**Native Forb Seed Harvesting**
**Compiled by Curious By Nature**

| Common Name | Scientific Name | Species Count | Growth Form | Habitat | When is Seed Ripe? | Propagation Comments | Begins Blooming | Bloom Color | Pollinators | Fall Leaf Color |
|---|---|---|---|---|---|---|---|---|---|---|
| Blue Vervain | Verbena hastata | 1 | Forb | Moist thickets, shores and meadows | Nutlets ripen in late summer or early fall | Sow seeds directly outdoors in the late fall. | May week 3 | Blue | Long-tongued and short-tongued bees, including honey bees, bumblebees, cuckoo bees (Triepeolus spp.), digger bees (Melissodes spp.), Halictid bees, and dagger bees (Calliopsis spp.), including the oligolectic Verbena Bee (Calliopsis verbenae). | Reddish Purple |
| Boneset | Eupatorium perfoliatum | 1 | Forb | Low ground | October | Easily propagated by seed. | July week 3 | White | Bees, flies, wasps, butterflies, and beetles. | Reddish Purple |
| Canada Anemone | Anemone canadensis | 1 | Forb | Damp meadows and shores | Small green seeds ripen on round clusters in late July and early August. A gentle touch separates the seeds from the stalk. This plant does not produce a lot of seed. | Seeds must be sown immediately and cannot be stored dry. | May week 4 | White | Small bees (Andrenid, Halictid) that collect pollen and Syrphid flies that feed on pollen | Yellow |
| Common Milkweed | Asclepias syriaca | 1 | Forb | Fields and roadsides | Late September to November | Cold-stratified seeds should germinate and sprout within 10-15 days after planting. | June week 4 | Brownish pink or greenish purple | Long-tongued bees, short-tongued bees, wasps, flies, skippers, butterflies, and moths, including Sphinx moths. | Yellow |
| Early Goldenrod | Solidago juncea | 1 | Forb | Fields and borders | End of September to early October | Seed germination may be increased with stratification, but this pre-treatment is not absolutely necessary. If planting untreated seed, be sure it is fresh. | July week 4 | Yellow | Long-tongued and short-tongued bees, wasps, flies, butterflies, moths, and beetles, including Chauliognathus pennsylvanicus (Goldenrod Soldier Beetle) | Plum |
| Enchanter's Nightshade | Circaea canadensis | 1 | Forb | Woods and thickets | September | Seed requires cold stratification | June week 4 | White | Small bees, including Halictid bees (Lasioglossum spp.) and little carpenter bees (Ceratina spp.); they are also visited by Syrphid flies and bee flies (Bombyliidae) | Yellow |
| False Solomon's-seal | Maianthemum racemosum | 1 | Forb | Wooded banks and roadsides | Late September and October | Seed can be very slow to germinate, often taking 18 months or longer. | May week 4 | White | Cross-pollinated by beetles, Halictid bees (Halictus spp., Lasioglossum spp.), Andrenid bees (Andrena spp.), Syrphid flies, bee flies (Bombylius spp.), and Anthomyiid flies. | Yellow/Brown |
| Flat-topped Goldenrod | Euthamia graminifolia | 1 | Forb | Moist to dry sandy soils in meadows, prairies, roadsides and shores | Early to mid-October | Seed germination may be increased with cold-moist stratification, but this pre-treatment is not absolutely necessary | August week 4 | Yellow | Long-tongued bees, short-tongued bees, wasps, flies, butterflies, moths, and beetles. Various wasps and a few beetle species, such as Chauliognathus pennsylvanicus (Goldenrod Soldier Beetle) and Epicauta pensylvanica (Black Blister Beetle), seem to be especially attracted to the flowers. | Yellow/Brown |
| Foxglove Beardtongue | Penstemon digitalis | 1 | Forb | Fields and borders of woods | Late September and October, when seedpods turn brown and dry. Dry pods need gentle crushing to extract the seeds. | Germination is best with cold-moist stratification and light. | June week 2 | White | Long-tongued bees, including honeybees, bumblebees, Anthophorine bees, Miner bees, Mason bees, and large Leaf-Cutting bees. To a lesser extent, Halictid bees, butterflies, Sphinx moths, and hummingbirds may visit the flowers, but they are not effective pollinators | Red |

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| Fringed Loosestrife | Lysimachia ciliata | 1 | Forb | Moist thickets and shores | At maturity a single round smooth capsule is formed with the sepals persistent. It turns brown at maturity and opens into five sections. | Seeds require 60 days of cold stratification for germination. Seeds require light for germination so sow on top of soil. | June week 4 | Yellow | Melittid bee (Macropis steironematis) and Halictid bee (Lasioglossum versatus). | Yellow/Red |
| Goldthread | Coptis trifolia | 1 | Forb | Moist woods and bogs | Late August and September | Seeds will germinate after one winter and flower after two. | April week 4 | White | Flower fly (Megasyrphus laxus) - this group of flies also called hover flies, or Syrphid flies. | N/A |
| Hairy Beardtongue | Penstemon hirsutus | 1 | Forb | Dry woods or rocky hillsides | late August and September | For spring planting, mix the seeds with moist sand and store in the refrigerator for 30-60 days before planting. This seed can also be started indoors 6-8 weeks before planting in the spring. | June week 2 | Purplish or violet | Long-tongued bees (Apis mellifera; Bombus auricomus; Bombus bimaculatus; Bombus griseocollis; Bombus impatiens; Bombus pensylvanicus; Bombus vagans; Anthophora abrupta; Anthophora ursina; Ceratina calcarata; Ceratina dupla dupla; Synhalonia belfragii; Synhalonia rosae; Synhalonia speciosa; Melecta thoracica; Nomada affabilis; Xylocopa virginica; Hoplitis pilosifrons; Osmia atriventris; Osmia bucephala bucephala; Osmia collinsiae; Osmia cordata; Osmia distincta; Osmia lignaria lignaria; Osmia pumila) and short-tongued bees (Lasioglossum admirandum). | Brown |
| Hairy White Old-field Aster | Symphyotrichum pilosum | 1 | Forb | Fields, meadows and roadsides | Late October and November | Seeds will germinate upon being shifted to 70°F after 90 - 140 days of moist, cold stratification at 40°F. | August week 1 | White | Honeybees, bumblebees, little carpenter bees (Ceratina spp.), cuckoo bees (Epeolus spp., Triepeolus spp.), long-horned bees (Melissodes spp.), leaf-cutting bees (Megachile spp.), Halictid bees, plasterer bees (Colletes spp.), Andrenid bees, Sphecid wasps, Vespid wasps, Ichneumonid wasps, Braconid wasps, Syrphid flies, bee flies (Exoprosopa spp., Villa spp.), thick-headed flies (Conopidae), Tachinid flies, flesh flies (Sarcophagidae), blow flies (Lucilia spp.), Muscid flies, small- to medium-sized butterflies, skippers, moths, and various beetles. | Yellow |
| Hemp Dogbane | Apocynum cannabinum | 1 | Forb | Dry thin forests, rocky openings, fields, thickets, gravely stream banks, and roadsides | Late September | Best sown as soon as it is ripe in late summer and overwintered outdoors. The seed requires a period of cold stratification if it is to germinate well. | June week 3 | Greenish white | Cuckoo bees (Nomada spp.), Halictid bees, plasterer bees (Colletes spp.), masked bees (Hylaeus spp.), Sphecid wasps, Syrphid flies, bee flies (Bombyliidae), Tachinid flies, Calliphorid flies, butterflies, skippers, and beetles. | Yellow |
| Hog Peanut | Amphicarpaea bracteata | 1 | Forb | Moist thickets | Late September and October | Easy germination with pre-soaking of the seeds in warm water before sowing (light scarification can also be used). | August week 2 | Lilac, pale purple or white | Bees and butterflies | Yellow |

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| Jack-in-the-Pulpit | Arisaema triphyllum | 1 | Forb | Moist woods | September | After removing seeds from each berry, they can be sown outdoors immediately after harvesting the cluster of berries as soon as they turn red in late summer. | May week 1 | Green and purple | Fungus gnats (Sciaridae & Mycetophilidae) and the larvae of parasitic thrips. In particular, the oligolectic thrips Heterothrips arisaemae and probably Ctenothrips bridwelli are attracted to the flowers. | Yellow |
| Lopseed | Phryma leptostachya | 1 | Forb | Rich woods | September | Seeds require 60 days of cold stratification for germination. | July week 2 | Lavender or purplish | Small bees, such as Little Carpenter bee (Ceratina dupla) and Green Metallic bee | Brown |
| Mad-dog Skullcap | Scutellaria lateriflora | 1 | Forb | Wet or moist woods and thickets | September | Seeds will germinate at a high rate naturally, and does better with a short period of stratification (1 week or so). | July week 1 | Blue or violet | Long-tongued bees (Melissodes bimaculata bimaculata). | Yellow |
| New England Aster | Symphyotrichum novae-angliae | 1 | Forb | Fields and damp meadows | mid-October to November | Seeds are ripe when fluffy and tan and dislodge easily from the flowering stalk | September week 1 | Violet-purple | Long-tongued bees, bee flies, butterflies, and skippers | Reddish Purple / Yellow |
| Spotted St. Johnswort | Hypericum punctatum | 1 | Forb | Damp places | Late September and October | Seed requires a period of dormancy before germination. | July week 4 | Yellow | Long-tongued and short-tongued bees, including bumblebees and Halictid bees. | Yellow/Red |
| Swamp Milkweed | Asclepias incarnata | 1 | Forb | Swamps and shores | Late September through October | Seeds require at least 30 days of cold stratification before they will germinate. | July week 2 | Pink to rose-purple | Long-tongued bees, wasps, flies, skippers, and butterflies. | Yellow |
| Tall Goldenrod | Solidago altissima ssp. altissima | 1 | Forb | Dry open places | Mid- to late October | Seeds usually require 60 days of cold stratification for germination. | August week 2 | Yellow | Long-tongued bees, short-tongued bees, wasps, flies, beetles, and a few butterflies and moths. | Yellow/Red |
| Tall Meadow Rue | Thalictrum pubescens | 1 | Forb | Sunny swamps and low meadows | Late August and September | Seeds may not germinate until the second year. | June week 2 | White | Bees and butterflies. | Yellow |
| Thimbleweed | Anemone virginiana | 1 | Forb | Rocky woods and banks | Late September and October | Seeds require 60 days of cold stratification for germination. | June week 2 | White | Small bees and flower flies visit the flowers occasionally for pollen. Bee visitors include Plasterer bees (Colletes spp.) and Halictid bees (Halictus spp., Lasioglossum spp., etc.). | Reddish Purple |
| Thin-leaved Coneflower | Rudbeckia triloba var. triloba | 1 | Forb | Dry to moist open places | Nutlets turn charcoal-gray at maturity, usually 3-4 weeks after the bloom period. Seeds are mature at this time, but they are easier to collect after cones lose their tight compact stucture. | Seeds require cold stratification (35-40°F for 2-4 months) and will germinate 10-30 days thereafter. | August week 1 | Yellow | Often self-pollinated, but does attract numerous nectar-seeking and pollen-seeking insects to its flowers: bumblebees, little carpenter bees (Ceratina spp.), digger bees (Melissodes spp.), cuckoo bees (Triepeolus spp., Coelioxys spp.), leaf-cutting bees (Megachile spp.), Andrenid bees (Andrena spp., Heterosarus spp.), and Halictid bees (including green metallic bees). Andrena rudbeckiae, is a specialist pollinator (oligolege) of Rudbeckia and Ratibida coneflowers. | Brown |
| Virginia Mountain Mint | Pycnanthemum virginianum | 1 | Forb | Dry woods, meadows, fields, and thickets | October | Require cold stratification. Seeds need light to germinate; sow on soil surface and leave uncovered. | July week 1 | White | Honeybees, Cuckoo bees, Halictid bees, Sphecid wasps, Eumenine wasps, bee flies, Tachinid flies, Wedge-shaped beetles, and Pearl Cresecent butterflies | Yellow |
| White Avens | Geum canadense | 1 | Forb | Thickets and open woods | late August and September | Cold stratify if sowing indoors or direct sow outdoors in fall. | June week 2 | White | Bees, wasps, flies, and beetles suck nectar; some bees also collect pollen, while Syrphid flies often feed on the pollen. | Yellowish Red |

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| White Wood Aster | Eurybia divaricata | 1 | Forb | Dry woods and clearings | October and November | Seeds normally need 30 to 60 days of cold stratification for germination. | August week 2 | White | Long-tongued bees, short-tongued bees, wasps, flies, butterflies, beetles, and Andrenid bee (Andrena hirticincta). | Yellow |
| Wild Bergamot | Monarda fistulosa | 1 | Forb | Dry hillsides and margins of woods | Seeds ripen 2 months after plant blooms. Husks turn papery and tan with brown seeds that shake out when ripe. | Very easy to start from seed. Seeds do not need to be cold stratified. | July week 1 | Lilac or pink | Long-tongued bees, bumblebees, Miner bees, Epeoline Cuckoo bees, and large Leaf-Cutting bees. A small black bee (Dufourea monardae) specializes in the pollination of Monarda flowers. Sometimes Halictid bees collect pollen, while some wasps steal nectar by perforating the nectar tube. The Ruby-Throated Hummingbird also visits the flowers. | Brown |
| Woodland Agrimony | Agrimonia striata | 1 | Forb | Woods and thickets | Late September and October | Seeds require 4-8 weeks of cold stratification. | July week 3 | Yellow | Primarily Halictid bees, other small bees, Syrphid flies, and other flies. | Yellow |
| Wrinkle-leaved Goldenrod | Solidago rugosa var. rugosa | 1 | Forb | Fields and thickets | October and November | Mature seeds are white. Most seeds are flat and not viable. Viable seeds are thicker. Seeds remain in the heads for several weeks past the first frost. | August week 2 | Yellow | Small bees, wasps, flies, small butterflies, skippers, and beetles | Reddish Yellow |
| Zigzag Goldenrod | Solidago flexicaulis | 1 | Forb | Rich woods | Late October and November | Seed requires one to two months of cold moist stratification to germinate. Because the seed is so small, sow seed on the surface of the soil. Do not cover the seed with soil or leaf litter. The seed germinates easily. | August week 1 | Yellow | Long-tongued bees, small-tongued bees, wasps, flies, and butterflies. | Yellow |
| | | *32* | | | | | | | | |