

NOVA SCOTIA HIGHLANDS ECOZONE

Help bring butterflies home to your garden

Native wildflowers are adapted to local climate and soils and require less care and watering once established. They provide sugar-filled nectar and protein-rich pollen for beneficial insects like local butterflies and wild bees. This regional native plant list includes wildflowers for the *Nova Scotia Highlands ecozone*, which includes: **Ydney, Glace Bay and Antigonish**. Always try to find local sources for native plants.



Canada Goldenrod



Rough Fleabane



Swamp Milkweed



Common Jewelweed



Joe Pye Weed



Common Name	Botanical Name	Height	Flower Colour	Flower Season	Sun	Soil	Pollinators
Common Yarrow	Achillea Millefolium	0.3-0.9m	White, cream, pink	June – Aug	Sun	Dry to well drained	Bees, butterflies, flies
Swamp Milkweed	Asclepias Incarnata	0.3-1.5m	Purple, pink	June – Aug	Sun	Moist to wet	Bees, butterflies
Rough Fleabane	Erigeron Strigosus	0.15-0.7m	White/cream	April – Aug	Partial sun to sun	Dry, well drained	Bees, flies, butterflies, moths
Common Boneset	Eupatorium Perfoliatum	1-1.5 m	White	July – Sept	Sun	Well drained to moist	Bees, butterflies, flies
Bigleaf Aster	Eurybia Macrophylla	Up to 1m	White to pale blue, yellow centre	Aug – Oct	Sun to partial sun	Moist	Bees, butterflies, beetles, wasps
Joe Pye Weed	Eutrochium Maculatum	0.6-1.8m	Purple, pink	July – Sept	Sun to partial shade	Moist to wet, well drained	Bees, butterflies
Wild Strawberry	Fragaria Virginiana	Less than 1m	White/cream	May – July	Sun to partial shade	Dry to normal	Bees, butterflies
Common Jewelweed	Impatiens Capensis	0.6-1.5m	Yellow, orange, green/brown	July – Oct	Partial shade to shade	Moist to wet	Hummingbirds, butterflies, bees
Twinflower	Linnaea Borealis	Less than 1m	White/cream, pink	May – July	Sun to partial shade	Moist to wet	Bees, flies, moths
Golden Ragwort	Packera Aurea	3-7m	Dark yellow	May – June	Sun to shade	Moist to wet	Bees, flies, butterflies, moths
Green-Headed Coneflower	Rudbeckia Laciniata	0.5-3m	Yellow	July – Sept	Sun to partial shade	Normal to moist	Bees, butterflies
Canada Goldenrod	Solidago Canadensis	0.6-2.1m	Yellow	Aug – Nov	Partial shade	Moist	Bees, butterflies
Calico Aster	Symphotrichum Lateriflorum	0.3-1.2m	White/cream	Aug – Oct	Sun to partial shade	Dry to moist	Butterflies
Foamflower	Tiarella Cordifolia	Less than 1m	White	May – June	Sun to shade	Moist	Bees, bee flies
Golden Zizia	Zizia Aurea	Up to 1m	Yellow	May – July	Sun to partial sun	Moist to wet	Bees, flies