



“Why Plant Native?” Class Resources

Friday, April 3rd, 2026

[Link to Presentation](#): Additional Links and Resources Found in Speaker Notes

This presentation was heavily inspired by Dr. Doug Tallamy’s talk, “Nature’s Best Hope.” Multiple versions are available on the Internet. Here is the version hosted by the NWF:

<https://www.nwf.org/Native-Plant-Habitats/Resources/Tips-Tools-and-Videos/Natures-Best-Hope-Webinar>

Organizations with Excellent Resources for Beginning Your Journey		
Homegrown National Park and Doug Tallamy’s Work	Xerces Society for Invertebrate Conservation	National Wildlife Federation
https://homegrownnationalpark.org/	https://xerces.org/	https://www.nwf.org/
Great Websites for Becoming Familiar with Plants		
North Carolina Extension Gardener Plant Toolbox	Lady Bird Johnson Wildflower Center: Native Plants of North America	Native Plants Finder
https://plants.ces.ncsu.edu/	https://www.wildflower.org/plants-main	https://nativeplantfinder.nwf.org/
Organizations with Periodical Free Native Plant Distributions		
Asheville Greenworks	MountainTrue	Gardening for Life Project
https://www.ashevillegreenworks.org/	https://mountaintrue.org/	https://www.gardeningforlifeproject.org/
Native Plant Nurseries In Our Area		
Painter’s Greenhouse	The Farm Connection	Carolina Native Nursery
https://www.paintersgreenhouse.com/	https://tfcnursery.com/	https://www.carolinanativenursery.com/
Other Resources:		
Free Wood Chip Delivery Service	Best Cheap, Bulk Native Seed I’ve Found: Garrett Wildflower Seed Farm	Keystone List for Piedmont NC (similar enough to our region, but may have slight variation)
chipdrop.com	https://garrettseed.com/products/	https://mkm.8b5.myftpupload.com/wp-content/themes/nhas/library/docs/NHAS_Recommended_keystone_plants.pdf



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Keystone Species as Outlined by Doug Tallamy for North Carolina:

Birds rear their young on moth caterpillars, so to help the birds, you need plants that make caterpillars! Here are the best plant genera for supporting moths in in North Carolina.

Genus	# of Moths Supported	Genus	# of Moths Supported
<i>Quercus</i> oaks	492	<i>Solidago</i> Goldenrods	102
<i>Prunus</i> cherries	357	<i>Symphotrichum</i> asters	95
<i>Salix</i> willows	284	<i>Helianthus</i> sunflowers	65
<i>Betula</i> birches	296	<i>Solanum</i> nightshade	58
<i>Populus</i> aspen	235	<i>Fragaria</i> strawberry	64
<i>Acer</i> maples	256	<i>Plantago</i> plantain	55
<i>Carya</i> hickories	244	<i>Lactuca</i> wild lettuce	53
<i>Vaccinium</i> blueberries	241	<i>Polygonum</i> smartweed	43
<i>Ulmus</i> elms	177	<i>Eupatorium</i> Joe-pye	46
<i>Pinus</i> pines	166	<i>Ipomoea</i> morning glory	42
<i>Tilia</i> basswood	146	<i>Poa</i> native grasses	35
<i>Fraxinus</i> ash	123	<i>Cirsium</i> native thistle	31
<i>Rubus</i> blackberry	139	<i>Chenopodium</i> goosefoot	34
<i>Alnus</i> alder	166	<i>Panicum</i> panic grass	31
<i>Juglans</i> walnut	134	<i>Amorpha</i> false indigo	30

Best plant genera for specialist native bees in the East.

Genera	# of Species Supported
<i>Helianthus</i> Sunflowers	18
<i>Symphotrichum</i> Asters	32
<i>Solidago</i> Goldenrods	11
<i>Salix</i> Willows	16
<i>Oenothera</i> Evening primrose	17
<i>Viola</i> Violets	26

Birds also need plants that make nutritious berries. Here are the best options for North Carolina.

<i>Cornus florida</i> (flowering dogwood)	<i>Ilex glabra</i> (inkberry)
<i>Viburnum dentatum</i> (arrowwood viburnum)	<i>Ilex opaca</i> (American holly)
<i>Viburnum nudum</i> (possumhaw viburnum)	<i>Sambucus canadensis</i> (elderberry)
<i>Viburnum rufidulum</i> (blackhaw viburnum)	<i>Vaccinium sp.</i> (blueberry)
<i>Parthenocissus quinquefolia</i> (Virginia creeper)	<i>Ilex verticillata</i> (winterberry holly)
<i>Toxicodendron radicans</i> (poison ivy)	<i>Swida racemosa</i> (grey dogwood)

Data from Native Plants Finder (<https://nativeplantfinder.nwf.org/>) and Jared Fowler 2016.