

CHOOSE YOUR FORBS/LEGUMES

Common Name	Scientific Name <small>Flowering Period</small>	Lbs / acre PLS	Seeds / ft2 PLS	Coefficient of Conservatism	# Seeds / ft ² @ 1 lb. / ac	% of Mix	Functional Group
		Equivalent rate below					
Blue Vervain	Verbena hastata <small>Summer, Fall</small>	0.059	2.000	4	34.160	5.00%	Perennial Forb
Seedbox	Ludwigia alternifolia <small>Summer</small>	0.0042	2.000	4	477.502	5.00%	Perennial Forb
Winged Loosestrife	Lythrum alatum <small>Summer, Fall</small>	0.0018	2.000	6	1101.9284	5.00%	Perennial Forb
Great St. John's Wort	Hypericum ascyron <small>Summer</small>	0.029	2.000	6	69.7888	5.00%	Perennial Forb
Swamp Milkweed	Asclepias incarnata <small>Summer</small>	0.284	0.500	4	1.7631	1.25%	Perennial Forb
Sneezeweed	Helenium autumnale <small>Summer, Fall</small>	0.031	1.500	5	47.7502	3.75%	Perennial Forb

