

GOING NATIVE
*Gardening for Birds, Butterflies
and Pollinators in Palm Beach*



Front Cover

Swamp Rose (*Rosa palustris*)

Clouded Sulfur Butterfly

Lyre Leaf Sage (*Salvia lyrata*)

Atala Butterfly

Firefly

Miami Blue Butterfly

Sea Oxeye Daisy (*Borrchia frutescens*)

Spiderwort (*Tradescantia obiensis*)

Dragonfly

Ladybug

Introduction

“What has happened to our birds?” Mary Hulitar, a longtime resident of Palm Beach and Garden Club member, asked this question of a guest speaker from the Audubon Society. Mary lived in Palm Beach for over four decades and she had seen a change that was disturbing. Where are the painted buntings, the ruby-throated hummingbirds, the little blue herons, the song birds and the shorebirds Mary used to see in abundance? Where are the butterflies, the iridescent blue of the Atala, the distinctive stripes of the Zebra Longwing and the bright orange stained-glass pattern of the Monarch's wings?

The answer to Mary's question was profoundly important. The native plants and insects that feed the birds and other pollinators have been replaced by exotic plants, monocultures and the use of pesticides. When we think of our gardens not only as beautifully designed green spaces but also as vital habitats for birds and butterflies, it opens up another dimension of design that allows each of us to make an important contribution to sustaining the natural world.

The Garden Club of America is leading the way back to gardens that are both beautiful and healthy and that sustain birds, butterflies and essential pollinators through a program in partnership with the National Audubon Society called “Plants for Birds.” The Garden Club of America is encouraging gardeners across the Nation to introduce native plants in their landscapes and to curtail the excessive use of chemicals.

One of the leaders of the movement is Dr. Douglas Tallamy, an entomologist and author of *Bringing Nature Home*. Dr. Tallamy was awarded the Garden Club of America Margaret Douglas Medal for conservation education and is a popular speaker throughout the country. He challenges us to “garden as if life depends on it.” Our birds are in trouble because the ecosystems supporting them are not healthy. We've learned

from Dr. Tallamy that parks and preserves won't be enough to sustain life on the planet. The new frontier of conservation in America is in our own backyards.

Habitats have been invaded by introduced plants that are replacing the native plants that coevolved with and sustained the native wildlife. For example, Chickadee parents need to find up to 570 caterpillars every day to feed the nest. But exotic plants and pesticides are making it more and more difficult for the pair to find insects. Caterpillars are "baby food" and insects provide necessary protein. Migrating birds fly all night, as much as 300 miles in a single night, and when they come down they need fuel. Our sterilized landscapes are starving the birds.

It has never been more urgent, especially on our fragile barrier island, that we curtail the use of fertilizers and chemicals that contaminate our soil and end up in our water. Nutrients in fertilizer contribute to toxic algal blooms that are devastating to our marine life, our economy and our health. Native plants not only sustain birds and pollinators but are adapted to their environments and don't require chemicals or irrigation once established.

In the past, we may have thought of our gardens as outdoor rooms to decorate with plants. But we've learned that using plants simply as decoration is not enough. Our landscapes could also support life. What if we made feeding birds and other pollinators a conscious goal in our own gardens? Nature is wonderfully resilient and our birds, butterflies and pollinators will come back if we restore their habitats with the native plants they require. We hope you will join us in this vital movement for the health of the planet by bringing nature home to our own gardens.

Elizabeth Dowdle
Conservation Chairman
The Garden Club of Palm Beach

How to Use the Palm Beach Native Plant List

There are many resources that identify Florida's native plants but this is the first time a native plant list has been curated specifically for gardens on the barrier island of Palm Beach. It is intended to be used in companionship with the richly illustrated resources already published and is only a small sample of plants native to our area. There were three criteria for the list: 1) native plants that thrive on Palm Beach as recommended by locally experienced gardeners and landscape professionals, 2) native plants that support birds, butterflies and pollinators, 3) native plants that are commercially available.

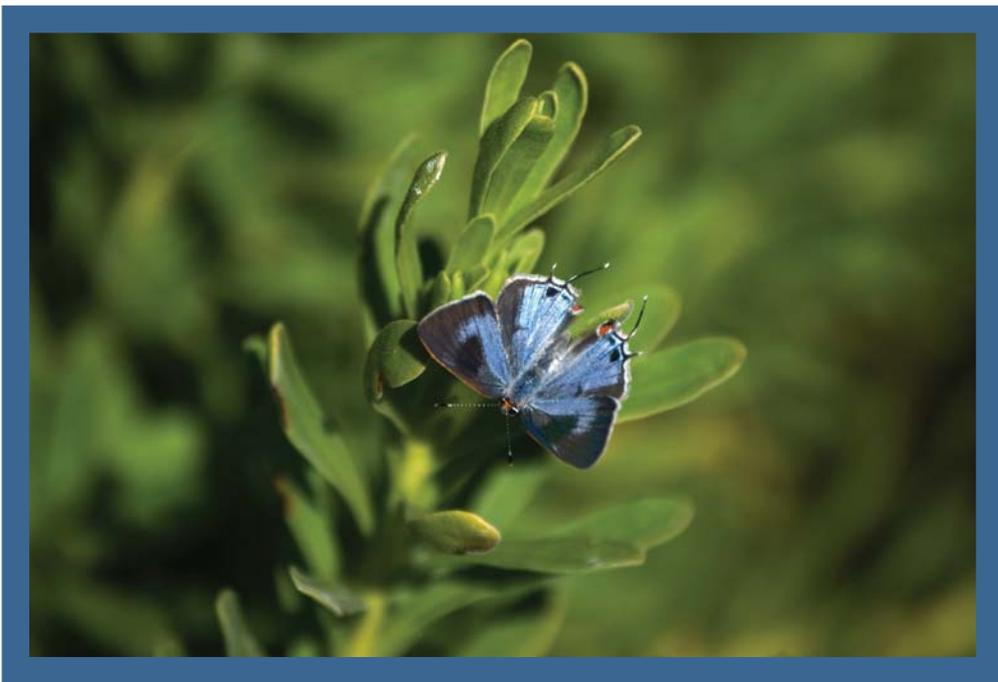
We've listed the key websites and books that contain the photographs and detailed information about the plants on this list; their plant communities, specific growing conditions, the pollinators and birds they support, as well as native plant nurseries for finding them. The Institute for Regional Conservation Website's Floristic Inventory is a very reliable site for looking up native plants. The Florida Native Plant Society lists plants by name and county. The Audubon Society's Native Plant Database lists native plants with the birds they support by zip code. The Florida Wildflower Foundation site includes charts that link each native plant with the birds and butterflies it attracts.

The Garden Club of Palm Beach will maintain this evolving Palm Beach Native Plant List on our website with updates and links to other resources. We invite you to "go native" with us to help restore a healthy environment for our birds, butterflies and pollinators.

www.gardenclubpalmbeach.com



Painted Bunting by Barbara Woodmansee



Baycedar (*Suriana maritima*) Martial Scrub-hairstreak
by Barbara Woodmansee

Native Plants for Palm Beach

TREES

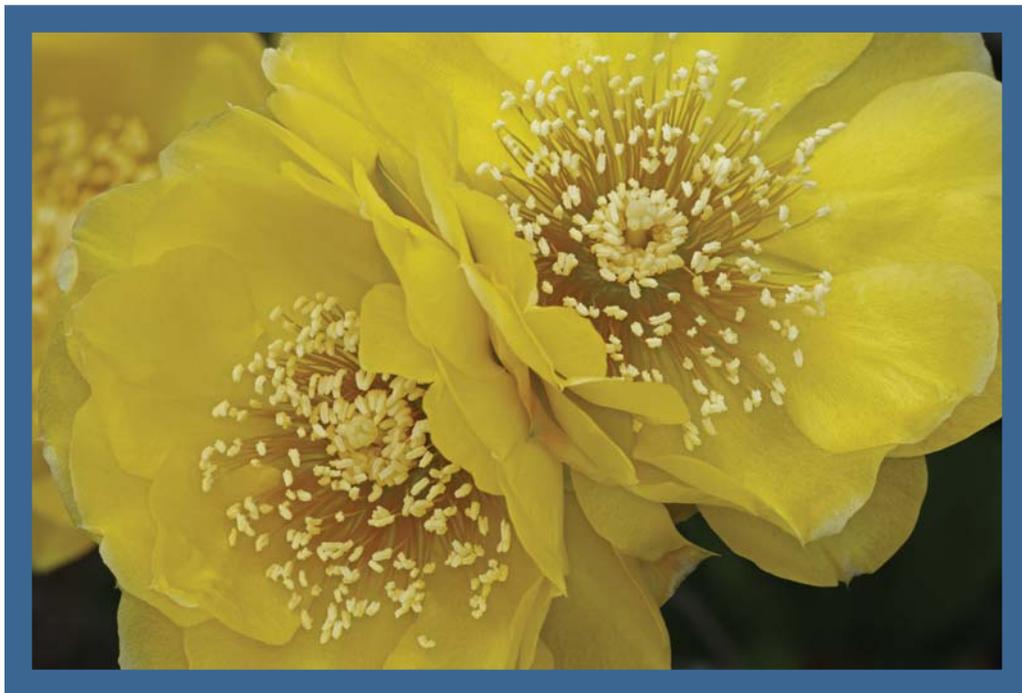
Black Mangrove (*Avicennia germinans*)
Cabbage Palm (*Sabal palmetto*)
Gumbo Limbo (*Bursera simaruba*)
Key Thatch Palm (*Leucothrinax morrisii*)
Mahogany (*Swietenia mahagoni*)
Paradise Tree (*Simarouba glauca*)
Pigeon Plum (*Coccoloba diversifolia*)
Sand Live Oak (*Quercus geminata*)
Satinleaf (*Chrysophyllum oliviforme*)
Seagrape (*Coccoloba uvifera*)
Silver Palm (*Coccothrinax argentata*)
Southern Live Oak (*Quercus virginiana*)
Strangler Fig (*Ficus aurea*)
Thatch Palm (*Thrinax radiata*)
Wild Banyan Tree (*Ficus citrifolia*)
Wild Mastic (*Sideroxylon foetidissimum*)

SMALL TREES

Bahama Strongbark (*Bourreria succulenta*)
Baycedar (*Suriana maritima*)
Buttonwood (*Conocarpus erectus*)
Cinnamon Bark (*Canella winterana*)
Geiger Tree (*Cordia sebestena*)
Joewood (*Jacquinia keyensis*)
Lignum Vitae (*Gualacum sanctum*)
Saw Palmetto (*Serenoa repens*)
Soldierwood (*Colubrina elliptica*)
Wax Myrtle (*Myrica cerifera*)
Wild Lime (*Zanthoxylum fagara*)



Blue Sage (*Salvia azurea*) White-M Hairstreak
by Barbara Woodmansee



Prickly pear cactus (*Opuntia humifusa*)
by Kevin Barry

SHRUBS

- American Beautyberry (*Callicarpa Americana*)
- Bahama Cassia (*Cassia bahamensis*)
- Blackbead (*Pithecellobium keyense*)
- Fiddlewood (*Citharexylum spinosum*)
- Firebush (*Hamelia patens*)*
- Jamaican Caper (*Quadrrella jamaicensis*)
- Locust Berry (*Byrsonima lucida*)
- Marlberry (*Ardisia escallonioides*)
- Necklace-Pod (*Sophora tomentosa*)*
- Pineland Croton (*Croton linearis*)
- Pricklypear Cactus (*Opuntia humifusa*)
- Redberry Stopper (*Eugenia confusa*)
- Saw Palmetto (*Serenoa repens*)
- Scrub Palmetto (*Sabal etonia*)
- Shiny-leaf Wild Coffee (*Psychotria nervosa*)
- Simpson's Stopper (*Myrcianthes fragrans*)
- Spanish Stopper (*Eugenia foetida*)
- Spicewood (*Calypttranthes pallens*)
- Torchwood (*Amyris elemifera*)
- Velvetleaf Wild Coffee (*Psychotria sulzneri*)
- White Indigoberry (*Randia aculeata*)
- White Stopper (*Eugenia axillaris*)



Spiderwort (*Tradescantia obiensis*)

VINES

Carolina Jessamine (*Gelsemium sempervirens*)

Coral Honeysuckle (*Lonicera sempervirens*)

Corkystem Passionflower (*Passiflora suberosa*)

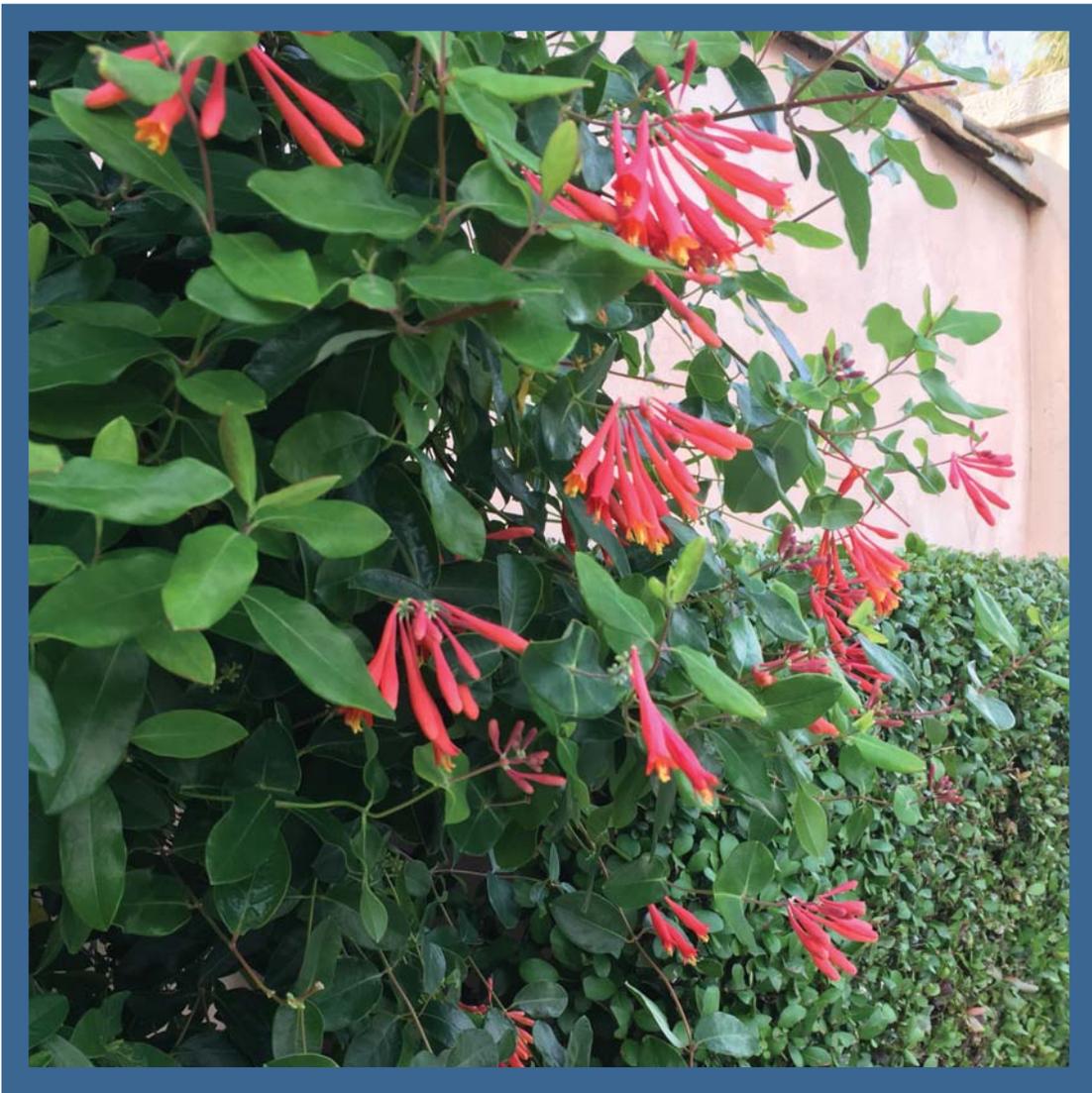
Crossvine (*Bignonia capreolata*)

Purple Passionflower, Maypop (*Passiflora incarnata*)

Skyblue Clustervine (*Jacquemontia pentanthos*)

White Passionflower (*Passiflora pallens*)

Wild Allamanda (*Pentalinon luteum*)



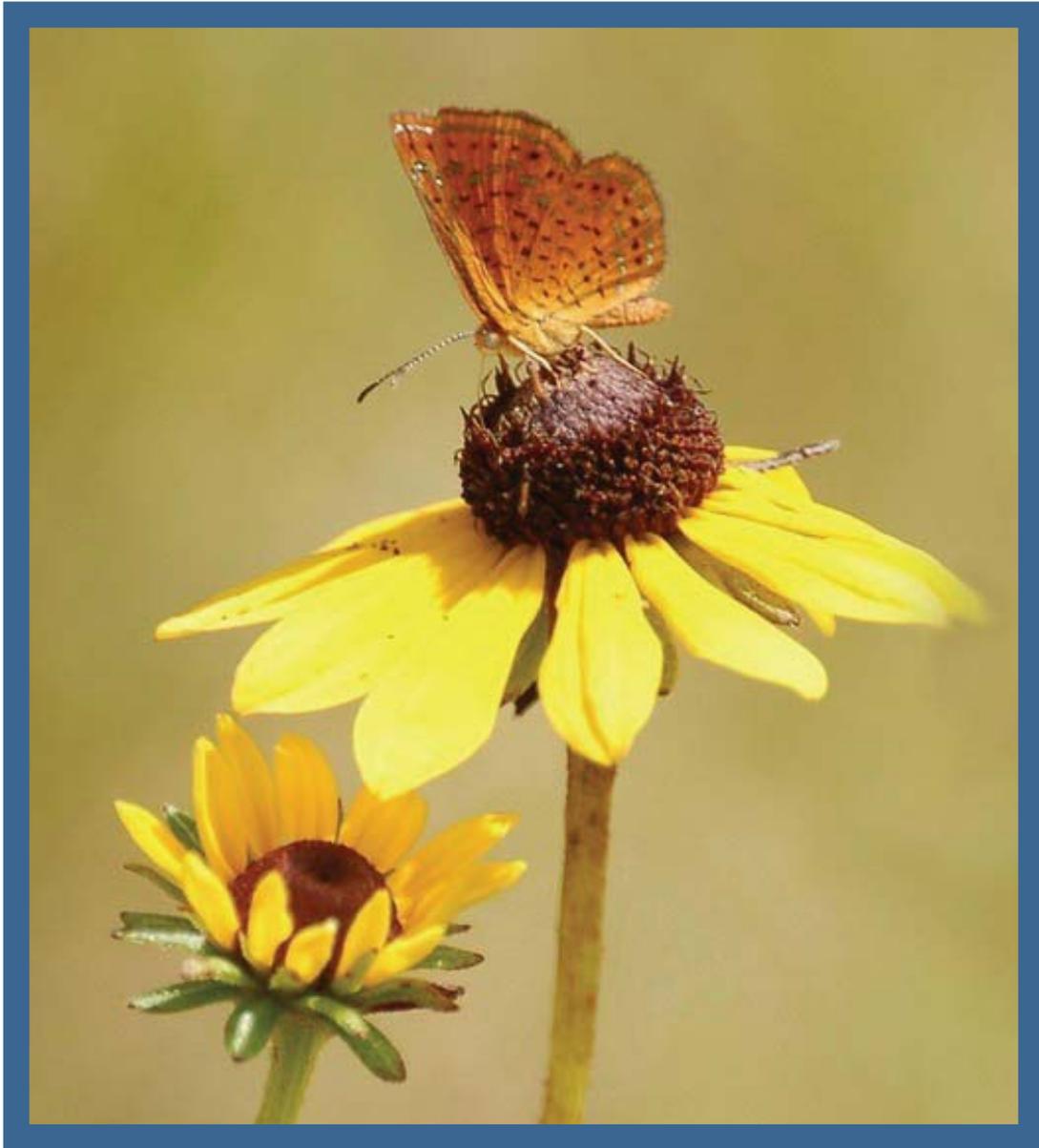
Coral Honeysuckle (*Lonicera sempervirens*) Pan's Garden
by Elizabeth Dowdle

WILDFLOWERS

- Dune Mistflower (*Ageratum littorale*)
- Beach Verbena (*Glandularia maritima*)
- Blanket Flower (*Gaillardia pulchella*)
- Blue Bushy Aster (*Symphotrichum dumosum*)
- Blue Flag Iris (*Iris virginica*)
- Blue Mistflower (*Conoclinium coelestinum*)
- Blue Sage (*Salvia azurea*)
- Blue Porterweed (*Stachytarpheta jamaicensis*)*
- Butterfly Milkweed (*Asclepias tuberosa*)*
- Carolina Wild Petunia (*Ruellia caroliniensis*)
- Coralbean (*Erythrina herbacea*)
- Dune Mistflower (*Ageratum littorale*)
- Leavenworth's Tickseed (*Coreopsis leavenworthii*)
- Lyreleaf Sage (*Salvia lyrata*)
- Native Lantana (*Involucrata*)*
- Sea Lavender (*Heliotropium gnaphalodes*)
- Sea Oxeye Daisy (*Borrchia frutescens*)
- Seaside Goldenrod (*Solidago sempervirens*)
- Spiderwort (*Tradescantia obiensis*)
- Starry Rosinweed (*Silphium asteriscus*)
- Swamp Milkweed (*A. incarnata* and *A. perennis*)
- Swamp Rose (*Rosa palustris*)
- Tropical Sage (*Salvia coccinea*)
- Wild Sage Buttonsage (*Lantana involucrata*)*

GRASSES, FERNS & CYCADS

- Blue-eyed Grass (*Sisyrinchium angustifolium*)
- Coontie (*Zamia integrifolia*)
- Elliot's Love Grass (*Eragrostis elliottii*)
- Holly Fern (*Cyrtomium falcatum*)
- Leather Fern (*Acrostichum danaeifolium*)
- Maidenhair Fern (*Adiantum capillus-veneris*)
- Muhly Grass (*Muhlenbergia capillaris*)



Black-eyed Susan (*R. hirta* var. *floridana*)
Little Metalmark
by Barbara Woodmansee

GROUNDCOVERS (to replace sod)

Beach Creeper (*Ernodea littoralis*)
Beach Morning Glory (*Ipomoea imperati*)
Beach Sunflower (*Helianthus debilis*)
Fogfruit (*Phyla nodiflora*)
River Sage (*Salvia misella*)
Sunshine Mimosa (*Mimosa strigillosa*)
Twin Flower (*Dyschoriste oblongifolia*)



Butterfly release in Sunshine Mimosa (*Mimosa strigillosa*)

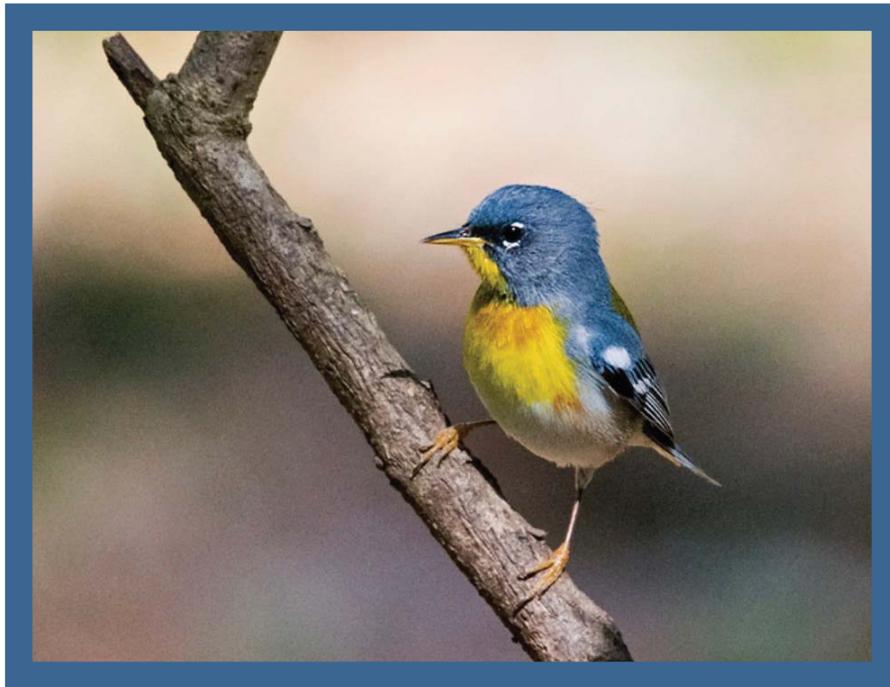
HEDGES (to replace ficus)

Autograph Tree (*Clusia rosea*)
Buttonwood (*Conocarpus erectus*)
Cocoplum (*Chrysobalanus icaco*)
Jamaican Caper (*Quadrrella jamaicensis*)
Marlberry (*Ardisia escallonioides*)
Simpson's Stopper (*Myrcianthes fragrans*)

*often confused with the nonnative



Purple Coneflower (*Asteraceae compositae*) Zebra Longwing
by Barbara Woodmansee



Parula Warbler
by Barbara Woodmansee

COMPANION READING WEBSITES

Audubon, Plants for Birds
www.Audubon.org

Florida Association of Native Nurseries
www.floridanativenurseries.org

Florida Native Plant Society
www.fnps.org

Florida Wildflower Foundation, Attracting Birds
www.flawildflowers.org

The Garden Club of Palm Beach
www.gardenclubpalmbeach.com

Institute for Regional Conservation, Natives for your Neighborhood
www.regionalconservation.org

National Wildlife Federation, Native Plant Finder
www.nwf.org/nativeplantfinder/

University of Florida, Florida Friendly Landscaping
fyn.ifas.ufl.edu/pdf/FYN_Plant_Selection_Guide_2015.pdf

Palm Beach County, Prohibited Plants
www.pbcgov.org

Pollinator Friendly Landscaping
www.facebook.com/pollinatorfriendlylandscaping

Florida Exotic Pest Plant Council
www.fleppc.org

Beyond Pesticides
www.beyondpesticides.org

The Perfect Earth Project, Edwina Von Gal
www.perfectearthproject.org

Rachel Carson, American Experience
www.pbs.org/wgbh/americanexperience/films/rachel-carson



Pickerel Weed (*Pontederia cordata*) & Gulf Fritillary
by Roger Hammer

BOOKS

A Gardener's Guide to Florida's Native Plants
by Rufino Osorio

Bringing Nature Home,
by Douglas Tallamy

Complete Guide to Florida Wildflowers
by Roger L. Hammer

Half Earth: Our Planet's Fight for Life
by E. O. Wilson

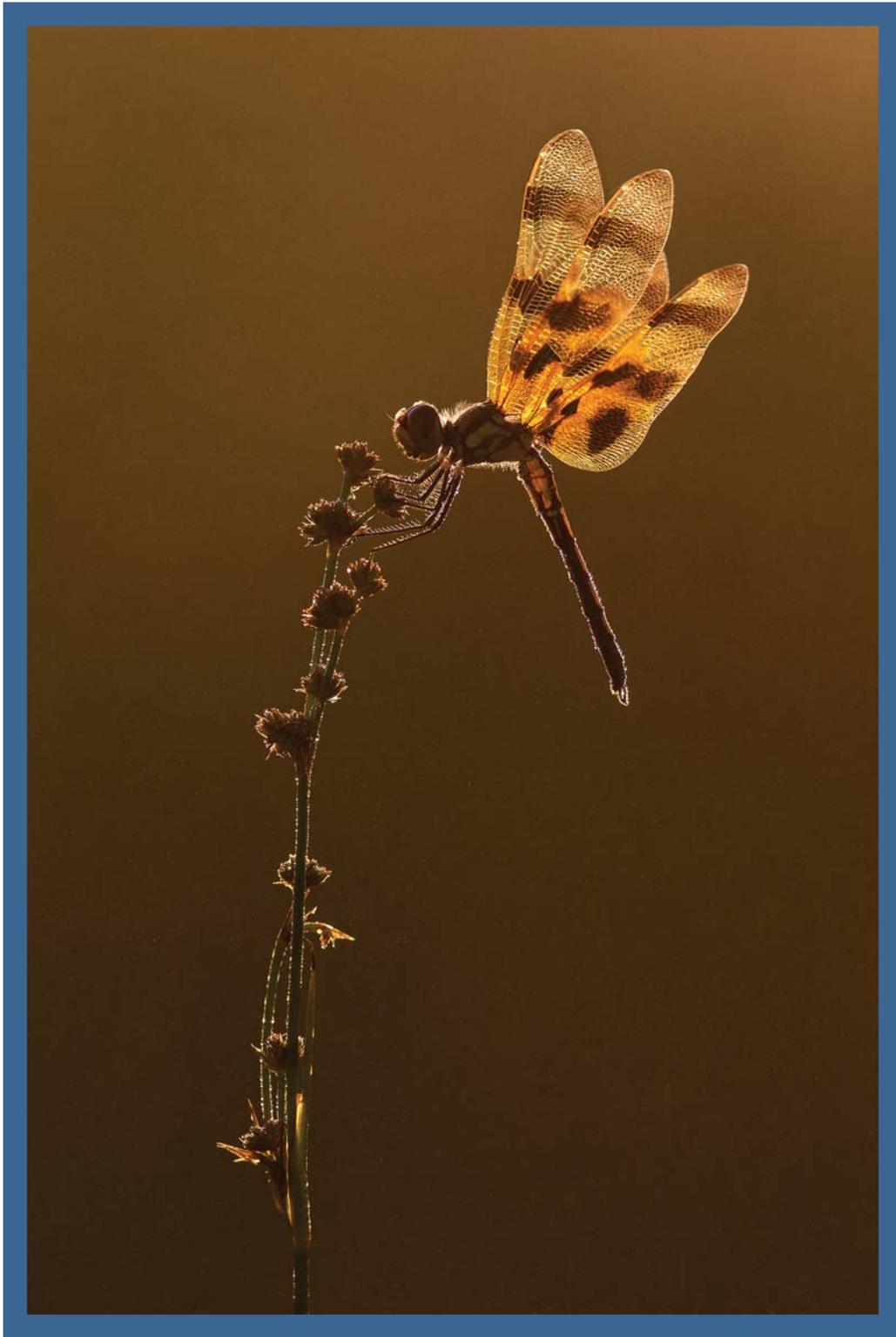
Native Plant Landscaping for Florida Wildlife
by Craig N. Huegel

Silent Spring
by Rachel Carson



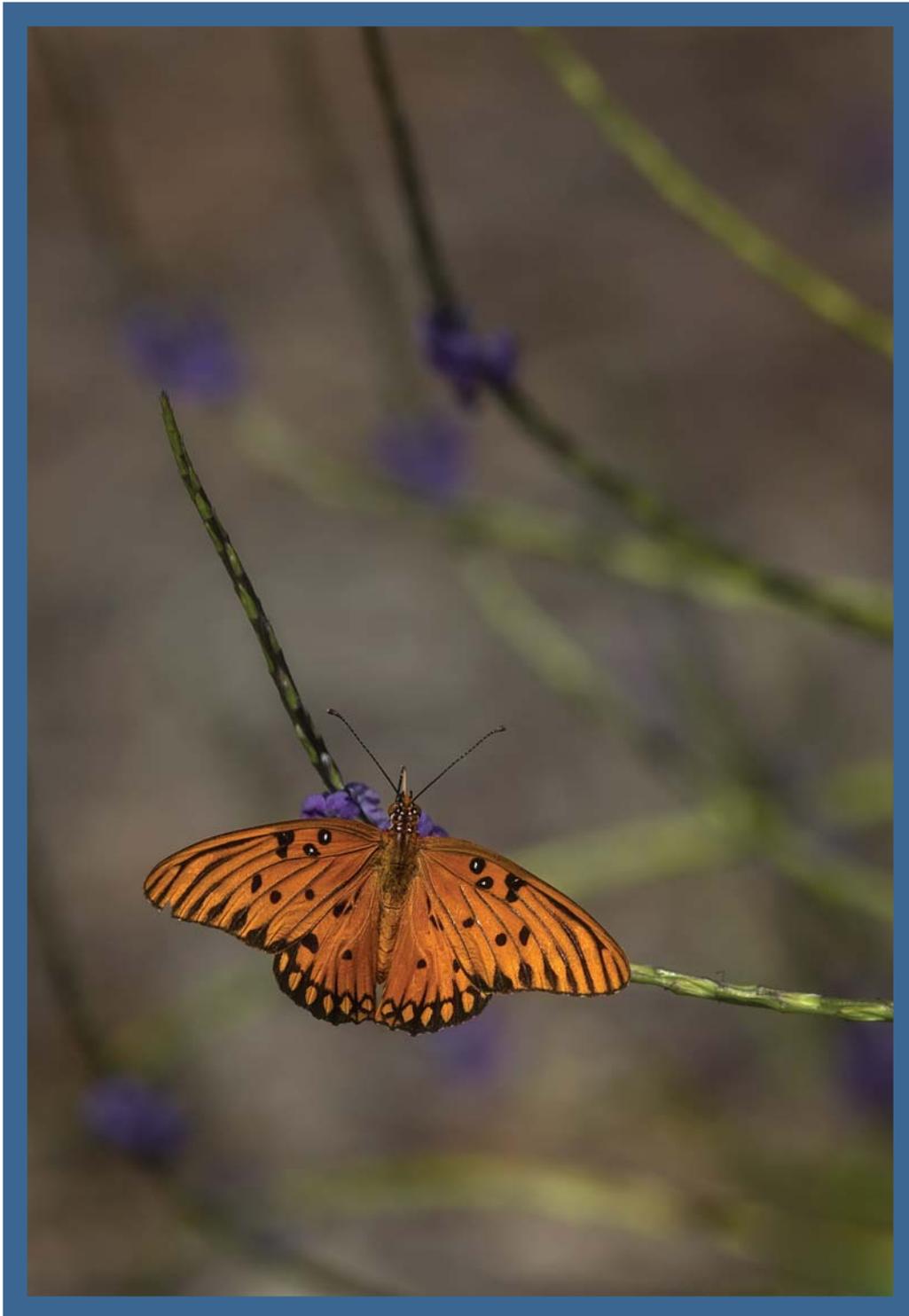
Hummingbird
by Barbara Woodmansee

Dragonflies are natural mosquito control.



Halloween pennant dragonfly (*Celithemis eponina*)
by Christina L. Evans

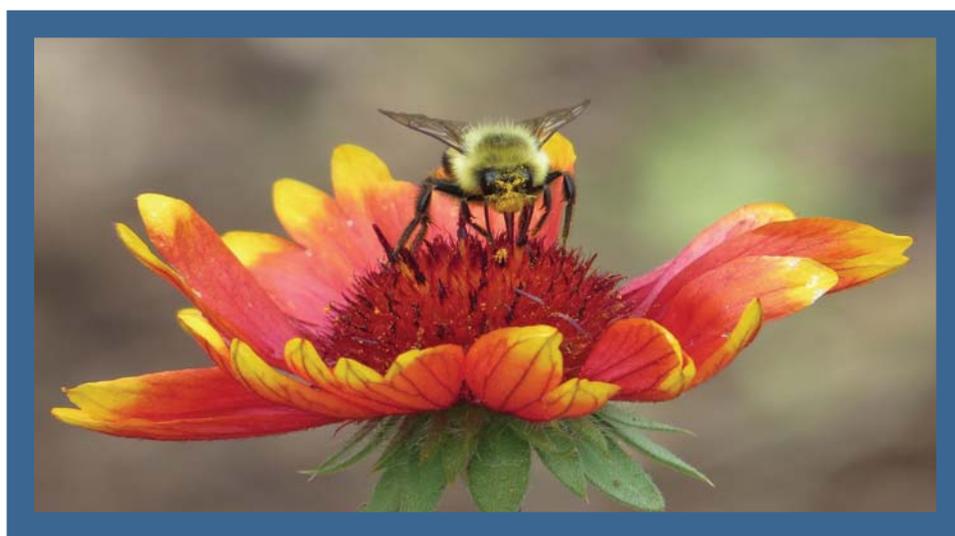
What if you and future generations never saw this again?



Gulf fritillary (*Agraulis vanillae*)
Porterweed (*Stachytarpheta jamaicensis*)
by Christina L. Evans

ACKNOWLEDGEMENTS

We are so grateful to Jeff Nurge for answering endless native plant questions almost instantaneously. Jeff is the owner of Native Choice Nursery and a patient, knowledgeable teacher. Jorge Sanchez of SMI Landscape Architecture and his entire office contributed to the list from their years of experience in Palm Beach. Many thanks to Daniele Garson and Susan Lerner of Pan's Garden, Linda Beaty, the Garden Club's Horticulture Chairman, Richard Moyroud of Mesozoic Landscapes, Carl Terwilliger of Meadow Beauty Nursery and Nievera Williams landscape architecture who all reviewed the list. We are grateful for Susanne Durst's leadership with Earth Friendly Gardens in Palm Beach. Edwina Von Gal, founder of the Perfect Earth Project, inspired us with her ambitious agenda to "rid the world of chemicals one lawn at the time." Dr. Douglas Tallamy's lectures and his book "*Bringing Nature Home*" are life-changing and we thank him for coming to Palm Beach multiple times. We thank the photographers who so generously shared their beautiful images and captivating stories with us. And of course we are forever grateful to the Town of Palm Beach for partnering with the Garden Club on the conservation and beautification of our civic spaces.



**Blanket Flower (*Gailardia pulchelia*)
by Kathy Martin**

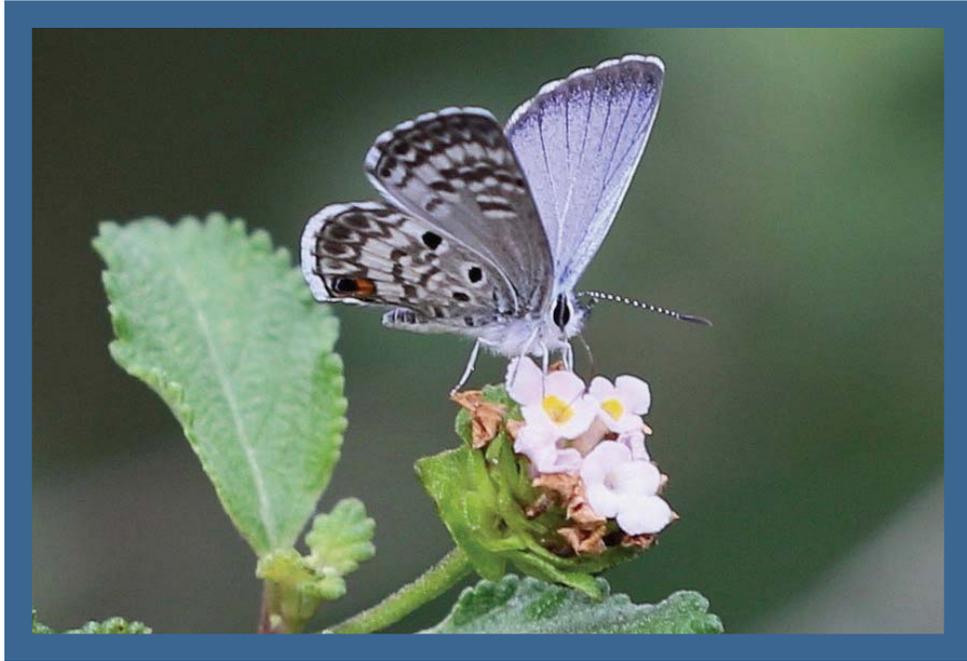
Aldous Bertram, Artist and Designer

There is a tradition of Englishmen documenting the natural world in America through their paintings. It was Englishman John White who painted the first picture of an American butterfly, the Tiger swallowtail, in 1585. Mark Catesby's original eighteenth century botanical watercolors from his *Natural History of Carolina, Florida and the Bahama Islands* are in the Royal Library at Windsor Castle. Following on their heels several centuries later, we now have a new Englishman on the scene, Aldous Bertram. Dr. Bertram is a PhD historian from Cambridge, an expert in chinoiserie and an artist. He painted the enchanting pair of botanicals and their courtesan insects for the front and back covers.

The paintings show our native plants hosting the butterflies and vital insect pollinators indigenous to South Florida. They are reminiscent of the style of Dutch botanical artist Jan Van Kessel's seventeenth century engravings but Aldous's botanicals are a twenty-first century interpretation of an idealized, thriving natural world on our barrier island. The tiny native Fogfruit (*Phyla nodiflora*), host plant to three butterflies, has been elevated to a place of honor in the painting. The chinoiserie railing supports the native Passionflower vine (*Passiflora incarnata*) and provides a safe spot for the Zebra Longwing caterpillar to rest, showing us that native gardens may be formal while also supporting life. We are enormously grateful to Aldous Bertram for lending his design talent to this publication and for such a charming interpretation of botanical Palm Beach.



Tiger Swallowtail 1585 by John White



Lantana (Involucrata)
Miami Blue (Cyclargus thomasi)
by Tim Norriss

Back Cover

Cassius Blue Butterfly

Fogfruit (*Phyla nodiflora*)

Zebra Longwing Butterfly

Passionflower (*Passiflora incarnata*)

Leavenworth's Tickseed (*Coreopsis leavenworthii*)

Clouded Sulfur Butterfly

Zebra Longwing Caterpillar

Martial Scrub Hairstreak Butterfly

The Garden Club of Palm Beach
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