

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>	0.036	2.500	6	69.789	6.25%	Perennial Forb
Virginia Mountain Mint	Pycnanthemum virginianum <small>Summer, Fall</small>	0.0062	0.500	4	80.808	1.25%	Perennial Forb
Swamp Milkweed	Asclepias incarnata <small>Summer</small>	0.028	0.050	4	1.7631	0.13%	Perennial Forb
Winged Loosestrife	Lythrum alatum <small>Summer, Fall</small>	0.0023	2.500	6	1101.9284	6.25%	Perennial Forb
Saw-tooth Sunflower	Helianthus grosseserratus <small>Summer, Fall</small>	0.0018	0.010	3	5.5096	0.03%	Perennial Forb
Ohio Spiderwort	Tradescantia ohiensis <small>Spring, Summer</small>	0.0034	0.010	4	2.9385	0.03%	Perennial Forb
Cardinal Flower	Lobelia cardinalis <small>Summer, Fall</small>	0.0014	0.200	6	146.9238	0.50%	Perennial Forb
Great Blue Lobelia	Lobelia siphilitica <small>Summer, Fall</small>	0.0016	0.300	4	183.6547	0.75%	Perennial Forb
Boneset	Eupatorium perfoliatum <small>Summer, Fall</small>	0.00085	0.050	6	58.7695	0.13%	Perennial Forb
New England Aster	Symphotrichum novae-angliae <small>Summer, Fall</small>	0.0041	0.100	4	24.2424	0.25%	Perennial Forb
Blue Vervain	Verbena hastata <small>Summer, Fall</small>	0.059	2.000	4	34.1598	5.00%	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>	0.0052	2.500	4	477.5023	6.25%	Perennial Forb
Spotted Joe Pye Weed	Eutrochium maculatum <small>Summer</small>	0.0029	0.100	6	34.8944	0.25%	Perennial Forb
Square-stemmed Monkeyflower	Mimulus ringens <small>Summer, Fall</small>	0.0023	1.940	4	844.8118	4.85%	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>	0.052	2.500	5	47.7502	6.25%	Perennial Forb
Golden Alexander's	Zizia aurea <small>Spring, Summer</small>	0.124	0.500	7	4.0404	1.25%	Perennial Forb
Obedient Plant	Physostegia virginiana <small>Summer, Fall</small>	0.012	0.100	6	8.0808	0.25%	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>	0.200	2.500	4	12.4885	6.25%	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>	0.0050	0.010	6	2.0202	0.03%	Perennial Forb, Legume
Purple Meadow-rue	Thalictrum dasycarpum <small>Summer</small>	0.012	0.050	6	4.0404	0.13%	Perennial Forb
Culver's Root	Veronicastrum virginicum <small>Summer</small>	0.0017	0.500	6	293.8476	1.25%	Perennial Forb
Riddell's Goldenrod	Oligoneuron riddellii <small>Summer, Fall</small>	0.0015	0.050	9	34.1598	0.13%	Perennial Forb

