

Native Plants appropriate to Winter Sow. Wintersow.org

Here's a list of plants to try for the middle zones of 5, 6, and 7. The weather is less extreme during Winter and Summer than the other regions. Many, many plants will thrive and grow in this temperate climate. Please research your choices to see they are suited to your region.

Abronia fragrans - sand verbena

Abronia villosa - desert sand verbena

Acacia angustissima - whiteball acacia

Aconitum columbianum - Columbian monkshood

Actaea pachypoda - white baneberry

Actaea racemosa var. *racemosa* - black cohosh

Actea rubra - red baneberry

Agarista populifolia - Florida hobblebush

Ageratina altissima var. *altissima* - white snakeroot

Ageratina havanensis - Havana snakeroot

Aletris farinosa - white colic-root

Allium canadense - meadow garlic

Allium cernuum - nodding onion

Allium stellatum - prairie onion

Allium tricoccum - wild leek

Allium validum - swamp onion

Amianthium muscitoxicum - crow poison

Amorpha fruticosa - false indigo-bush

Ampelopsis arborea - peppervine

Amsonia ciliata - fringed bluestar

Amsonia tabernaemontana - eastern bluestar

Anaphalis margaritacea - pearly everlasting

Andropogon gerardii - big bluestem

Andropogon glomeratus - bushy bluestem

Andropogon ternarius - split-beard bluestem

Andropogon virginicus - broom-sedge

Anemone canadensis - Canada anemone

Anemone caroliniana - Carolina anemone

Anemone cylindrica - long-head thimbleweed

Anemone multifida - Pacific anemone

Anemone quinquefolia - wood anemone

Anemone virginiana - tall anemone

Anemopsis californica - yerba mansa

Aniscanthus quadrifidus var. *wrightii* - flame acanthus

Antennaria ssp. - pussytoes

Aphanostephus skirrhobasis - Arkansas doze-daisy

Apocynum androsaemifolium - spreading dogbane

Apocynum cannabinum - Indian hemp

Aquilegia caerulea - Rocky Mountain columbine

Aquilegia canadensis - red columbine

Aquilegia chrysantha - golden columbine

Aquilegia flavenescens - yellow columbine

Aquilegia formosa - scarlet columbine

Aralia nudicaulis - wild sarsparilla

Aralia racemosa - American spikenard

Aralia spinosa - devil's walkingstick

Arctostaphylos alpina - black bearberry

Arctostaphylos patula - green-leaf manzanita

Arctostaphylos uva-ursi - red bearberry

Argemone albiflora ssp. *texana* - white prickly poppy

Argemone munita - flat-bud prickly poppy

Arisaema draconitium - greendragon

Arisaema triphyllum - jack-in-the-pulpit

Arnica cordifolia - heart-leaf arnica

Arnica latifolia - daffodil arnica

Aruncus dioicus - goatsbeard

Aruncus dioicus var. *vulgaris* - sylvan goatsbeard

Asarum canadense - Canadian wild ginger

Asclepias asperula - antelope horns

Asclepias fascicularis - narrow-leaf milkweed

Asclepias humistrata - sandhill milkweed

Asclepias incarnata - swamp milkweed

Asclepias lanceolata - red milkweed

Asclepias speciosa - showy milkweed

Asclepias sullivantii - prairie milkweed

Asclepias tuberosa - butterfly milkweed

Asclepias verticillata - whorled milkweed

Astragalus canadensis - Canadian milk-vetch

Atriplex canescens - four-wing saltbrush

Baptisia alba - white wild indigo

Baptisia australis - blue wild indigo

Baptisia bracteata var. leucophaea - plains wild indigo	Callirhoe involucrata - purple poppy-mallow	Castilleja integra - squawfeather
Baccharis halimifolia - sea willow	Callirhoe papaver - woodland poppy-mallow	Castilleja linariifolia - Wyoming Indian paintbrush
Baccharis salicifolia - seep willow	Calochortus kennedyi - red mariposa-lily	Castilleja miniata - meadow paintbrush
Bacopa monnieri - water hyssop	Calochortus macrocarpus - sagebrush mariposa-lily	Castilleja rhexiifolia - rosy Indian paintbrush
Baileya multiradiata - showy desert marigold	Calochortus nuttallii - mariposa lily	Castilleja sessiliflora- Great Plains Indian paintbrush
Balsamorhiza hookeri - hairy balsamroot	Caltha palustris - yellow marsh-marigold	Caulophyllum thalictroides - blue cohosh
Balsamorhiza sagittata - arrow-leaf balsamroot	Caltha leptosepala - white marsh-marigold	Catalpa speciosa - northern catalpa
Baptisia alba - white wild indigo	Calycanthus floridus - Carolina allspice	Caulophyllum thalictroides - blue cohosh
Baptisia australis - blue wild indigo	Calyophus berlandieri - squarebud primrose	Ceanothus americanus - New Jersey tea
Baptisia bracteata var. leucophaea - plains wild indigo	Calyophus lavandulifolius - lavender-leaf primrose	Ceanothus greggii var. vestitus - desert ceanothus
Berlandiera lyrata - lyre-leaf greeneyes	Calylophus serrulatus - yellow evening primrose	Ceanothus herbaceus - prairie redroot
Betula nigra - river birch	Camassia quamash - common camas	Ceanothus velutinus - tobacco-brush
Bignonia capreolata - crossvine	Camassia scilloides - Atlantic camas	Celtis laevigata - sugarberry
Blephilia ciliata - downy pagoda-plant	Campanula rotundifolia - bluebell-of-Scotland	Centaurea americana - American basket-flower
Borrhichia frutescens - bushy seaside-tansy	Campanulastrum americanum - American bellflower	Cephalanthus occidentalis - common buttonbush
Bouteloua curtipendula - side-oats grama	Campsis radicans - trumpet vine	Chamaecrista fasciculata - partridge pea
Bouteloua eriopoda - black grama	Cardamine concatenata - cut-leaf toothwort	Chamaecrista nictans - sensitive pea
Bouteloua gracillis - blue grama	Cardamine diphylla - two-leaved cutwort	Chamaelirium luteum - fairywand
Bouteloua hirsuta - hairy grama	Carex stipata - stalk-grain sedge	Chamerion angustifolium ssp. angustifolium - willow herb
Bouvardia ternifolia - firecracker-bush	Carpinus caroliniana - American hornbeam	Chamerion latifolium - dwarf fireweed
Bromus kalmi - prairie brome	Castilleja applegatei ssp. martini - desert paintbrush	Chasmanthium latifolium - Indian wood-oats
Buchloe dactyloides - buffalo grass	Castilleja coccinea - scarlet Indian paintbrush	Chelone glabra - white turtlehead
Calla palustris - water dragon	Castilleja indivisa - entire-leaf Indian paintbrush	Chilopsis linearis - desert willow
Callicarpa americana - American beauty-berry		Chionanthus virginicus - white fringetree

Chrysogonum virginianum - green-and-gold	Cooperia drummondii - evening rain-lily	Delphinium scaposum - bare-stem larkspur
Chrysopsis mariana - Marland golden-aster	Coptis trifolia - three-leaf goldthread	Delphinium tricorne - dwarf larkspur
Claytonia caroliniana - Carolina springbeauty	Coreopsis auriculata - lobed tickseed	Desmanthus illinoensis - prairie bundle-flower
Claytonia lanceolata - lance-leaf springbeauty	Coreopsis gladiata - coastal tickseed	Desmodium canadense - showy tick-trefoil
Claytonia virginica - springbeauty	Coreopsis grandiflora - large-flower tickseed	Desmodium illinoense - Illinois tick-trefoil
Clematis columbiana - purple virgin's-bower	Coreopsis lanceolata - lance-leaf tickseed	Dicentra canadensis - squirrel corn
Clematis crispa - swamp leather-flower	Coreopsis palmata - stiff tickseed	Dicentra cucullaria - dutchman's-breeches
Clematis hirsutissima - sugarbowls	Coreopsis tintctoria - golden tickseed	Dicentra eximia - fringed bleedingheart
Clematis occidentalis var. occidentalis - purple clematis	Coreopsis tripteris - tall tickseed	Dichelostemma capitatum ssp. capitatum - wild hyacinth
Clematis pitcheri - bluebill	Coreopsis verticillata - whorled tickseed	Diervilla sessilifolia - southern bush-honeysuckle
Clematis virginiana - virgin's bower	Corydalis sempervirens - pale corydalis	Dimorphocarpa wislizeni - spectacle pod
Cleome lutea - yellow beeplant	Cyrilla racemiflora - swamp titi	Diospyros virginiana - common persimmon
Cleome serrulata - Rocky Mountain beeplant	Dalea candida var. candida - white prairie-clover	Dodecatheon amethystinum - amethyst shooting star
Clethra acuminata - mountain sweet-pepperbush	Dalea formosa - featherplume	Dodecatheon jeffreyi - tall mountain shootingstar
Clethra alnifolia - summer sweet	Dalea frutescens - black prairie-clover	Dodecatheon meadia - shooting star
Clintonia borealis - yellow bluebead-lily	Dalea purpurea var. purpurea - purple prairie-clover	Doellingeria umbellata var. umbellata - flat-top aster
Clintonia umbellulata - white bluebead-lily	Dasiphora fruticosa ssp. floribunda - golden hardhack	Dracopis amplexicaulis - clasping coneflower
Cocculus carolinus - Carolina coralbead	Decodon verticillatus - swamp loosestrife	Dryas octopetala - white mountain avens
Collinsonia canadensis - citronella horsebalm	Delphinium barbeyi - subalpine larkspur	Dyssodia ssp. - dyssodia
Collomia linearis - narrow-leaf mountain trumpet	Delphinium carolinanum - Carolina larkspur	Echinacea angustifolia - narrow-leaved purple coneflower
Commelina erecta - white-mouth dayflower	Delphinium carolinanum ssp. virescens - prairie larkspur	Echinacea pallida - pale purple coneflower
Comptonia peregrina - sweet-fern	Delphinium glaucum - tower larkspur	Echinacea paradoxa - yellow coneflower
Conoclinium coelestinum - blue mistflower	Delphinium nuttallianum - two-lobe larkspur	
	Delphinium parishii - ocean-blue larkspur	

Echinacea purpurea - eastern purple coneflower	Erysimum capitatum - prairie rocket	Fagus grandifolia - American beech
Echinocereus engelmannii - strawberry cactus	Erythrina herbacea - red cardinal	Fallugia paradoxa - Apache plume
Echinocereus fendleri - pink-flower hedgehog cactus	Erythronium albidum var. albidum - white trout lily	Fendlera rupicola - false mock orange
Elaeagnus cummutata - wolf willow	Erythronium americanum - american trout lily	Filipendula rubra - queen-of-the-prairie
Elymus canadensis - Canadian wild rye	Erythronium grandiflorum - dogtooth violet	Forestiera pubescens var. pubescens - desert olive
Empetrum nigrum - black crowberry	Escholzia californica ssp. mexicana - Mexican gold poppy	Fothergilla gardenii - dwarf witch-alder
Encelia farinosa - brittlebush	Eucephalus ledophyllus var. ledophyllus - Cascade wayside-aster	Fritillaria pudica - yellow missionbells
Engelmannia peristenia - Engelmann's daisy	Eunonymus americana - American strawberry-bush	Fritillaria recurva - scarlet missionbells
Epigaea repens - trailing arbutus	Eunonymus atropurpurea - burning bush	Gaillardia aestivalis var. aestivalis - prairie gaillardia
Epilobium canum ssp. latifolium - hummingbird trumpet	Eunonymus obovata - running strawberry-bush	Gaillardia aristata - great blanket-flower
Epilobium obcordatum - rockfrunge	Eupatorium fistulosum - joe-pye-weed	Gaillardia arizonica - Arizona blanket-flower
Ericameria nauseosa ssp. nauseosa var. nauseosa - rabbitbrush	Eupatorium maculatum - spotted joe-pye-weed	Gaillardia pinnatifida - yellow gailliardia
Erigeron compositus - dwarf mountain fleabane	Eupatorium perfoliatum - common joe-pye-weed	Gaillardia pulchella - Indian blanket
Erigeron divergens - spreading fleabane	Eupatorium purpureum - sweet scented joe-pye-weed	Gaillardia suavis - rayless gaillardia
Erigeron modestus - prairie fleabane	Eupatorium occidentale - western thoroughwort	Galium boreale - northern bedstraw
Erigeron peregrinus - coastal fleabane	Euphorbia corollata - flowering spurge	Galium triflorum - fragrant bedstraw
Erigeron pulchellus - robin's plantain	Euphorbia maculatum - spotted joe-pye-weed	Gaultheria procumbens - eastern teaberry
Erigeron speciosus - aspen fleabane	Euphorbia marginata - snow-on-the-mountain	Gaura biennis - biennial gaura
Eriogonum douglassi - Douglas' wild buckwheat	Eurybia macrophyllus - large leaf wood-aster	Gaura coccinea - scarlet gaura
Eriogonum inflatum - Indian pipeweed	Eurybia sibirica - Siberian wood-aster	Gaylussacia baccata - black huckleberry
Eriogonum umbellatum - sulfur-flower wild buckwheat	Eustoma exaltatum ssp. russellianum - prairie gentian	Gelsemium sempervirens - Carolina jessamine
Eriophyllum lanatum - Oregon sunshine	Euthamia graminifolia - flat-top goldenrod	Gentiana andrewsii - closed bottle gentian
Erodium texanum - Texas stork's-bill		Gentiana calycosa - Rainier pleated gentian
Eryngium leavenworthii - Leavenworth's enrygo		Gentiana clausa - bottle gentian
Eryngium yuccifolium - button snakeroot		Gentiana parryi - Parry's gentian

Gentiana saponaria - soapwort gentian	Heliomeris multiflora var. multiflora - showy false goldeneye	Hymenoxys hoopesii - orange sneezeweed
Gentianopsis crinita - greater fringed-gentian	Heliopsis helinathoides - ox-eye sunflower	Hypericum hypericoides ssp. hypericoides - Saint Andrew's cross
Geranium carolinianum - Carolina cranesbill	Hepatica nobilis var. acuta - sharp-lobed hepatica	Hypericum prolificum - shrubby St. John's-wort
Geranium maculatum - spotted cranesbill	Hepatica nobilis var. obtusa - round-lobed hepatica	Hypoxis hirsuta - eastern yellow star-grass
Geranium viscosissimum - sticky wild geranium	Heterotheca villosa var. villosa - golden-aster	Iliamna rivularis - streambank wild hollyhock
Geum rivale - water avens	Heuchera americana - American alumroot	Ipomoea leptophylla - bush morning-glory
Geum triflorum - prairie smoke	Heuchera parviflora - little-leaf alumroot	Ipomopsis aggregata ssp. aggregata - scarlet gilia
Glandularia bipinnatifida var. bipinnatifida - prairie vervain	Heuchera rubescens - red alumroot	Jeffersonia diphylla - twinleaf
Gleditsia triacanthos - honey locust	Heuchera villosa - hairy alumroot	Koeleria macrantha - prairie koeler's grass
Glycyrrhiza lepidota - American licorice	Hexastylis arifolia var. arifolia - heart-leaf ginger	Kosteletzkya virginica - seashore mallow
Grayia spinosa - spiny hop-sage	Hexastylis shuttleworthii var. shuttleworthii - Shuttleworth's ginger	Krascheninnikovia lanata - winterfat
Gutierrezia sarothrae - broom snakeweed	Hibiscus denudatus - rock hibiscus	Larrea tridentata - creosote bush
Hedyotis nigricans - bluets	Hibiscus moscheutos - crimson-eyed rose-mallow	Layia glandulosa - white tidytips
Helenium autumnale - fall sneezeweed	Hibiscus moscheutos ssp. lasiocarpus - rose-mallow	Leckliella brevifolia - gaping bush-beardtongue
Helianthus annuus - common sunflower	Holodiscus dumosus - glandular oceanspray	Ledum groenlandicum - rusty Labrador-tea
Helianthus debilis - cucumber-leaf sunflower	Houstonia caerulea - innocence	Leersia oryzoides - rice cut grass
Helianthus giganteus - giant sunflower	Houstonia procumbens - round-leaf bluets	Leiophyllum buxifolium - sand myrtle
Helianthus maximilliani - Maximillion sunflower	Hydrangea arborescens - wild hydrangea	Lepidium montanum - mountain pepperwort
Helianthus pauciflorus ssp. pauciflorus - stiff sunflower	Hydrastis canadensis - goldenseal	Lesquerella fendleri - Fendler's bladderpod
Helianthus petiolaris - prairie sunflower	Hydrophyllum virginianum - Virginia waterleaf	Lesquerella gordonii - Gordon's bladderpod
Helianthus strumosus - woodland sunflower	Hymenocallis caroliniana- Carolina spider-lily	Lesquerella gracillis - spreading bladderpod
Helianthus tuberosus - Jerusalem artichoke	Hymenopappus artemisiifolius - woolly white	Leucothoe fontanesiana - highland doghobble
		Lewisia rediviva - Oregon bitter-root
		Liatris aspera - tall gayfeather

<i>Liatris elegans</i> - pink scale gayfeather	<i>Lupinus perennis</i> - wild lupine	<i>Minuartia obtusiloba</i> - alpine stitchwort
<i>Liatris mucronata</i> - cusp gayfeather	<i>Lupinus polyphyllus</i> - meadow lupine	<i>Mirabilis multiflora</i> - Colorado four-o'clock
<i>Liatris punctata</i> - dotted gayfeather	<i>Lupinus sericeus</i> - Pursh's silky lupine	<i>Mitchella repens</i> - partridge berry
<i>Liatris pycnostachya</i> - prairie blazingstar	<i>Lysimachia ciliata</i> - fringed yellow-loosestrife	<i>Mitella diphylla</i> - two-leaf bishop's-cap
<i>Liatris spicata</i> - dense gayfeather	<i>Lysimachia quadrifolia</i> - prairie loosestrife	<i>Monarda citirodora</i> - lemon beebalm
<i>Liatris squarrosa</i> - scaly gayfeather	<i>Machaeranthera tanacetifolia</i> - Tahoka daisy	<i>Monarda didyma</i> - scarlet beebalm
<i>Lilium canadense</i> - Canadian lily	<i>Maianthemum canadense</i> - Canadian mayflower	<i>Monarda fistulosa</i> - Oswego tea
<i>Lilium catesbaei</i> - southern red lily	<i>Maianthemum dilatatum</i> - two-leaf false Solomon's-seal	<i>Monarda punctata</i> ssp. <i>punctata</i> var. <i>villicaulis</i> - horsemint
<i>Lilium michauxii</i> - Carolina lily	<i>Maianthemum racemosum</i> ssp. <i>racemosum</i> - false Solomon's-seal	<i>Monardella odoratissima</i> - mountain pennyroyal
<i>Lilium michiganense</i> - Michigan lily	<i>Maianthemum stellatum</i> - starry false Solomon's-seal	<i>Myositis asiatica</i> - Asian forget-me-not
<i>Lilium philadelphicum</i> - wood lily	<i>Melampodium leucanthum</i> - blackfoot daisy	<i>Myrica gale</i> - sweetgale
<i>Lindera benzoin</i> - northern spicebush	<i>Mentzelia laevicaulis</i> - giant blazingstar	<i>Napaea dioica</i> - glade mallow
<i>Linnaea borealis</i> - American twinflower	<i>Menyanthes trifoliata</i> - buck-bean	<i>Nemophila phaeceles</i> - large-flower baby-blue-eyes
<i>Linum lewisii</i> var. <i>lewisii</i> - blue flax	<i>Mertensia ciliata</i> - mountain bluebells	<i>Nolina microcarpa</i> - Sacahuista bear-grass
<i>Linum rigidum</i> - large-flowered yellow flax	<i>Mertensia virginica</i> - Virginia bluebells	<i>Nuphar lutea</i> - cow-lily
<i>Lithospermum canescens</i> - hoary puccoon	<i>Mimosa borealis</i> - pink mimosa	<i>Nuphar lutea</i> ssp. <i>polysepala</i> - pond-lily
<i>Lithospermum carolinense</i> - hairy puccoon	<i>Mimosa microphylla</i> - little-leaf mimosa	<i>Nymphaea odorata</i> - American white water-lily
<i>Lobelia cardinalis</i> - Cardinal flower	<i>Mimulus bigelovii</i> - yellow-throat monkey-flower	<i>Oenothera albicaulis</i> - pale evening primrose
<i>Lobelia glandulosa</i> - glade lobelia	<i>Mimulus cardinalis</i> - scarlet monkey-flower	<i>Oenothera biennis</i> - common evening primrose
<i>Lobelia spicata</i> - pale-spike lobelia	<i>Mimulus guttatus</i> - golden monkey-flower	<i>Oenothera brachycarpa</i> - short-fruit evening primrose
<i>Lobelia siphilitica</i> - great blue lobelia	<i>Mimulus lewisii</i> - great purple monkey-flower	<i>Oenothera caespitosa</i> - tufted evening primrose
<i>Lobelia spicata</i> - pale-spike lobelia	<i>Mimulus primuloides</i> - yellow creeping monkey-flower	<i>Oenothera deltoidea</i> - desert evening primrose
<i>Lonicera albiflora</i> - white honeysuckle	<i>Mimosa microphylla</i> - little-leaf mimosa	<i>Oenothera elata</i> ssp. <i>hookeri</i> - giant evening primrose
<i>Lonicera involucrata</i> - four-line honeysuckle		
<i>Lonicera sempervirens</i> - coral honeysuckle		
<i>Lupinus breweri</i> - matted lupine		
<i>Lupinus caudatus</i> - Kellogg's spurred lupine		
<i>Lupinus concinnus</i> - Bajada lupine		

Oenothera flava - long-tube evening primrose	Passiflora incarnata - purple passion-flower	Prenanthes alba - white rattlesnake-root
Oenothera fruticosa - narrow-leaf evening primrose	Passiflora lutea - yellow passion-flower	Pseudognaphalium obtusifolium ssp. obtusifolium - blunt-leaf rabbit tobacco
Oenothera macrocarpa - big-fruit evening primrose	Pectis angustifolia - lemonscent	Psilotrophe cooperi - white-stem paper flower
Oenothera nuttallii - Nuttall's evening primrose	Pedicularis groenlandica - bull elephant's-head	Psilotrophe tagetina - woolly paper-flower
Oenothera speciosa - pink evening-primrose	Penstemon digitalis - foxglove penstemon	Psorothamnus fremontii var. fremontii - Fremont indigo bush
Oligoneuron rigidum var. rigidum - stiff goldenrod	Penstemon hirsutus - hairy beardtongue	Pulsatilla patens ssp. multifida - pasqueflower
Opuntia acanthocarpa - staghorn cholla	Penstemon strictus - Rocky Mountain beardtongue	Purshia stansburiana - quinine bush
Opuntia basilaris - beaver-tail cactus	Phlox divaritica - wild blue phlox	Pulsatilla patens ssp. multifida - pasqueflower
Opuntia humifusa - prickly pear	Phlox divaricata ssp. laphamii - Sweet William	Ranunculus abortivus - early wood buttercup
Opuntia imbricata - tree cholla	Physotegia virginiana - obedient plant	Ranunculus alismifolius - meadow buttercup
Opuntia leptocaulis- christmas cholla	Pinguicula lutea - yellow butterwort	Ranunculus cardiophyllus - heart-leaf buttercup
Opuntia phaeacantha - purple-fruited prickly pear	Pinguicula pumila - dwarf buttercup	Ranunculus fascicularis - tufted buttercup
Opuntia polycantha - plains prickly-pear	Podophyllum peltatum - May apple	Ranunculus occidentalis - western buttercup
Orontium aquaticum - goldenclub	Polemonium foliosissimum - towering Jacob's ladder	Ratibida columnifera - red-spike Mexican hat
Pachysandra procumbens - mountain spurge	Polemonium occidentale - western Jacob's ladder	Ratibida pinnata - grey-head Mexican hat
Packera aurea - golden ragwort	Polemonium pulcherrimum - beautiful Jacob's ladder	Rubus parviflorus - western thimbleberry
Packera cana - gray ragwort	Polemonium reptans - Greek valerian	Rubus odoratus - purple-flowering raspberry
Packera glabella - cress-leaf groundsel	Polemonium viscosum - sticky Jacob's ladder	Rudbeckia fulgida - orange coneflower
Packera obovata - round-leaf groundsel	Poliomontha incana - hoary rosemary-mint	Rudbeckia grandiflora var. alismifolia - large coneflower
Packera pauperula - northern ragwort	Porteranthus trifolius - bowman's root	Rudbeckia hirta - black-eyed susan
Packera plattensis - prairie ragwort	Potentilla arguta - prairie cinquefoil	Rudbeckia laciniata - cut-leaf coneflower
Panicum virgatum - wand panic grass	Potentilla glandulosa - sticky cinquefoil	
Parthenium incanum - mariola	Potentilla nivea - snowy cinquefoil	
Parthenium integrifolium - wild quinine	Potentilla simplex - common cinquefoil	
Parthenocissus quinquefolia - Virginia creeper		

Rudbeckia triloba - brown-eyed susan	Solidago caesia - blue-stemmed goldenrod	Stewartia ovata - mountain camellia
Ruellia caroliniensis - Carolina wild petunia	Solidago canadensis - Canadian goldenrod	Stokesia laevis - stoke's aster
Ruellia humilis - fringe-leaf wild petunia	Solidago flexicaulis - zigzag goldenrod	Stylophorum diphyllum - celadine poppy
Sabal minor - dwarf palmetto	Solidago juncea - plume goldenrod	Symphotrichum ascendens - Pacific aster
Sabatia angularis - rose-pink	Solidago missouriensis - Missouri goldenrod	Symphotrichum divaricatum - white wood aster
Sabatia campestris - meadow pink	Solidago multiradiata - Rocky Mountain goldenrod	Symphotrichum drummondii var. drummondii - arrow aster
Sabatia dodecandra - large marsh-pink	Solidago nemoralis - gray goldenrod	Symphotrichum ericoides var. ericoides - heath aster
Sagittaria latifolia - arrowhead	Solidago odora - sweet goldenrod	Symphotrichum foliaceum var. foliaceum - leafy aster
Sambucus nigra ssp. caerulea - black elder	Solidago rugosa - rough-leaved goldenrod	Symphotrichum laeve var. laeve - smooth aster
Sambucus nigra ssp. canadensis - common elder	Solidago sempervirens - seaside goldenrod	Symphotrichum novae-angliae - New England American aster
Sambucus racemosa var. racemosa - scarlet elder	Solidago speciosa - showy goldenrod	Symphotrichum oblongifolium - aromatic American aster
Sambucus racemosa var. melanocarpa - silver buffalo-berry	Solidago ulmifolia - elm-leaf goldenrod	Symphotrichum oolentangiense - sky-blue American aster
Sanguinaria canadensis - bloodroot	Sorghastrum nutans - yellow Indian grass	Symphotrichum pilosum var. pilosum - frost aster
Schizachyrium scoparium - little false bluestem	Spartina pectinata - prairie cord grass	Symphotrichum puniceum var. puniceum - swamp aster
Sedum nuttallianum - yellow stonecrop	Sphaeralcea ambigua - apricot globe-mallow	Symphotrichum sericeum - western silver American aster
Sedum ternatum - woodland stonecrop	Sphaeralcea coccinea - scarlet globe-mallow	Symplocarpus foetidus - skunk cabbage
Silene regia - royal catchfly	Sphaeralcea parviflora - small-leaf globe-mallow	Tephrosia virginiana - goat's rue
Silene virginica - fire-pink	Spigelia marilandica - woodland pinkroot	Tetaneuris acaulis var. acaulis - butte marigold
Silphium integrifolium - entire-leaf rosinweed	Spiraea alba - white meadowsweet	Tetaneuris scaposa var. scaposa - yellow daisy
Silphium laciniatum - compass plant	Spiraea alba var. latifolia - meadowsweet	Tetaneuris grandiflora - alpine sunflower
Silphium perfoliatum - cup plant	Spiraea splendens var. splendens - subalpine spiraea	Teuchrium laciniatum - lacy germander
Sisyrinchium albidum - white blue-eyed grass	Spiraea tomentosa - steeplebush	Thalictrum dasycarpum - purple meadow rue
Sisyrinchium angustifolium - narrow leaf blue-eyed-grass	Sporobolus heterolepis - prairie dropseed	
Sisyrinchium campestre - prairie blue-eyed grass	Stewartia malacodendron - silky camellia	
Sisyrinchium montanum - strict blue-eyed grass		

Thalictrum dioicum - early meadow rue

Thalictrum fendleri var. polycarpum - meadow rue

Thalictrum pubescens - king-of-the-meadow

Thalictrum thalictroides - rue anemone

Thelesperma filifolium var. filifolium - showy Navajo tea

Thermopsis montana - golden pea

Thlaspi montanum var. fendleri - penny cress

Tiarella cordifolia - heart-leaf foamflower

Tradescantia bracteata - long-bract spiderwort

Tradescantia occidentalis - prairie spiderwort

Tradescantia ohiensis - Ohio spiderwort

Tradescantia virginiana - Virginia spiderwort

Trillium cernuum - nodding trillium

Trillium erectum - purple trillium

Trillium grandiflorum - large-flowered trillium

Trillium ovatum - coast trillium

Trillium sessile - red trillium

Trillium undulatum - painted trillium

Tripsacum dactyloides - eastern mock grama

Trollius laxus - American globeflower

Typha latifolia - broad-leaf cattail

Uvularia grandiflora - large flowered bellwort

Uvularia sessilifolia - merrybells

Verastrum californicum - corn lily

Verbena hastata - blue verbena

Verbena stricta - hoary verbena

Vernonia baldwinii - western ironweed

Vernonia noveboracensis - New York ironweed

Veronicastrum virginicum - culver's root

Viola affinis - sand violet

Viola canadensis - Canadian white violet

Viola labradorica - alpine violet

Viola missouriensis - Missouri violet

Viola palmata - early blue violet

Viola pedata - bird-foot violet

Viola pedatifida - prairie violet

Viola pubescens - downy yellow violet

Viola rostrata - long-spur violet

Viola sororia - meadow violet

Vitis rotundifolia - muscadine

Wisteria frutescens - American wisteria

Zizia aurea - golden alexanders