



**CHOOSE YOUR FORBS/LEGUMES**

Common Name	Scientific Name <small>Flowering Period</small>	Lbs / acre PLS	Seeds / ft2 PLS	Coefficient of Conservatism	# Seeds / ft <sup>2</sup> <small>@ 1 lb. / ac</small>	% of Mix	Functional Group
		Equivalent rate below					
<b>Blue Vervain</b>	<b>Verbena hastata</b> <small>Summer, Fall</small>	0.088	3.000	4	34.160	7.50%	Perennial Forb
<b>Sweet Coneflower</b>	<b>Rudbeckia subtomentosa</b> <small>Summer, Fall</small>	0.016	0.250	6	15.794	0.63%	Perennial Forb
<b>Swamp Milkweed</b>	<b>Asclepias incarnata</b> <small>Summer</small>	0.028	0.050	4	1.7631	0.13%	Perennial Forb
<b>Cup Plant</b>	<b>Silphium perfoliatum</b> <small>Summer, Fall</small>	0.019	0.010	2	0.5	0.03%	Perennial Forb
<b>Obedient Plant</b>	<b>Physostegia virginiana</b> <small>Summer, Fall</small>	0.0012	0.010	6	8.0808	0.03%	Perennial Forb
<b>Sneezeweed</b>	<b>Helenium autumnale</b> <small>Summer, Fall</small>	0.052	2.500	5	47.7502	6.25%	Perennial Forb
<b>Seedbox</b>	<b>Ludwigia alternifolia</b> <small>Summer</small>	0.0063	3.000	4	477.5023	7.50%	Perennial Forb
<b>Square-stemmed Monkeyflower</b>	<b>Mimulus ringens</b> <small>Summer, Fall</small>	0.0027	2.280	4	844.8118	5.70%	Perennial Forb
<b>Spotted Joe Pye Weed</b>	<b>Eutrochium maculatum</b> <small>Summer</small>	0.0014	0.050	6	34.8944	0.13%	Perennial Forb
<b>Winged Loosestrife</b>	<b>Lythrum alatum</b> <small>Summer, Fall</small>	0.0027	3.000	6	1101.9284	7.50%	Perennial Forb
<b>Great St. John's Wort</b>	<b>Hypericum ascyron</b> <small>Summer</small>	0.043	3.000	6	69.7888	7.50%	Perennial Forb
<b>New England Aster</b>	<b>Symphotrichum novae-angliae</b> <small>Summer, Fall</small>	0.010	0.250	4	24.2424	0.63%	Perennial Forb
<b>Ironweed</b>	<b>Vernonia fasciculata</b> <small>Summer, Fall</small>	0.034	0.300	4	8.8154	0.75%	Perennial Forb
<b>Great Blue Lobelia</b>	<b>Lobelia siphilitica</b> <small>Summer, Fall</small>	0.00082	0.150	4	183.6547	0.38%	Perennial Forb
<b>Cardinal Flower</b>	<b>Lobelia cardinalis</b> <small>Summer, Fall</small>	0.0010	0.150	6	146.9238	0.38%	Perennial Forb
<b>Brown-eyed Susan</b>	<b>Rudbeckia triloba</b> <small>Summer, Fall</small>	0.120	1.500	4	12.4885	3.75%	Biennial Forb
<b>Golden Alexander's</b>	<b>Zizia aurea</b> <small>Spring, Summer</small>	0.124	0.500	7	4.0404	1.25%	Perennial Forb



