

### Common Native Flowers to Grow from Seed

Information adapted from the Native Plant Trust by Rutgers University

Name	Seed Ripening Period	Germination Technique
<i>Agastache nepetoides</i> Giant Yellow Hyssop	Collect seeds 3–4 weeks after flowering when the seeds begin to darken. Late summer to early fall.	Seeds will germinate within 4 weeks, if sown at 70° F
<i>Heliopsis helianthoides</i> False Sunflower	Seeds ripen a month after flowering. Fall.	Seeds will germinate within 4 weeks, if sown at 70° F
<i>Oenothera parviflora</i> Evening Primrose	The seeds are contained in the pods, which ripen in mid-summer.	Seeds will germinate within 4 weeks, if sown at 70° F
<i>Salvia lyrata</i> Lyre Leaf Sage	Collect seeds 3–4 weeks after flowering when the seeds begin to darken. Late summer to early fall.	Seeds will germinate within 4 weeks, if sown at 70° F
<i>Coreopsis verticillata</i> Whorled Tickseed	Harvest when heads are yellow. Seeds are ripe when gray-black in color. Summer to fall.	Seeds will germinate upon shifting to 70° F after 90 days of moist cold stratification at 40° F
<i>Echinacea purpurea</i> Eastern Purple Coneflower	Using gloves, harvest seeds by combing them from the dried heads. Late summer to early fall.	Seeds will germinate upon shifting to 70° F after 90 days of moist cold stratification at 40° F
<i>Lobelia cardinalis</i> Cardinal Flower	Seeds are contained in inflated pods that ripen and split 3–4 weeks after blooming. Early fall.	Seeds will germinate within 4 weeks, if sown at 70° F. Seeds require light to germinate
<i>Rudbeckia hirta</i> Blackeyed Susan	Once the center cone is brown and becomes dry, the seeds are ripe. Late summer to early fall.	Seeds will germinate upon shifting to 70° F after 90 days of moist cold stratification at 40° F
<i>Vernonia noveboracensis</i> New York Ironweed	When the papas dries and the heads fluff out, the seeds are ripe. Fall.	Seeds will germinate upon shifting to 70° F after 90 days of moist cold stratification at 40° F
<i>Zizia aurea</i> Golden Zizia	Seeds are ready once the capsules darken to burgundy and then brown. Summer.	Seeds will germinate upon shifting to 70° F after 90 days of moist cold stratification at 40° F