



Plants for Ecological Restoration

This guide to grasses, herbaceous plants, shrubs, and trees for ecological restoration projects in and around wetlands has been compiled by SAM (Stewardship Association of Municipalities, samnl.org) for the province of Newfoundland and Labrador.

Sources: Todd Boland, MUN Botanical Garden; Tim Murray and Lorna Hogan, Murray's Gardens and Landscape Services; Canadian Wildlife Federation's Restore a Ribbon of Life (cwf-fcf.org/en/resources/for-educators/lesson-plans/archive/habitat-projects/members/ribbon-of-life.html); missouribotanicalgarden.org; illinoiswildflowers.info; plants.usda.gov

Name	Range	Site Requirements	Conservation Value
Herbaceous Plants			
Joe-pye weed (<i>Eutrochium maculatum</i>)	Coast to coast	Wetlands, meadows, marshes, fens; less tolerant of disturbance	Highly attractive to butterflies, honeybees, bumblebees
Tall Meadowrue (<i>Thalictrum pubescens</i>)	ON, QC, NB, PEI, NS, NL	Lower, wetter sites	Food source for pollinators and other invertebrates
Blue flag iris (<i>Iris versicolor</i>)	MB, ON, QC, NB, PEI, NS, NL	Wet sites, shallow water	Attractive to pollinators such as bees, butterflies, and moths, as well as to other insects; provides cover
Purple-stem (swamp) aster (<i>Symphotrichum puniceum</i>)	Coast to coast	Swamps, open wet areas with sun	Attractive to a wide variety of pollinators and insects
Turtlehead (<i>Chelone glabra</i>)	MB, ON, QC, NB, PEI, NS, NL	Moist to wet soils; full to partial sun	Attractive to pollinators such as bumblebees, butterflies, and other insects; erosion control
Rough-stemmed goldenrod (<i>Solidago rugosa</i>)	ON, QC, NB, PEI, NS, NL	Low woods, barrens, bogs, old fields	Attractive to a wide variety of pollinators and insects; food source for passerine birds and grouse
Lance-leaved goldenrod (<i>Euthamia graminifolia</i>)	Coast to coast	Moist soil, wetland edges, ditches	Food source for goldfinch, sparrows, and some mammals; attractive to pollinators
Fireweed (<i>Chamerion angustifolium</i>)	Coast to coast	Full or partial sun; moist soil	Attractive to pollinators; food source for insects and some mammals
White-topped aster (<i>Doellingera umbellata</i>)	ON, QC, NB, PEI, NS, NL	Full or partial sun; slightly wet to moist soil	Food source for songbirds and grouse; attractive to pollinators including bees and butterflies
New York aster (<i>Symphotrichum novi-belgii</i>)	QC, NB, PEI, NS, NL	Brackish or salt marshes; riparian areas	Late season food source for songbirds; attractive to pollinators including bees and butterflies
Shrubs & Small Trees			
Balsam-poplar (<i>Populus balsamifera</i>)	Coast to coast	Full sun to partial shade; prefers most soils on shorelines	Erosion control; vegetation buffer; wildlife food, cover, and nesting sites
Bebb's or Beaked Willow (<i>Salix bebbiana</i>)	Coast to coast	Tolerant to a range of wet soils; full sun to partial shade	Erosion control, bank stabilization, excess nutrient uptake, food source
Broad leaved Meadowsweet (<i>Spiraea latifolia</i>)	MB, ON, QC, NB, NS, PEI, NL	Moist clay, sand, or loam soils with sun or partial shade	Food for birds, butterflies, and bees; host plant for Spring Azure butterfly
Green alder (<i>Alnus crispa</i>)	Coast to coast	Nutrient-poor sites with normal or moist soil; sun or partial shade	Erosion control and bank stabilization, excess nutrient uptake, food source; fixes nitrogen
Grey/ speckled alder (<i>Alnus incana</i>)	Coast to coast	Riparian areas; wide range of soil types and moisture levels	Erosion control and bank stabilization, excess nutrient uptake, food source; fixes nitrogen
Highbush cranberry (<i>Viburnum trilobum</i>)	AB, SK, MB, ON, QC, NB, NS, PEI, NL	Stream banks and lake shores; wide range of soils; shade tolerant	Erosion control; vegetation buffer; fence row; food for birds and mammals
Purple chokeberry (<i>Aronia floribunda</i>)	ON, QC, NB, NS, PEI, NL	Wet soils; wetland edges	Fruits are a good food source for birds
Pussy-willow (<i>Salix discolor</i>)	Coast to coast	Full sun; deep, rich shoreline soils; moist to wet conditions	Vegetation buffer; fence row; nectar source for pollinators; food source

Red-osier dogwood (<i>Cornus sericea</i> / <i>Cornus stolonifera</i>)	Coast to coast	Full sun to partial shade in moist to wet soils; stream banks; lake shores; wetlands	Vegetation buffer; fence row; food, cover, and nesting sites for birds and mammals
Shining Rose (<i>Rosa nitida</i>)	ON, QC, NB, NS, PEI, NL	Bogs and wet soils	Food source for songbirds and grouse; attractive to pollinators such as bumblebees and other bees
Sweet gale, bog myrtle (<i>Myrica gale</i>)	Coast to coast	Bogs, intertidal areas	Fixes nitrogen; food source for a variety of insects, including butterflies
Winterberry (<i>Ilex verticillata</i>)	ON, QC, NB, NS, PEI, NL	Partial sun, wet to moist conditions	Important winter food source for songbirds, other small birds, and mammals;
American mountain ash (<i>Sorbus americana</i>)	Coast to coast	Full sun; wide range of soils	Vegetation buffer; wildlife food, cover, and nesting sites
Blackberry (<i>Rubus</i> sp.)	Coast to coast	Moist, well-drained soils	Vegetation buffer; fence row; food and cover for birds and mammals; butterfly nectar source
Elderberry (<i>Sambucus</i> sp.)	Coast to coast	Full sun to full shade; rich, moist soils	Food and cover for shoreline birds and mammals; butterfly nectar source
Raspberry (<i>Rubus</i> sp.)	YT, NWT, BC, ON, QC, NB, NS, PEI, NL	Wide range of soils; shade tolerant; flood tolerant; stream banks and lake shores	Erosion control; vegetation buffer; fence row; food and shelter for birds and mammals
Wild black currant (<i>Ribes americanum</i>)	YT, NWT, AB, SK, MB, ON, QC, NB, NS, PEI, NL	Wide range of soils; moist to wet shorelines	Erosion control; vegetation buffer; fence row; wildlife food and cover; butterfly nectar source
Trees			
Black Spruce (<i>Picea mariana</i>)	Coast to coast	Wet sites alongside lakes, streams, and wetlands	Vegetation buffer; wildlife food, cover, and nesting sites
Paper birch (<i>Betula papyrifera</i>)	Coast to coast	Full sun to partial shade; wide range of moist soils	Erosion control; vegetation buffer; wildlife food and cover
Red maple (<i>Acer rubrum</i>)	MB, ON, QC, NB, NS, PEI, NL	Wide range of shoreline soils; flood tolerant	Erosion control; vegetation buffer; wildlife food and cover
Shining Willow (<i>Salix lucida</i>)	SK, MB, ON, QC, NB, PEI, NS, NL	Moist to wet conditions	Erosion control; vegetation buffer; wildlife cover; food source
Balsam-fir (<i>Abies balsamea</i>)	YT, AB, SK, MB, ON, QC, NB, NS, PEI, NL	Wide range of moist, rich soils; drought resistant	Vegetation buffer; wildlife food, shelter, and nesting sites
Tamarack or Larch ("juniper" in NL) (<i>Larix laricina</i>)	YT, NWT, ON, QC, NB, NS, PEI, NL	Alongside stream banks and lake shores; wet sites alongside wetlands	Vegetation buffer; food and cover for shoreline birds and mammals
Trembling aspen (<i>Populus tremuloides</i>)	MB, ON, QC, NB, NS, PEI, NL	Full sun to partial shade; wide range of shoreline soils	Erosion control; vegetation buffer; food and cover for shoreline birds and mammals
White pine (<i>Pinus strobus</i>)	YT, NWT, BC, AB, SK, MB, ON, QC, NB, NS, PEI, NL	Wide range of soils; dry sites alongside wetlands	Food and cover for shoreline birds and mammals
Yellow birch (<i>Betula alleghaniensis</i>)	ON, QC, NB, NS, PEI, NL	Full sun to partial shade; moist shoreline soils	Erosion control; vegetation buffer; wildlife food and cover
Terrestrial & Aquatic Grasses			
Blue-joint Grass (<i>Calamagrostis canadensis</i>)	Coast to coast	Various types of forest, taiga, and tundra including wet areas	Food for waterfowl and other animals; bank, shoreline, and soil stabilization
Clovers (<i>Trifolium</i> sp.)	Coast to coast	Wet soils bordering on streams, lakes, and wetlands; full sun	Food and cover for upland birds and mammals; nectar source for pollinating insects
Dune Grass (American beachgrass) (<i>Ammophila breviligulata</i>)	Eastern Canada	Shifting sand dunes, high winds, unstabilized sands with regular sand burial	Bank and shoreline stabilization; tall stands can provide shade and cover for waterfowl
Eelgrass (<i>Zostera marina</i>)	Coasts	Calm waters in the sublittoral zone	Filters polluted runoff, absorbs excess nutrients; protects shorelines from erosion; habitat, protection, nursery, and food source for aquatic animals

Fescue (<i>Festuca</i> sp.)	YT, NWT, BC, AB, SK, MB, ON, QC, NL	Dry to moist soils bordering on streams, lakes, and wetlands; full sun	Erosion control; vegetation buffer; food and cover for upland birds, mammals, and insects
Salt Water or Smooth Cord Grass (<i>Spartina alterniflora</i>)	QC, NB, PEI, NS, NL	Shorelines with 2-45 cm water depths, mid-point between high and low tide elevation	Erosion control, soil stabilizer, food for waterfowl and other animals; tall stands provide shade and cover for waterfowl and may help prevent algal blooms
Three-Square Bulrush (<i>Scirpus americanus</i> / <i>Schoenoplectus americanus</i>)	Coast to coast	Brackish areas with 0-10cm water depths	Good for saltmarsh revegetation; food for waterfowl and other animals
Wild Rye (<i>Elymus virginicus</i>)	Coast to coast	Moist, well-drained soils with full sun to partial shade	Erosion control, food for waterfowl and other animals; tall stands can provide shade and cover for waterfowl and may help prevent algal blooms