

CHOOSE YOUR FORBS/LEGUMES

Common Name	Scientific Name Flowering Period	Lbs / acre PLS Equivalent rate below	Seeds / ft2 PLS	Coefficient of Conservatism	# Seeds / ft ² @ 1 lb. / ac	% of Mix	Functional Group
Black-eyed Susan	Rudbeckia hirta Summer, Fall	0.059	2.000	3	33.792	5.00%	Biennial Forb
Gray-headed Coneflower	Ratibida pinnata Summer, Fall	0.091	1.000	4	11.019	2.50%	Perennial Forb
Sneezeweed	Helenium autumnale Summer, Fall	0.046	2.190	5	47.7502	5.48%	Perennial Forb
Culver's Root	Veronicastrum virginicum Summer	0.0051	1.500	6	293.8476	3.75%	Perennial Forb
Obedient Plant	Physostegia virginiana Summer, Fall	0.012	0.100	6	8.0808	0.25%	Perennial Forb
Virginia Mountain Mint	Pycnanthemum virginianum Summer, Fall	0.0037	0.300	4	80.8081	0.75%	Perennial Forb
Blue Vervain	Verbena hastata Summer, Fall	0.0059	0.200	4	34.1598	0.50%	Perennial Forb
Cup Plant	Silphium perfoliatum Summer, Fall	0.019	0.010	2	0.5	0.03%	Perennial Forb
Great St. John's Wort	Hypericum ascyron Summer	0.021	1.500	6	69.7888	3.75%	Perennial Forb
Golden Alexander's	Zizia aurea Spring, Summer	0.050	0.200	7	4.0404	0.50%	Perennial Forb
Boneset	Eupatorium perfoliatum Summer, Fall	0.0051	0.300	6	58.7695	0.75%	Perennial Forb
Wild Quinine	Parthenium integrifolium Summer, Fall	0.019	0.050	9	2.5712	0.13%	Perennial Forb
Rattlesnake Master	Eryngium yuccifolium Summer, Fall	0.018	0.050	7	2.7548	0.13%	Perennial Forb
Wild Bergamot	Monarda fistulosa Summer, Fall	0.0019	0.050	3	25.7117	0.13%	Perennial Forb
Sweet Coneflower	Rudbeckia subtomentosa Summer, Fall	0.019	0.300	6	15.7943	0.75%	Perennial Forb
Canadian Milkvech	Astragalus canadensis Summer	0.0080	0.050	5	6.2443	0.13%	Perennial Forb, Legume
Swamp Milkweed	Asclepias incarnata Summer	0.057	0.100	4	1.7631	0.25%	Perennial Forb
Ironweed	Vernonia fasciculata Summer, Fall	0.011	0.100	4	8.8154	0.25%	Perennial Forb

