

CHOOSE YOUR FORBS/LEGUMES

Common Name	Scientific Name <i>Flowering Period</i>	Lbs / acre PLS	Seeds / ft2 PLS	Coefficient of Conservatism	# Seeds / ft ² @ 1 lb. / ac	% of Mix	Functional Group
		Equivalent rate below					
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	0.032	0.050	1	1.5743	0.13%	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	0.076	2.580	4	34.1598	6.45%	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	0.012	3.500	6	293.8476	8.75%	Perennial Forb
Butterfly Weed	<i>Asclepias tuberosa</i> Summer	0.013	0.020	7	1.5794	0.05%	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> Spring, 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

