Expect to spend some time watering and weeding every week. A small garden needs approximately 2 hours of weeding and 3-4 hours of watering each week, depending on rainfall. If you are going away during the summer, ask a friendly neighbour to water your garden. Remember to take out the weeds, in the Spring, when they are still small.

Budget and Size: A budget can help prioritize the size. For Year 1, a good rule of thumb is 80% of the budget for seedling or plants, soil, and mulch, and the remaining 20% for hard goods such as garden tools and a rain barrel or hose. Available space and budget will help you decide the size of your garden.

2. Garden Design

Think of your drawing as a way to begin to look at both the functionality and the aesthetic details, including garden size, location, and plant selection.

1. First, take as many photographs of your garden from as many angles as possible. Sketch features of the garden, using a view from above (bird's eye).
2. Next draw to scale, using graph paper – each square equals 1 ft. – see page 12.
3. Draw in all the vertical elements – fences, buildings, trees; as well as hoses and parking access.
4. Draw where the plants will go.
5. If you are planting border gardens, remember to make them as wide as possible, to provide maximum visual impact.
6. Always make a list of the plants you wish to purchase. It will help you remember what you planted in your garden.



Nancy's Garden Sketch

Sometimes planting several of the same species of plant is a good idea.



Eutrochium purpureum (Joe Pye weed), *Rudbeckia hirta* (black-eyed Susan), verbena at Humber River Butterfly Garden - Photo Credit: Alice Kong



Monarda didyma (bee balm); easy-to-grow, blooms July to Sept. - sun or part shade.
Photo Credit: Donna Lang

GARDEN GRID DRAWING

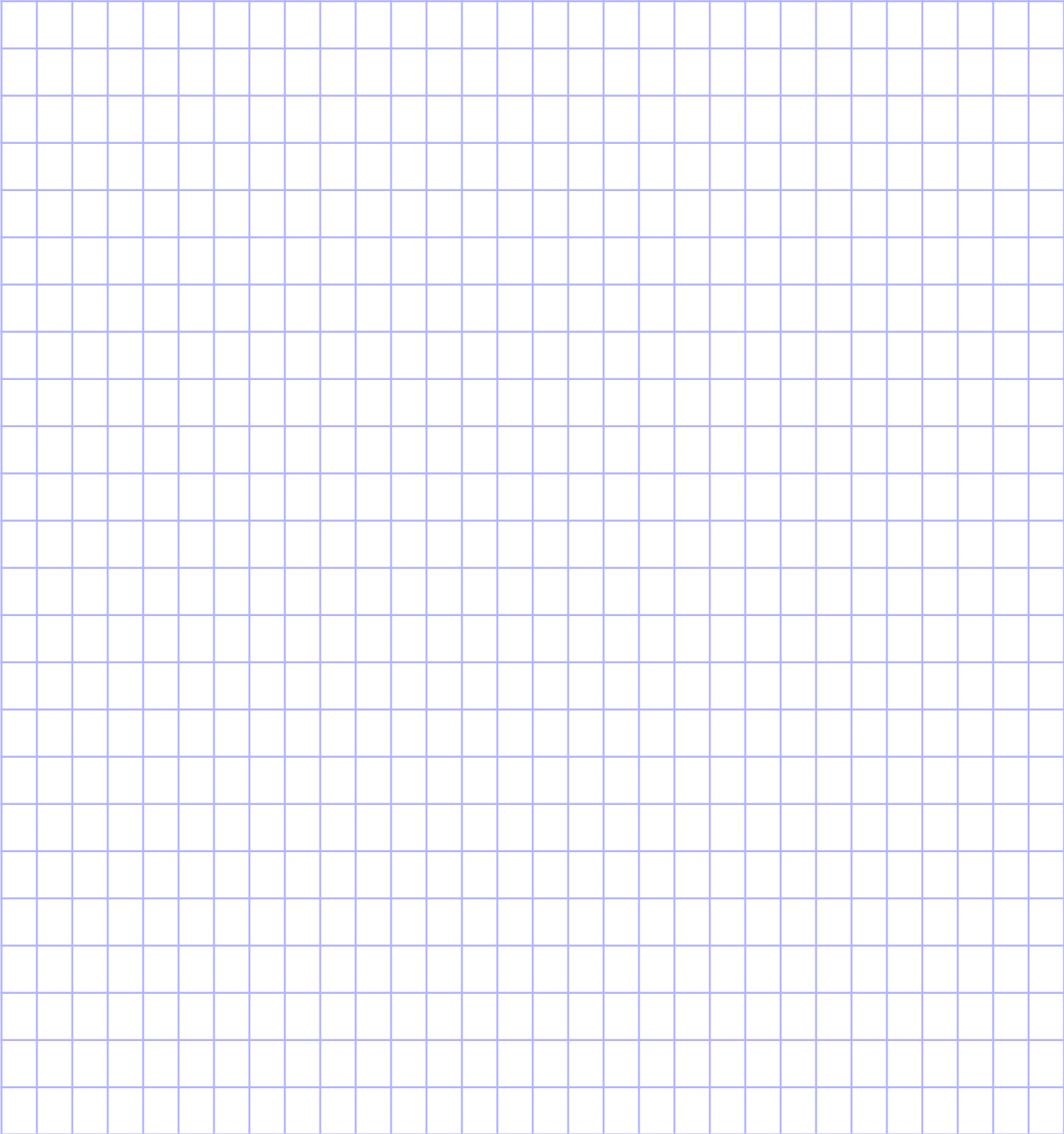




Photo Credit: Donna Lang

3. Preparing a Garden Space

Setting a Budget: Setting a budget is a good 1st step for deciding how much you will spend Year 1 (see page 9), but it is also a good idea to revisit the budget after you have made a list of the plants. If the budget is too ambitious, then it makes sense to start small and add to your garden plan in subsequent years.

Regardless of what you spend, there will likely be places where you will want to add more plants each year. You can do this by transplanting existing plants in your garden, or purchasing new plants.

Plant Selection: Plants should be selected according to habitat, sun, soil and moisture requirements. For example, if you select *Trillium grandiflorum* or white trillium, make sure that you plant in a shaded woodland area, with rich, humus soil and plenty of moisture.

When sourcing plants, it's best to find a nursery that sources and grows its plants locally, as they will be able to adapt to the local soil and moisture conditions. Ask the staff where the plants are grown and do your research. Try to purchase plants that are within 100 kilometres of your home. See page 22-25 for a list of local Ontario nurseries.

It is a good idea to do your research and to avoid confusion, to use the Latin name or “binominal” of a plant. It is composed of two words; the first one is the genus and the second one is the species. This will come in handy when purchasing, as some nurseries will refer only to the first name and you could end up buying a different plant than intended, or a non-original native plant, such as a cultivar or hybrid.

Here is an example of why the Latin name is of importance. If you wish to plant *Monarda*, there are two common species to choose from: *Monarda didyma* (bright red flower) or *Monarda fistulosa* (lavender/pink flower). Common names for *Monarda* are bee balm, Oswego tea or wild bergamot. The popular name bee balm is used for both types of *Monardas*, whereas Oswego tea refers to *Monarda didyma*, and wild bergamot refers to *Monarda fistulosa*.

Plant selection should be diverse, in order to establish a variety of flowering types and bloom times.

Solarising the Space:

If grass is growing in your new garden space, then you will need to solarise. There is an easy way to do this. In the Fall, put down cardboard over the entire area – see photos of this below. Put soil, then mulch on top of the cardboard (1:1 equal parts). The cardboard will kill the grass and 6 months later, in the Spring, you will be ready to plant. You can also put down layers of newspaper, instead of cardboard, but you will need to put the soil and mulch on top immediately, as the newspaper will break down over the winter months, if it is not covered with soil and mulch. If you wish to create a barrier between your garden and your neighbour's lawn, you can use reclaimed lumber to stop grass from spreading; one way of doing this is to stack 2 - 10' long boards on top of each other - 2" X 3" boards, preferably cedar; (see bottom right hand photo). Here are the steps in solarising a garden space:



Garden is on the front lawn of semi-detached home.

Remove grass from corners and sides.

Put cardboard down on the lawn.

Put topsoil on top of cardboard.

Put mulch on top of soil.

Create separation by using reclaimed lumber.

Photo Credit: Nancy Lang

The second and more difficult way to get rid of the grass is to dig up the grass, piece by piece, overturn it, and then put soil and mulch on top of this in the Fall or Spring. This is a more tedious way to get rid of the grass, but almost as effective, especially if you can't find enough cardboard to cover the space.



Photo Credit: Donna Lang

4. Planting a Garden

Growing from seed is a way to create a pollinator garden, without the expense.

When and how to Plant Seeds: In March, sow seed in a plastic garden tray with 2" X 3" cells or sections. First put a small hole for drainage in the bottom of each cell. Next, sow 2-3 seeds in each compartment. Cover seeds with 1/4" potting soil or vermiculite, and keep moist until seeds germinate. Put your seeds on a windowsill indoors, and rotate the tray twice daily, to ensure that they receive equal light. Thin the seedlings to 1 seedling per compartment, when they are 2"-3" tall. When the seedling roots start growing through the drainage holes in the pots, it's time to harden them off. Reuse the trays. If you wish to avoid thinning the seedlings, you can simply plant the seedlings into larger pots.

Hardening off is a gradual process, whereby you take the plants outside during the day and bring them inside for nighttime. Start outside with 1-2 hours a day, increase to 3-4 hours a day, then 5-7 hours. This should be done over a period of 1-2 weeks until the plants can handle being left outside overnight.

If you are using a garden tray, remember to moisten the seedlings before removing them from the cell and planting them. If needed, tap lightly under the plastic bottom of the cell to help remove the seedling. Create a hole in the earth, place the plant in the hole, and then firm it up with soil and water immediately. Water daily until roots establish themselves in 1- 2 weeks.

Putting in Your Plants: Most roots will penetrate to a depth of 12 – 18” (30 -45 cm) or more, seeking moisture and nutrition. It is a good idea to use a spade to dig a hole of at least 1/2 foot (15 cm).

If you are fortunate enough to see good brown topsoil down to that depth, you are starting out well. More likely you will find, in an area not previously gardened, perhaps 2’-6” (5-15 cm) of topsoil, and underneath, varying degrees of sand, clay and shale. Keep in mind that there are native plants for any type of soil.



Photo Credit: Dominik Haake

Drainage: Drainage refers to the garden’s ability to pass water into the subsoil, thus preventing water logging. Many root systems do not develop properly if they are forced to exist for long periods of time in mud. Good drainage encourages quicker soil warm-up, prevents erosion of topsoil in heavy downpours, and provides the right conditions for bacteria to convert organic matter into readily available nutrients. If you have an area that has poor drainage, consider plants that prefer soil that is moist.

Soil Amendments: No matter what the PH level is, your garden will flourish if you add leaves and compost. Leaves help create a healthier garden in four ways; they provide free soil, free nutrients, and free weed control, when used as a mulch. Leaves also help your garden retain moisture, so you can water less. It is important to keep the ground covered with mulch, to maintain moisture and increase absorption from watering or rainfall. There is lots of information on leaf composting, and you will find it is easy to do.

You can also use composted vegetable scraps, leaves and grass clippings. There are no rules about how

much to use. You can't overdo it, when it comes to adding organic materials to your garden. The more you put in, the happier your garden will be. It all adds to richer and better drained soil. After all, good soil/good drainage/good roots = healthy plants.

Tools Required: Some of the basic tools include spades, hand fork, trowel, rake, pruners and hoes. Spades and forks are needed for digging and preparing the soil; spades are good for light soils and forks for heavier soils. Trowels are useful for planting and for weeding small areas. Rakes are handy for covering the garden with a thin layer of soil while planting, or in cleaning up the garden. .

Try to decide where to store garden tools and supplies. Perhaps there is already an outdoor shed which can be locked. If not, consider storing supplies inside for safe keeping.

Container Gardening: Container gardening is becoming increasingly popular, especially in urban areas, in apartments and condos, where land is scarce. The benefit of container gardening is that you can plant on hard surfaces, and move plants around, if their original location isn't ideal.

Large containers 2'X 2'(60 cm X 60cm) or greater, are recommended, as they will require less watering. Use containers with drainage holes. You'll find that you need to water plants more often than with an in-ground garden, especially during heat waves. Water until it comes out of the drainage holes at the bottom of your pot. The best containers have a built-in reservoir. Container plants also require lightweight soil. Garden soil is usually too heavy, so buy potting soil or make yourself a batch of soil, using peat moss and topsoil. For optimum growth, manure tea is recommended as it is a more sustainable alternative to fertilizer); it will build up the organic content of your soil. Instructions on how to make manure tea can be found through an online search.

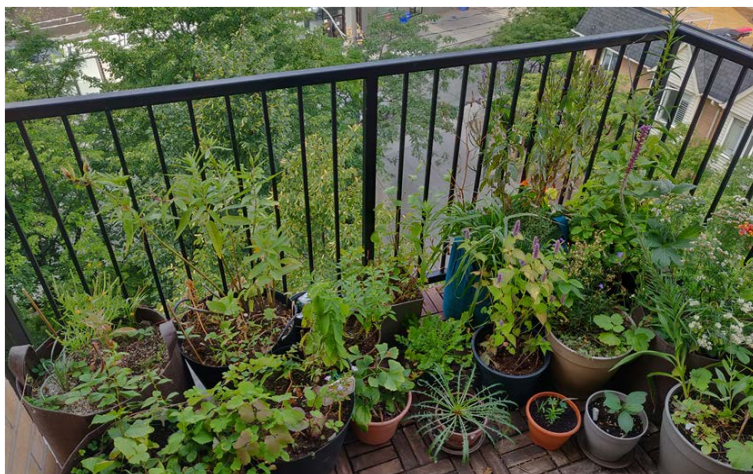


Photo Credit: Ryan Godfrey

5. Maintaining a Garden

Commitment to maintaining a garden (weeding, watering, pruning, keeping out invasive species) is the most important factor of the overall success of a garden.

Watering: It is best to water before 9 am or after 7 pm in the evening. This will help prevent evaporation and also reduce your water bill. Be sure to give the plants a thorough dowsing and remember to water at the base of the plant (not the plant itself), so the water goes straight to the roots. Let the water soak in before applying more. Don't water too lightly; the water won't penetrate the soil and it will be wasted.

In Year 2 of a native plant garden, you can water less, especially if it has rained. You will be able to tell if your plants need watering; the leaves will appear wilted, and the soil will be dry around the roots. By Year 3, your plants should be drought resistant, and you likely won't need to water at all, unless there is no rainfall for a considerably long time!

Conservation of water is important, especially since the cost of water continues to increase. One of the best ways to conserve water is to use a rain barrel. Large recycled plastic food containers, like this olive oil container are the most eco friendly and inexpensive. The container will collect the rain water and then you can use the water later. A less time consuming way to water is with a hose and a sprinkler.



Photo Credit: <https://groundtoground.org/2011/05/08/rain-water-barrels/>

Weeding: A hoe can be used to weed more open areas. If it is in a small area, a trowel works better to dig out the weeds, without damaging the surrounding plants. Weeding should be done at least once a week. Try to get the weeds out in the Spring before they grow big.

Weeding and watering are tedious tasks, but without them, the garden will not succeed.

Invasive Plant Species:

Why are invasive species a problem? Why do we need to cull them from our gardens and our fields and parks? Invasive species don't play a part in supporting our ecosystem. They are monocultures like grass, and they out-compete native species and affect wildlife that has adapted to native plant areas. They also impact diversity by competing for light, moisture and soil nutrients. Lastly, they inhibit growth of tree seedlings and agricultural crops.

According to the Ontario Invasive Plant Council, some of the top contenders are periwinkle, English ivy, autumn olive, Norway maple, garlic mustard, hogweed, dog-strangling vine, Japanese knotweed, buckthorn and phragmites. For a complete list of invasive plant species, go to this website:

<https://www.ontarioinvasiveplants.ca/invasive-plants/species/> #8



Invasive species, shown from left to right – dog-strangling vine (yes it strangles), garlic mustard, phragmites

Photo Credit: www.ontarioinvasiveplants.ca

Pest Control:

Do not apply chemicals, such as herbicides, pesticides or man-made fertilizers. Native plants exhibit a higher tolerance to pests than many non-natives. As a result, native gardens can often thrive without the use of pesticides. In fact, a native garden might even attract "beneficial" insects that are predators of other pest species.

The most common garden pests are mites and aphids. They can be eliminated by using a wet sponge to remove them.

Also increasing in number and problematic, are Japanese beetles that are non native. They have a copper coloured back, green thorax and head.. They are most often seen in late June and in the months of July and August. It is important to remove them before they lay their eggs and multiply.

Year 2 Onwards:

Typically, native plants take 3 years before they do their best in colour and size.

Taking care of a pollinator garden is one of the most enjoyable things to do. As you work in your garden, you will get to know the habitats of its visitors and residents. You can do research and learn more about the pollinators and their eating and habitat needs. Most gardens have 1 or 2 bald spots after the winter, and it is fun to decide if you wish to choose new plants that attract new pollinators or simply transplant some of the existing plants from your garden.

Once the plants are established, you will want to water 2 to 3 times a week for Year 1, and once a week, depending on the amount of rainfall in Year 2. Adding mulch will help your garden retain moisture and will reduce the amount of weeds. By Year 3, you will not need to water your garden at all. The plants will be resistant to drought and can adapt to less rainfall, since they are in their local habitat.

It is best to deadhead flowers and cut down stems in the spring, in order to create winter habitat and food for pollinators. Pruning shrubs and trees is best done in autumn, so as to provide spring blossoms.



Rudbeckia hirta (black-eyed Susan), *Physostegia virginiana* (obedient), *Lobelia cardinalis* (cardinal), *Lobelia siphilitica* (blue lobelia) Photo Credit: Dorte Windmuller

6. Educational Resources

Monitoring and Chronicling the Garden:

It is helpful to monitor the outcome of the garden. A weekly journal will chronicle the successes and failures and provide a sense of accomplishment. Comments and reasons for success or lack of will help you improve your garden the following year. It is also a good idea to keep a list of plants that are purchased each year, so that come springtime, you can remember what you planted in your garden.

Native Plant Selection Sources:

NANPS holds an annual Spring plant sale in the GTA and they have volunteer plant experts there to guide you with your selection. For information, go to: <https://nanps.org/nanps-plant-sale-locations/>

Here are some reference books and websites that will help you learn more about all species of native plants and will hopefully help you choose plants for your garden.

Christi Belcourt - *Medicines to Help Us: Traditional Métis Plant Use*

Heather Holm - *Bees: An Identification and Native Plant Forage Guide*

Heather Holm - *Pollinators of Native Plants*

Invasive Plant Council - *Grow Me Instead Guide*

<https://www.ontarioinvasiveplants.ca/resources/grow-me-instead/>

Richard Kingsley www.scorpionfly.ca

Lady Bird Johnson (9,000 plant species) <https://www.wildflower.org/plants-main>

Lorraine Johnson - *100 Easy-to-Grow Native Plants*

Lorraine Johnson, Sheila Colla - *A Garden for the Rusty-Patched Bumblebee*

– *Ontario and Great Lakes Edition*

Natural Heritage Information Centre (NHIC)

<https://www.ontario.ca/page/get-natural-heritage-information>

Natureserve Explorer <https://explorer.natureserve.org/> (Ontario information comes from Natural Heritage Information Centre (above).

Network of Nature <https://networkofnature.org/species/can>

Missouri Botanical Gardens - *Container Gardens*

<https://www.missouribotanicalgarden.org/gardens-gardening/your-garden/help-for-the-home-gardener/advice-tips-resources/visual-guides/container-gardening-with-native-plants>

The North American Native Plant Society <https://nanps.org/pc/native-plant-database/>

United States Department of Agriculture (USDA) <https://plants.usda.gov/home>

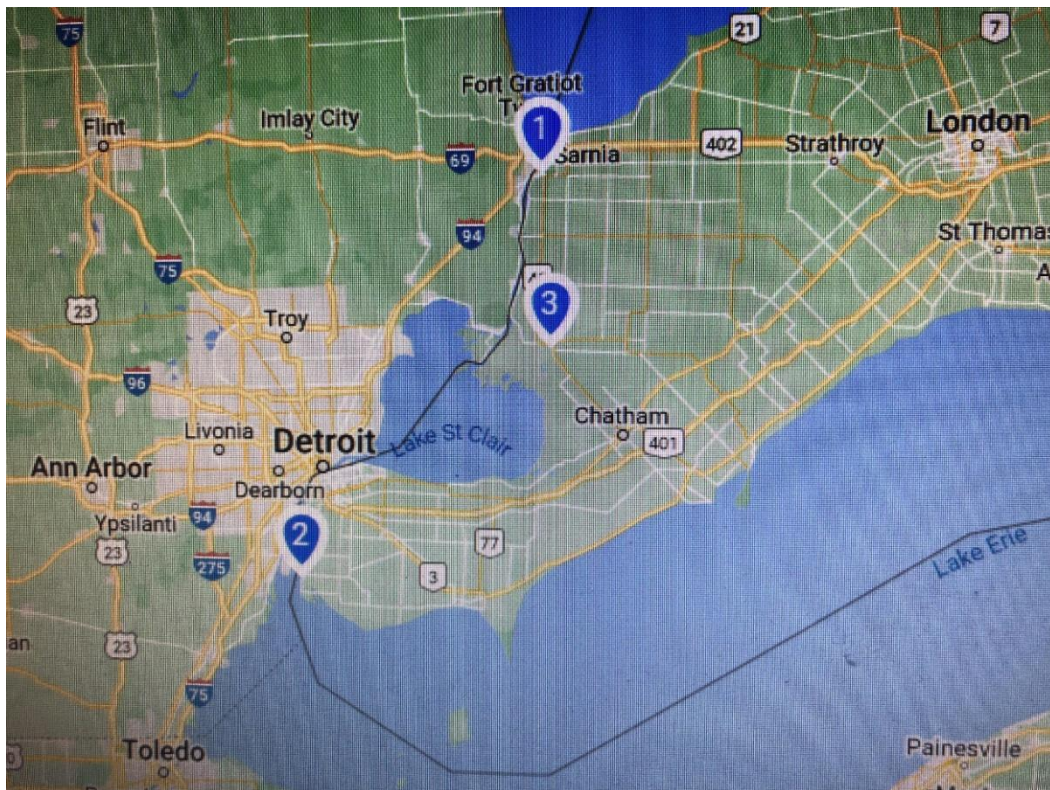
VASCAN (Vascular Plants of Canada) <https://data.canadensys.net/vascan/search>

NANPS also has an extensive list of publications about pollinators and native plants on their website: <https://nanps.org/other-nanps-publications/>

NANPS has selected 20 Native Plant Nurseries in Ontario, where you can purchase native plants in your area. There are many other reputable nurseries in Ontario and in the rest of Canada that sell authentic native plants.

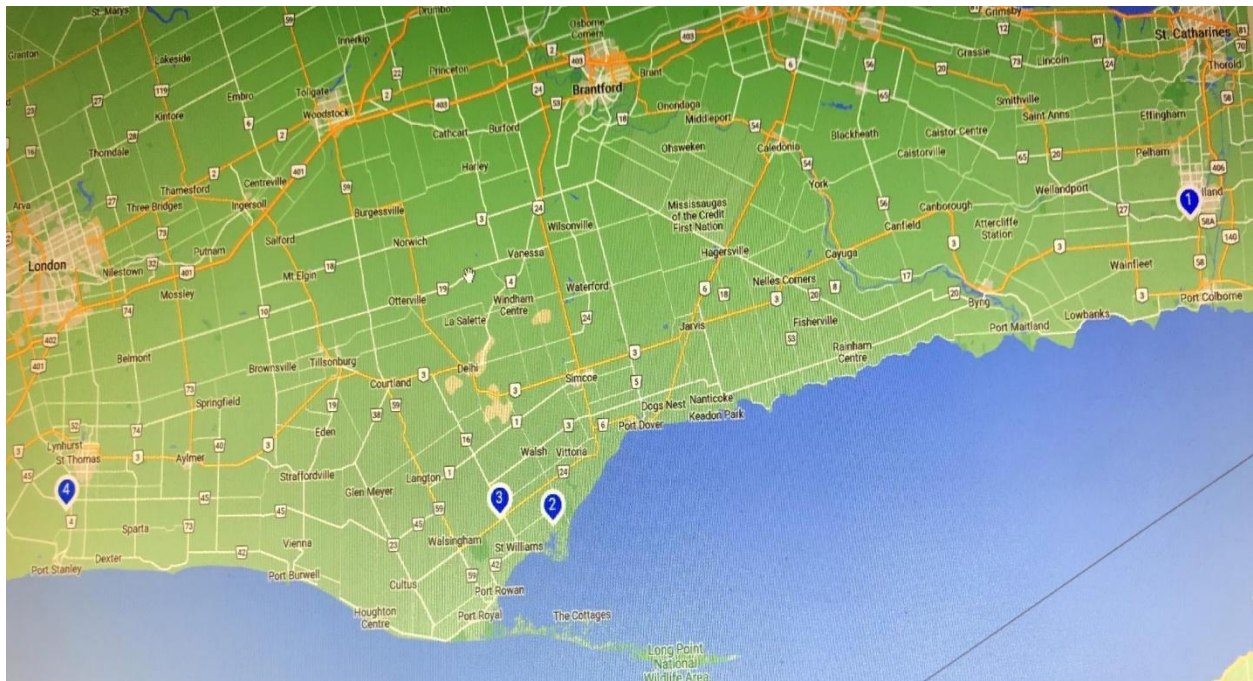
Southwest Ontario – Sarnia, Chatham

1. Aamjiwnaang First Nation <https://www.aamjiwnaang.ca/environment-greenhouse/>
Return to the Landscape is a joint venture with Aamjiwnaang First Nation
<https://www.returnthelandscape.com/>
2. Native Trees and Plants <http://www.nativetreesandplants.com/>
3. Ontario NativeScape <https://www.ontarionativescape.ca/>



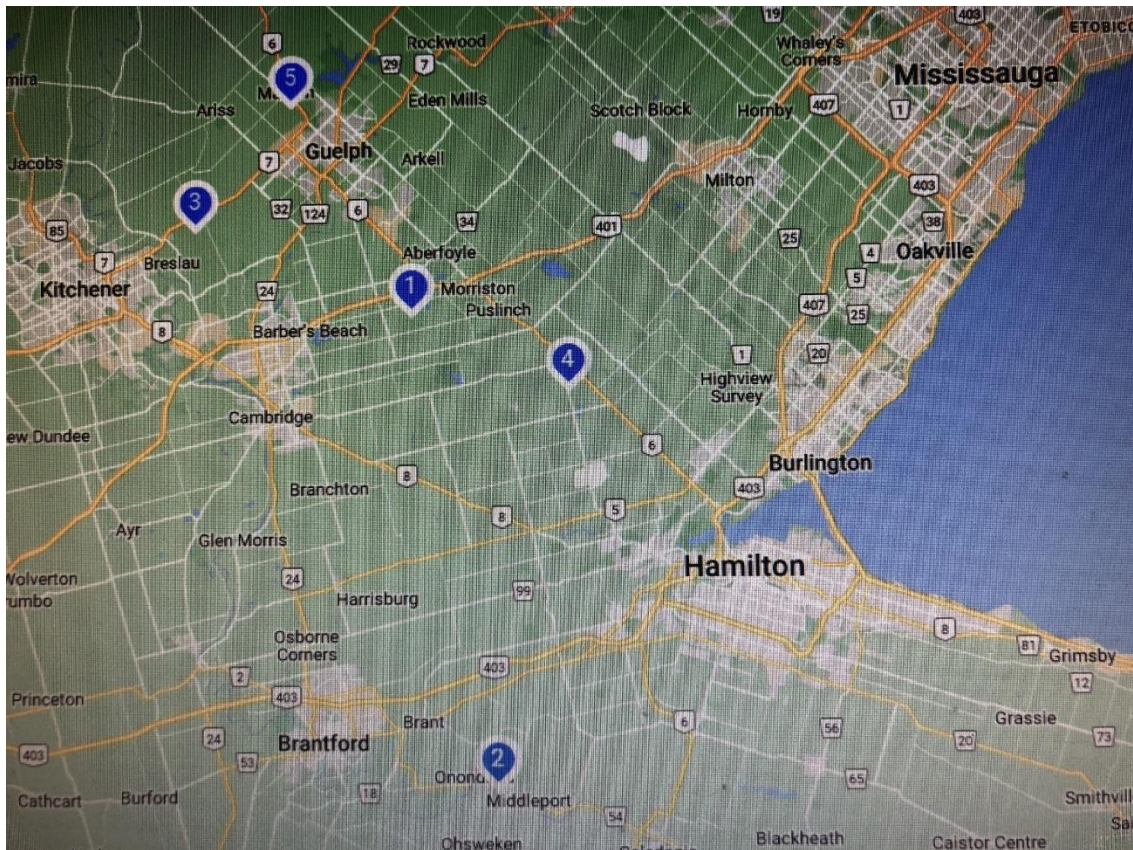
Lake Erie Shore – Welland, St. Williams, Port Stanley, London

1. Sassafra Farms <http://sassafrafarm.ca/>
2. South Coast Garden Centre <https://southcoastgardens.ca/>
3. St. Williams Nursery <https://stwilliamsnursery.com>
4. Wildflower Farm (online seeds) <https://www.wildflowerfarm.com>



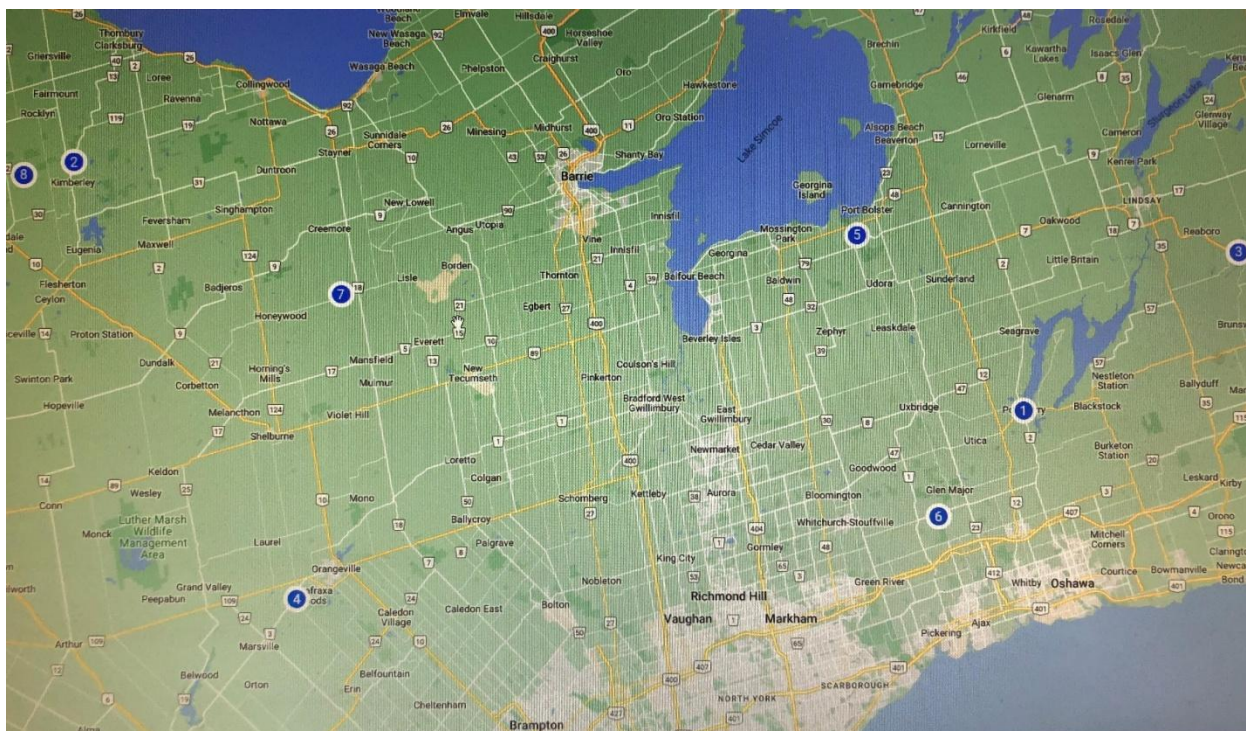
Hamilton, Guelph, Kitchener, Brantford

1. Bee Sweet Nature Company <https://beesweetnature.ca/>
2. Kayanase <http://www.kayanase.ca/>
3. Native Plant Source <https://www.nativeplantsource.com/>
4. Ontario Native Plants (online sales) <https://onplants.ca/>
5. Origin Native Plants <https://www.originnativeplants.com/>



Toronto, Orangeville, Peterborough, Collingwood

1. Ephemeral Ark <https://ephemeralark.ca>
2. Fiddlehead Nursery (Lacewing Plants and Seedlings) <http://www.fiddleheadnursery.ca/>
Note: Lacewing Plants and Seedlings operates out of Fiddlehead Nursery <https://lacewing.ca/>
3. Grow Wild <http://www.nativeplantnursery.ca/>
4. In Our Nature <https://www.inournature.ca/>
5. Native Plant Nurseries <https://www.nativeplantnurseries.ca/>
6. Native Plants in Claremont <https://www.nativeplants.ca/>
7. Not So Hollow Farm <https://notsohollowfarm.ca/>
8. Ontario Flora <https://www.ontarioflora.ca/>



Beaux Arbres <https://beauxarbres.ca/> deserves a mention – it is in Quebec, but serves Ottawa and the surrounding region.

NANPS Videos and Webinars

In 2022, in order to inspire new pollinator gardeners, NANPS created a series of 3 short videos; they explain why native plants are vital and offer tips on how to start your very own pollinator garden.

Videos feature Jode Roberts - David Suzuki Foundation, Natasha Gonsalves - Flora Biologist and NANPS Board Member, and Nancy Lang - Artist and Pollinator Gardener

[How to create a Pollinator Garden Videos](#)

Each year NANPS holds informative educational webinars. Here are the most recent webinars, held from 2020 to 2023:

Native Shrubs for Your Garden March 21, 2023 with Colleen Cirillo is **Note: this link will be posted by March 30, 2023**

Making Gorgeous Pollinator Gardens: How to do it January 17, 2023 with Clement Kent is [here](#)

Collecting and Cultivating Native Plant Seeds: April 13, 2022 with Paul Heydon is [here](#)

Canada's Wild Seeds: Growing our Biological Gold: February 16, 2022 with Melissa Spearing is [here](#)

Native Plant Selection that's for the Birds: September 9, 2021 with Kevin Kavanagh is [here](#)

Rewilding the Veggie Garden: May 27, 2021 with Janice Keil is [here](#)

How to Grow and Support Native Species: April 27, 2021 with Ryan Godfrey is [here](#) (in collaboration with Ottawa Biosphere Eco-City)

The Wild and Wonderful World of Butterflies: February 25, 2021 with Jessica Linton is [here](#)

Native Plant Gardening on Your Balcony: May 31, 2020 with Ryan Godfrey is [here](#)

The Wild and Wonderful World of Bees: March 4, 2020 with Lawrence Packer is [here](#)

NANPS webinar links are also found on the website:

<https://nanps.org/category/all-speakers-workshops/>

NANPS also holds an annual Seed Exchange, "Seedex", available to members for a nominal fee to cover postage. These seeds are donated by NANPS members. For more information, go to:

<https://nanps.org/nanps-seed-exchange/>

If you are new to seed collecting or growing native plants from seed, and want to learn more, tune into the webinars above by Paul Heydon and Melissa Spearing. There are also articles on the NANPS website that provide information on how to collect seeds and how to stratify them.

[Seed Collection](#) [Seed Stratification](#)

There is also a 2016 webinar featuring Stefan Weber - [Propagating plants and getting seeds to grow](#)

Source References:

1. **Carol A. Smyser**, *Nature's Design* published 1982
2. **John L. Riley**, *The Natural Heritage of Southern Ontario's Settled Landscapes*, published 1997
3. **Douglas Tallamy**
<https://chqdaily.com/2022/08/entomologist-tallamy-to-talk-native-plants-sustaining-environment-in-btg-brown-bag/>
4. **Lorraine Johnson**, *100 Easy-to-Grow Plants*, published 2017
5. **Douglas Tallamy**, *Nature's Best Hope*, published 2019
6. **Douglas Tallamy**, *Bringing Nature Home*, published 2020
7. **The National Wildlife Federation**, *Keystone Plants by Ecoregion – Eastern Temperate Forests*
Entomologist Doug Tallamy, and his University of Delaware research team have identified the keystone host plants that support butterfly and moth species. Pollinator conservationist Jarrod Fowler has identified the keystone plants that pollen specialist bees rely on.
<https://www.nwf.org/Garden-for-Wildlife/About/Native-Plants/keystone-plants-by-ecoregion>
8. **Ontario Invasive Plants Council**
<https://www.ontarioinvasiveplants.ca/invasive-plants/species>



Rudbeckia hirta (black-eyed Susan), *Liatris spicata* (dense blazing star),
Echinacea purpurea (purple coneflower) Photo Credit: Miriam Henriques

NANPS mission is to highlight the importance of native plants and promote their use throughout local communities, contributing to the broader goal of restoring healthy ecosystems across the continent.

It is our belief that nature belongs in urban, suburban, and rural areas as much as in remote areas.



We wish to thank TD Friends of the Environment Foundation and David Suzuki Foundation for their generous support of this project.



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