

ST. LAURENCE LOWLANDS 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 *St. Laurence Lowlands ecozone*, which includes: **Ottawa, Montreal, Quebec City, Cornwall** and **Brockville**. Always try to find local sources for native plants.



Canada Goldenrod



Sneezeweed



Swamp Milkweed



Wild Bergamot



Joe Pye Weed



Common Name	Botanical Name	Height	Flower Colour	Flower Season	Sun	Soil	Pollinators	Butterfly Host Plant
Pearly Everlasting	Anaphalis Margaritacea	<1m	White/cream	July – Sept	Sun	Dry	Butterflies, bees	X
Wild Columbine	Aquilegia Canadensis	0.3-1m	Red with yellow	April – July	Partial shade to sun	Moist, well drained	Hummingbirds, bees, moths	X
Swamp Milkweed	Asclepias incarnata	1.2-1.5m	Pink to reddish	June – Oct	Sun to part shade	Moist	Flies, butterflies, hummingbirds	X
Fireweed	Chamaenerion Angustifolium	0.6-1.8m	Purple, pink	July – Sept	Sun	Dry to moist, well drained	Hummingbirds, butterflies, bees	X
Joe Pye Weed	Eutrochium Maculatum	0.6-1.8m	Purple, pink	July – Sept	Sun to partial shade	Moist to wet, well drained	Butterflies, bees	
Sneezeweed	Helenium Autumnale	1-1.5m	Yellow, brown	July – Sept	Sun to partial shade	Moist to wet	Bees, wasps, flies, butterflies	X
Northern Blue Flag	Iris Versicolor	0.6-0.9m	Blue, purple	May – Aug	Sun to partial shade	Moist to wet	Hummingbirds, bees	
Labrador Tea	Ledum Groenlandicum	0.5-1.5m	White/cream	April – June	Sun to shade	Moist to wet	Butterflies, bees	X
Cardinal Flower	Lobelia Cardinalis	1-1.5m	Red	Aug – Oct	Sun to partial shade	Moist to wet	Bees, hummingbirds	
Beebalm	Monarda Didyma	1-2m	Scarlet red	July - September	Sun to partial shade	Moist to wet	Hummingbirds, butterflies, bees	X
Wild Bergamot	Monarda Fistulosa	1m	Lavendar pink to violet blue	July – Sept	Sun to partial sun	Moist	Butterflies, wasps, hummingbirds, bees	X
Virginia Creeper	Parthenocissus Quinquefolia	15m+	Greenish white	May – June	Sun to shade	Dry to moist	Bees, flies	X
White Mountain Saxifrage	Saxifraga Aizoon	0.1-0.2m	White/cream, pink	May – June	Sun	Dry	Flies, bees, moths	
Canada Goldenrod	Solidago Canadensis	0.3-1.2m	Yellow, orange	July – Oct	Sun to partial shade	Dry, well drained	Butterflies, bees	
New England Aster	Symphotrichum Novae-Angliae	Up to 1m	Purple	Sept – Oct	Sun to partial shade	Moist, well-drained	Bees, butterflies, flies	
Golden Alexanders	Zizia Aurea	Up to 1m	Yellow	May – July	Sun to partial sun	Moist to wet	Flies, bees	X