

CHOOSE YOUR FORBS/LEGUMES

Common Name	Scientific Name <small>Flowering Period</small>	Lbs / acre PLS	Seeds / ft2 PLS	Coefficient of Conservatism	# Seeds / ft ² @ 1 lb. / ac	% of Mix	Functional Group
		Equivalent rate below					
Great St. John's Wort	Hypericum ascyron <small>Summer</small>	0.057	4.000	6	69.789	10.00%	Perennial Forb
Ohio Spiderwort	Tradescantia ohiensis <small>Spring, Summer</small>	0.0034	0.010	4	2.938	0.03%	Perennial Forb
Swamp Milkweed	Asclepias incarnata <small>Summer</small>	0.057	0.100	4	1.7631	0.25%	Perennial Forb
Winged Loosestrife	Lythrum alatum <small>Summer, Fall</small>	0.0036	4.000	6	1101.9284	10.00%	Perennial Forb
Saw-tooth Sunflower	Helianthus grosseserratus <small>Summer, Fall</small>	0.0091	0.050	3	5.5096	0.13%	Perennial Forb
Obedient Plant	Physostegia virginiana <small>Summer, Fall</small>	0.012	0.100	6	8.0808	0.25%	Perennial Forb
Cardinal Flower	Lobelia cardinalis <small>Summer, Fall</small>	0.0020	0.300	6	146.9238	0.75%	Perennial Forb
Great Blue Lobelia	Lobelia siphilitica <small>Summer, Fall</small>	0.0027	0.500	4	183.6547	1.25%	Perennial Forb
Boneset	Eupatorium perfoliatum <small>Summer, Fall</small>	0.0017	0.100	6	58.7695	0.25%	Perennial Forb
New England Aster	Symphotrichum novae-angliae <small>Summer, Fall</small>	0.012	0.300	4	24.2424	0.75%	Perennial Forb
Blue Vervain	Verbena hastata <small>Summer, Fall</small>	0.029	1.000	4	34.1598	2.50%	Perennial Forb
Ironweed	Vernonia fasciculata <small>Summer, Fall</small>	0.057	0.500	4	8.8154	1.25%	Perennial Forb
Seedbox	Ludwigia alternifolia <small>Summer</small>	0.0084	4.000	4	477.5023	10.00%	Perennial Forb
Spotted Joe Pye Weed	Eutrochium maculatum <small>Summer</small>	0.0072	0.250	6	34.8944	0.63%	Perennial Forb
Square-stemmed Monkeyflower	Mimulus ringens <small>Summer, Fall</small>	0.0047	4.000	4	844.8118	10.00%	Perennial Forb
Canada Anemone	Anemone canadensis <small>Spring, Summer</small>	0.0034	0.010	4	2.9385	0.03%	Perennial Forb
Prairie Rosinweed	Silphium terebinthinaceum <small>Summer, Fall</small>	0.027	0.010	0	0.4	0.03%	Perennial Forb
Sneezeweed	Helenium autumnale <small>Summer, Fall</small>	0.084	4.000	5	47.7502	10.00%	Perennial Forb
Golden Alexander's	Zizia aurea <small>Spring, Summer</small>	0.248	1.000	7	4.0404	2.50%	Perennial Forb
Cup Plant	Silphium perfoliatum <small>Summer, Fall</small>	0.019	0.010	2	0.5	0.03%	Perennial Forb
Brown-eyed Susan	Rudbeckia triloba <small>Summer, Fall</small>	0.320	4.000	4	12.4885	10.00%	Biennial Forb
Sweet Coneflower	Rudbeckia subtomentosa <small>Summer, Fall</small>	0.032	0.500	6	15.7943	1.25%	Perennial Forb
Showy Ticktrefoil	Desmodium canadense <small>Summer</small>	0.050	0.100	6	2.0202	0.25%	Perennial Forb, Legume
Purple Meadow-rue	Thalictrum dasycarpum <small>Summer</small>	0.025	0.100	6	4.0404	0.25%	Perennial Forb
Virginia Mountain Mint	Pycnanthemum virginianum <small>Summer, Fall</small>	0.012	0.960	4	80.8081	2.40%	Perennial Forb
Riddell's Goldenrod	Oligoneuron riddellii <small>Summer, Fall</small>	0.0029	0.100	9	34.1598	0.25%	Perennial Forb

