



CHOOSE YOUR FORBS/LEGUMES

Common Name	Scientific Name Flowering Period	Lbs / acre PLS	Seeds / ft2 PLS	Coefficient of Conservatism	# Seeds / ft <sup>2</sup> @ 1 lb. / ac	% of Mix	Functional Group
		Equivalent rate below					
Brown-eyed susan	Rudbeckia triloba Summer, Fall	0.160	2.000	4	12.489	5.00%	Biennial Forb
Swamp Milkweed	Asclepias incarnata Summer	0.057	0.100	4	1.763	0.25%	Perennial Forb
Sneezeweed	Helenium autumnale Summer, Fall	0.010	0.500	5	47.7502	1.25%	Perennial Forb
Obedient Plant	Physostegia virginiana Summer, Fall	0.0062	0.050	6	8.0808	0.13%	Perennial Forb
Golden Alexander's	Zizia aurea Spring, Summer	0.124	0.500	7	4.0404	1.25%	Perennial Forb
Virginia Mountain Mint	Pycnanthemum virginianum Summer, Fall	0.0012	0.100	4	80.8081	0.25%	Perennial Forb
Cup Plant	Silphium perfoliatum Summer, Fall	0.019	0.010	2	0.5	0.03%	Perennial Forb
Culver's Root	Veronicastrum virginicum Summer	0.0034	1.000	6	293.8476	2.50%	Perennial Forb
Blue Vervain	Verbena hastata Summer, Fall	0.029	1.000	4	34.1598	2.50%	Perennial Forb
New England Aster	Symphotrichum novae-angliae Summer, Fall	0.00083	0.020	4	24.2424	0.05%	Perennial Forb
Ironweed	Vernonia fasciculata Summer, Fall	0.0023	0.020	4	8.8154	0.05%	Perennial Forb
Saw-tooth Sunflower	Helianthus grosseserratus Summer, Fall	0.0018	0.010	3	5.5096	0.03%	Perennial Forb
Square-stemmed Monkeyflower	Mimulus ringens Summer, Fall	0.0020	1.690	4	844.8118	4.23%	Perennial Forb
Spotted Joe Pye Weed	Eutrochium maculatum Summer	0.0057	0.200	6	34.8944	0.50%	Perennial Forb
Great St. John's Wort	Hypericum ascyron Summer	0.026	1.800	6	69.7888	4.50%	Perennial Forb
Great Blue Lobelia	Lobelia siphilitica Summer, Fall	0.0027	0.500	4	183.6547	1.25%	Perennial Forb
Cardinal Flower	Lobelia cardinalis Summer, Fall	0.0034	0.500	6	146.9238	1.25%	Perennial Forb



