

## Creating Inviting Habitats

**Chart 2. Timing and Beneficiaries of Seed/Fruit Produced by Selected Native Plant Species**

Native Species	Common Name	Fruit (F), Seed (S) Available <sup>1</sup>	Birds <sup>2</sup> and Other Wildlife <sup>3</sup> Benefited	Notes <sup>3</sup>
<i>Stellaris media</i>	chickweed (S)	Jan-May	S, G	leaves edible & used in salads
<i>Ulmus</i> spp.	elm (S)	Mar-Apr	G	<i>U. Americana</i> MA & ND state tree and favorite nesting site for Baltimore orioles
<i>Acer rubrum</i>	red maple (S)	Mar-Jun	G, N, C, S	earliest spring bloomer; adaptable
<i>Amelanchier arborea</i>	serviceberry (F)	May-Jun	R, G, M, W, P	used by 58 wildlife & 35 bird species; early summer food; berries edible & used for jams
<i>Carex</i> spp.	sedge (S)	May-Jul	S, G	some attract waterfowl
<i>Rubus</i> spp.	blackberry (F)	Jun-Jul	R, M, G, T, W, O, C, P, S	juicy edible fruit
<i>Sassafras albidum</i>	sassafras (F)	Jun-Jul	M, R, T	edible & medicinal uses; spring & fall color
<i>Prunus serotina</i>	black cherry (F)	Jul-Aug	R, G, M, W, P, T, O	preferred host plant for tent caterpillars (pests)
<i>Sambucus canadensis</i>	elderberry (F)	Jul-Sep	R, M, G, S, T, O, P	berries eaten by 48 bird species; purple or blue berries edible & used for wine, jams & pie
<i>Helianthus</i> spp.	sunflower (S)	Jul-Oct	S, G, C	hummingbird attracted to <i>H. helianthoides</i>
<i>Lindera benzoin</i>	spicebush (F)	Aug-Sep	R, T	aromatic & edible (as tea & spice); host plant for spicebush swallowtail
<i>Cornus florida</i>	dogwood (F)	Aug-Oct	R, M, G, W, P, T	VA & MO state tree; VA & NC state flower
<i>Rudbeckia fulgida</i>	orange coneflower (S)	Aug-Nov	G, S	cultivars have nice foliage
<i>Pinus</i> spp.	pine (S)	Aug-Nov	G, C, N, W	provides winter cover
<i>Viburnum</i> spp.	viburnum (F)	Aug-Dec	M, W	<i>V. prunifolium</i> 's edible fruit used for preserves
<i>Aster</i> spp.	aster (S)	Aug-Feb	G, S, C, N	
<i>Liriodendron tulipifera</i>	tuliptree (S)	Sep-Oct	G	host plant for eastern tiger swallowtails
<i>Echinacea purpurea</i>	purple coneflower (S)	Sep-Oct	G, S	hummingbirds attracted to the insects; American goldfinch favors seeds
<i>Quercus</i> spp.	oak (S)	Sep-Dec	P, N, C, M	MD state tree ( <i>Q. alba</i> ); acorns for wildlife
<i>Ilex opaca</i>	American holly (F)	Sep-Feb	R, M, W, P	DE state tree
<i>Juniperus virginiana</i>	eastern redcedar (F)	Sep-Feb	W, G, R, M	berries consumed by over 50 bird species
<i>Coreopsis</i> spp.	tickseed (S)	Sep-Mar	G, S	
<i>Solidago</i> spp.	goldenrod (S)	Oct-Mar	G, S	pollen does not cause seasonal allergies

### Bird Key<sup>2</sup>:

- C** chickadees, titmice
- G** grosbeaks, buntings, cardinals, finches
- M** mockingbirds, catbirds, thrashers
- N** nuthatches
- O** orioles

- P** woodpeckers
- R** robins, thrushes
- S** sparrows, towhees
- T** tanagers, vireos
- W** waxwings

### Other Wildlife Key<sup>3</sup>:

- Waterfowl** (shorebirds, wading birds, ducks and/or geese)
- Mammal** (small animals like squirrels, raccoons, opossums, foxes)
- Butterfly** (adults or larval stage)
- Beneficial insect** (pollinators like bees and/or predators like lady bugs)
- Hummingbird** (attracted because of food or insects)

<sup>1</sup>Modified from Radford, et al. (1968). Dates represent timing of fruit or seed presence on the plant; fruits and seeds of many plant species persist through the winter.

<sup>2</sup>According to Martin, Zim, and Nelson (1961).

<sup>3</sup>Adapted from U.S. Fish & Wildlife Service, Native Plants for Wildlife Habitat and Conservation Landscaping. Desirable species likely to use plants for food.

Chart modified from *Managing Backyards & Other Urban Habitats for Birds* (Moorman, 2002).