

CHOOSE YOUR FORBS/LEGUMES

| Common Name | Scientific Name Flowering Period | Lbs / acre PLS Equivalent rate below | Seeds / ft2 PLS | Coefficient of Conservatism | # Seeds / ft ² @ 1 lb. / ac | % of Mix | Functional Group |
|----------------------------|--|---|-----------------|--------------------------------|---|----------|------------------------|
| Golden Alexander's | <i>Zizia aurea</i> Spring, Summer | 0.198 | 0.800 | 7 | 4.040 | 2.00% | Perennial Forb |
| Wild Bergamot | <i>Monarda fistulosa</i> Summer, Fall | 0.019 | 0.500 | 3 | 25.712 | 1.25% | Perennial Forb |
| Prairie Cinquefoil | <i>Potentilla arguta</i> Summer, Fall | 0.036 | 3.000 | 9 | 84.4812 | 7.50% | Perennial Forb |
| Swamp Milkweed | <i>Asclepias incarnata</i> Summer | 0.057 | 0.100 | 4 | 1.7631 | 0.25% | Perennial Forb |
| Common Milkweed | <i>Asclepias syriaca</i> Summer | 0.064 | 0.100 | 1 | 1.5743 | 0.25% | Perennial Forb |
| Round-headed Bush Clover | <i>Lespedeza capitata</i> Summer, Fall | 0.034 | 0.100 | 4 | 2.9385 | 0.25% | Perennial Forb, Legume |
| Large-flowered Beardtongue | <i>Penstemon grandiflorus</i> Spring, Summer | 0.097 | 0.500 | 7 | 5.1423 | 1.25% | Perennial Forb |
| Blue Vervain | <i>Verbena hastata</i> Summer, Fall | 0.088 | 3.000 | 4 | 34.1598 | 7.50% | Perennial Forb |
| Hoary Vervain | <i>Verbena stricta</i> Summer, Fall | 0.049 | 0.500 | 2 | 10.2847 | 1.25% | Perennial Forb |
| Culver's Root | <i>Veronicastrum virginicum</i> Summer | 0.010 | 3.000 | 6 | 293.8476 | 7.50% | Perennial Forb |
| Butterfly Weed | <i>Asclepias tuberosa</i> Summer | 0.032 | 0.050 | 7 | 1.5794 | 0.13% | Perennial Forb |
| Obedient Plant | <i>Physostegia virginiana</i> Summer, Fall | 0.025 | 0.200 | 6 | 8.0808 | 0.50% | Perennial Forb |
| Blue Giant Hyssop | <i>Agastache foeniculum</i> Summer | 0.106 | 3.500 | 10 | 33.0579 | 8.75% | Perennial Forb |
| Virginia Mountain Mint | <i>Pycnanthemum virginianum</i> Summer, Fall | 0.0062 | 0.500 | 4 | 80.8081 | 1.25% | Perennial Forb |
| Heartleaf Alexander | <i>Zizia aptera</i> Spring | 0.023 | 0.100 | 8 | 4.4077 | 0.25% | Perennial Forb |
| Wild Prairie Onion | <i>Allium stellatum</i> Summer | 0.050 | 0.200 | 9 | 4.0404 | 0.50% | Perennial Forb |
| Cream Gentian | <i>Gentiana alba</i> Summer, Fall | 0.0097 | 0.500 | 5 | 51.4233 | 1.25% | Perennial Forb |
| Foxglove Beardtongue | <i>Penstemon digitalis</i> Summer | 0.066 | 3.150 | 5 | 47.7502 | 7.88% | Perennial Forb |
| Stiff Goldenrod | <i>Oligoneuron rigidum</i> Summer, Fall | 0.0066 | 0.100 | 4 | 15.0597 | 0.25% | Perennial Forb |
| New England Aster | <i>Symphotrichum novae-angliae</i> Summer, Fall | 0.0041 | 0.100 | 4 | 24.2424 | 0.25% | Perennial Forb |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

