

No-Till Mow-able Meadow Plants

Hand weeding is best, especially for small or pocket meadows. Mowing kills a significant portion of overwintering insects, therefore if the space is too large to manage by hand alone, you should spot-mow where possible and do not mow more than half your meadow in any given winter.

Less mowing is more diversity! If you can get away with mowing on a 2-4 year cycle, it's all the better for insect diversity in your meadow.

Perennials

Scientific Name	Common Name
<i>Achillea millefolium</i>	Yarrow
<i>Ageratina altissima</i>	White Snakeroot
<i>Allium cernuum</i>	Nodding Onion
<i>Apocynum cannabinum</i>	Dogbane
<i>Asclepias incarnata</i>	Swamp Milkweed
<i>Asclepias syriaca</i>	Common Milkweed
<i>Asclepias tuberosa</i>	Butterfly Milkweed
<i>Asclepias verticillata</i>	Whorled Milkweed
<i>Baptisia alba</i>	White Wild Indigo
<i>Baptisia australis</i>	Blue False Indigo
<i>Baptisia australis var. minor</i>	Dwarf Blue Indigo
<i>Baptisia sphaerocarpa</i>	Bush Pea
<i>Baptisia tinctoria</i>	Yellow Wild Indigo
<i>Boltonia asteroides</i>	False Aster/Susquehanna Dolls Daisy
<i>Conoclinium coelestinum</i>	Blue Mistflower
<i>Coreopsis lanceolata</i>	Lance-leaved Coreopsis
<i>Coreopsis tripteris</i>	Tall tickseed
<i>Echinacea pallida</i>	Pale Coneflower

<i>Echinacea purpurea</i>	Purple Coneflower
<i>Eryngium yuccifolium</i>	Beargrass/Rattlesnake Master
<i>Eupatorium altissimum</i>	Tall Boneset/Giant Ironweed
<i>Euphorbia corollata</i>	Flowering Spurge
<i>Euthamia graminifolia</i>	Flat-top Goldenrod
<i>Eutrochium maculatum</i>	Spotted Joe-Pye Weed
<i>Filipendula rubra</i>	Queen of the Prairie
<i>Gentiana andrewsii</i>	Bottle Gentian
<i>Heliopsis helianthoides</i>	False Sunflower
<i>Hypericum pyramidatum</i>	Tall St. John's Wort
<i>Liatris spicata</i>	Blazing Star
<i>Lobelia siphilitica</i>	Blue Cardinal Flower
<i>Monarda fistulosa</i>	Wild Bergamot
<i>Penstemon digitalis</i>	Foxglove Beardtongue
<i>Penstemon hirsutus</i>	Hairy Beardtongue
<i>Penstemon pallidus</i>	Pale Beardtongue
<i>Pycnanthemum muticum</i>	Mountain Mint
<i>Pycnanthemum tenuifolium</i>	Narrow Mountain Mint
<i>Pycnanthemum verticillatum</i>	Hairy Mountain Mint
<i>Rudbeckia fulgida</i>	Orange Coneflower
<i>Rudbeckia hirta</i>	Black-eyed Susan
<i>Rudbeckia laciniata</i>	Cutleaf Coneflower
<i>Rudbeckia maxima</i>	Large Coneflower
<i>Rudbeckia triloba</i>	Brown-eyed Susan
<i>Solidago gigantea</i>	Giant Goldenrod
<i>Solidago juncea</i>	Early Goldenrod
<i>Solidago rugosa</i>	Wrinkleleaf Goldenrod

<i>Solidago speciosa</i>	Showy Goldenrod
<i>Solidago uliginosa</i>	Bog Goldenrod
<i>Symphotrichum ericoides</i>	Heath Aster
<i>Symphotrichum novae-angliae</i>	New England Aster
<i>Symphotrichum oblongifolium</i>	Aromatic Aster
<i>Thermopsis caroliniana</i>	Carolina Lupine/Blue Ridge Buckbean

Grasses

Scientific Name	Common Name
<i>Andropogon virginicus</i>	Broom Sedge
<i>Carex prairea</i>	Prairie Sedge
<i>Carex vulpinoidea</i>	Fox Sedge
<i>Eragrostis spectabilis</i>	Purple Lovegrass
<i>Muhlenbergia capillaris</i>	Pink Muhly/Pink Fairy Fan
<i>Panicum virgatum</i>	Switchgrass
<i>Schizachyrium scoparium</i>	Little Blue Stem
<i>Sporobolus heterlepis</i>	Prairie Dropseed