

2022 CATALOGUE FOR

Sheila Coughlin's Greenhouse



LOCAL NATIVE PLANT SALES

MOOSE LAKE, MN

Hello Fellow Native Plant Enthusiasts!

My family and I would like to thank you for your interest in growing native plants! We are excited to extend this catalogue to new and returning customers. We appreciate your support! This is our 3rd year operating our small, family run greenhouse. We hold a Nursery Stock Grower Certificate through the Minnesota Department of Agriculture. Each of the plants included in this catalogue has been grown with love. The preferable conditions for each plant are included for each entry along with gardening tips and other information. The plants are organized alphabetically by common name. The price list in the back lists them in the same order.

The benefits of growing native plants are numerous. They welcome wildlife visitors, better the environment, cut-down on water usage, filter storm water run-off, and beautify neighborhoods. They connect us to the earth and bring deep awareness of the intricate web of life we are all part of. You can check out the blog post [Native Plant Gardening: Benefits and Garden Types](#) to learn more about the benefits and to get started with ideas on garden types. If you are new to native plant gardening or would like to explore how to get started check out the post [Native Plant Gardening: Getting Started](#). Both are blog posts authored to help you with your native plant gardening project. We hope both are helpful!

Please, let us know if you have any questions or need help at any point in the ordering process. We are available at **(218)348-6228** or by e-mail at **natureartexploration@gmail.com**. Please, be sure to leave a voice message when calling. Due to the busy, expanding hobby farm we run, we kindly ask you for patience in responding to messages. All calls and e-mails will be returned within 1 to 2 business days. Thank you for understanding. We look forward to providing you with awesome native plants and to you giving the plants we've grown a happy new home.

Peace, love, and native plants,

Sheila Coughlin and James Barney

Sheila Coughlin's Greenhouse

Check out the blog at natureartexploration.com



Explore. Create. Discover.

A blog spot for reconnecting through explorations in nature, art, and culture.

How to Order

Please know we do not ship plants and do not open the greenhouse for on-site sales. Native plants can be planted throughout the spring, summer, and into the fall. We will be taking orders throughout the summer. Please know that plant availability is first come first serve until we are sold-out.

1. **Browse the catalogue and prepare to order.** Print the last page of the catalogue and fill it out in preparation to place your order over the phone. Write down the plants you would like to order and the quantities.
2. **Make your phone call and place your order.** Payments will be taken over the phone securing your order. We will be using PayPal Here and can accept Visa, MasterCard, American Express, and Discover. A date and time for pick-up will be set during the phone call. Please, write down and keep your order number. Distributions will be on Sundays in the used bookstore parking lot across from TJs Country Store in Mahtowa, MN. Your plants will be at the distribution site on the date and time you schedule for pick-up. If you need to re-schedule for another Sunday, please call or e-mail at least 2 days prior to the scheduled pick-up letting us know. It takes time to prepare all of the plants for distribution, so calling if you do need to reschedule will be helpful to all of us at the greenhouse. **Days for plant pick-up are subject to change later in the season.**
3. **Pick-up your plants at the distribution site.** Please, have your trunk and/or back area cleaned out and ready for us to load up your plants. We will have plants organized by names and order numbers. Please, have your order number ready that you were issued. We can place your plants in your trunk or back area, whichever you'd prefer. Thank you in advance for your patience during these distributions. Please, call **(218) 348-6228** or e-mail **natureartexploration@gmail.com** with any questions. We would love to assist you.

Reference Chart for Light Conditions:

Amount of Sunlight	Light Conditions
8 hrs. or more	Full Sun
6 hrs.	Partial Sun
4 hrs.	Partial Shade
2 hrs. or less	Full Shade

Anise Hyssop, *Agastache foeniculum*

Ojibwe Name: Wezaawanashkwak

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 12-16"

Bloom Time: June to September

ID: 2-4 ft. tall with blue or violet flowers in a spike. Anise-scented leaves.

Gardening Tips: Native to dry prairies and upland areas. Self-seeds readily. Clip flower heads before seeds form if you would like to prevent spreading. Tolerant of drought. Pretty trouble-free. Nectar plant for bees, hummingbirds, and butterflies.

USDA Zones: 3-6 **Perennial**



Black-Eyed Susan, *Rudbeckia hirta*

Ojibwe Name: We'zawab-gonik

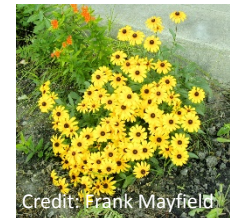
Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 10-12"

Bloom Time: June to October

ID: 1-3 ft. tall aster with yellow-orange ray flowers and dark brown disk.

Gardening Tips: Native to fields, open woods, and disturbed sites. Grows in a wide range of soil conditions. Prefers a moist, well-drained site with plenty of sun. Self-sows. Companion with Blazing Stars, Asters, Butterfly Weed, and Wild Bergamot. Attracts bees and butterflies.

USDA Zones: 3-9 **Biennial**



Blue Flag Iris, *Iris versicolor*

Ojibwe Name: Nabagashk, Wiikenh

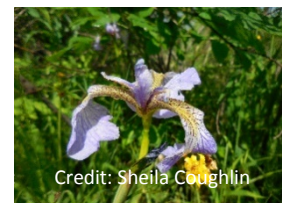
Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 1-2'

Bloom Time: June to July

ID: 2-3 ft. tall with blue-violet, iris shaped flowers. Long, sword-like leaves.

Gardening Tips: Native to wet meadows. Prefers to have its entire root submerged in water. Plant in rich, wet soil in a sunny spot. Amend soil to increase water-holding capacity. Plant along-side Swamp Milkweed and Marsh Marigold. Great plant for a wet meadow garden.

USDA Zone: 3-9 **Perennial**



Blue Vervain, *Verbena hastata*

Ojibwe Name: Zhawaseshkoohnse

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 18-24"

Bloom Time: July to September



ID: 2-4 ft. tall. Dark blue flowers in spikes bloom from the bottom up. Opposite, toothed leaves.

Gardening Tips: Native to wet meadows and prairies. Plant in a sunny spot that has rich, moist soil that is well-drained. Water well. Good companion plant along-side Joe Pye Weed or Boneset. Easy to grow and good choice for a rain garden. Attracts bees and butterflies.

USDA Zones: 3-8 **Perennial**

Boneset, *Eupatorium perfoliatum*

Ojibwe Name: Ogaakananiibiish (ag)

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 1-2'

Bloom Time: July to September



ID: 2-4 ft. tall with clusters of white flower heads. Stem appears to pierce through fused leaves.

Gardening Tips: Native plant of wet meadows and swamp margins. Tough, easy plant. Plant along-side Joe Pye, Blue Vervain, or Swamp Milkweed. Frequented by bees and butterflies.

USDA Zones: 3-8 **Perennial**

Butterfly Weed, *Asclepias tuberosa*

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 1-3'

Bloom Time: June to September



ID: 1 to 2 ft. tall plant with orange-yellow flowers arranged in a flat-topped cluster.

Gardening Tips: Native to dry fields and prairies. Hard to transplant. Plant in a permanent, sunny spot with well-drained soil. Water moderately. Overly wet soil can cause root rot. Plant with Blazing Stars, Goldenrods, and Wild Bergamot. Host plant for the Monarch and Banded Hairstreak butterflies.

USDA Zones: 3-9 **Perennial**

Cardinal Flower, *Lobelia cardinalis*

Ojibwe Name: Shkotaebugonee

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 6-16"

Bloom Time: July to September



ID: 2-4 ft. tall with crimson flowers in a dense spike. Blooms sequentially from the bottom up.

Gardening Tips: Native to wet meadows and stream banks. Not a true perennial but comes back year after year from new offsets that root from lower leaf axils. Self-sows in wet areas. Amend average soil with organic matter before planting and mulch late fall. Hummingbird favorite.

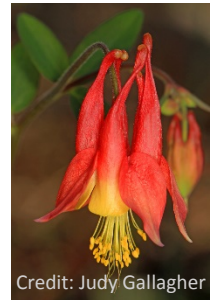
USDA Zones: 4-9 **Perennial**

Columbine, *Aquilegia canadensis*

Ojibwe Name: Misadijibik

Soil: Moist-Dry **Light:** Partial Sun-Partial Shade **Spacing:** 10-17"

Bloom Time: May to June



ID: 1-2 ft. tall with red and yellow, nodding flowers. Spurred petals. Showy.

Gardening Tips: Native to rocky woods. Easy to cultivate. Prefers a slightly acid to neutral site but grows in a range of soil types. Self-seeds and doesn't need dividing. Deer resistant. Great plant for the woodland shade or rock garden alongside Harebell. Attracts hummingbirds.

USDA Zones: 3-8 **Perennial**

Common Milkweed, *Asclepias syriaca*

Ojibwe Names: Ininiwanzh, Zhaabozigan

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 2-3'

Bloom Time: June to August



ID: 2-4 ft. tall with pink to purple flowers. Long, opposite leaves. Milky sap.

Gardening Tips: Native to fields and meadows. Colonies found in ditches and waste places. Large seed pods break open spreading readily. Wide-spreading root system. Milkweed is a sole food source for the Monarch caterpillar.

USDA Zones: 3-8 **Perennial**

Compass Plant, *Silphium laciniatum*

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 3-4'

Bloom Time: June to September

ID: 3-8 ft. tall with yellow sunflower-like flowers. Basal leaves oriented on a north-south axis.

Gardening Tips: Native to prairies. Plant in a permanent spot with plenty of space. Long taproot. Self-sows. Mature plants are drought tolerant. Plant with Rattlesnake Master, Culver's Root, New England Aster, and Joe-Pye Weeds. Goldfinches and other birds eat the seeds.

USDA Zones: 3-9 **Perennial**



Credit: Joshua Mayer

Culver's Root, *Veronicastrum virginicum*

Ojibwe Name: Wiisagijiibik

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 2-3'

Bloom Time: June to August

ID: 3-6 ft. tall, white flowers resemble a candelabrum. Leaves in whorls of 3-7.

Gardening Tips: Native to wet prairies and edges of woodland. Prefers a rich, well-drained site. Amend soil with organic matter before planting and mulch. Add compost annually. Divide roots in the spring every 3-5 years. Companion to Cardinal Flower, Goldenrod, Aster, and Blazing Star.

USDA Zones: 3-8 **Perennial**



Credit: Frank Mayfield

Cup Plant, *Silphium perfoliatum*

Ojibwe Name: Akandamoo

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 2-4'

Bloom Time: July to September

ID: 3-8 ft. tall Aster with yellow flowers. Leaves are perfoliate forming a cup.

Gardening Tips: Native to prairies and low open woodland. Plant in a moist, sunny spot. Self-sows. Remove seed heads to prevent spreading if desired. Chickadees drink water that collects in the cups. Goldfinches love the seeds. Attracts butterflies. Great plant for a prairie garden.

USDA Zones: 4-8 **Perennial**



Credit: Udo Schmidt

Cutleaf Coneflower, *Rudbeckia laciniata*

Ojibwe Name: Giizisobagoons

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 2-4'

Bloom Time: August to September

ID: 3-6 ft. tall. Yellow-green disks with drooping rays. Deeply lobed leaves.

Gardening Tips: Native to moist open areas and stream banks. Great choice for a wet meadow. Prefers fertile loam in a well-drained site. Will grow in a range of soil conditions. Thrives in sun but tolerates light shade. Divide occasionally in spring. Birds eat the seeds. Butterflies frequent.

USDA Zones: 3-8 **Perennial**



Dense Blazing Star, *Liatris spicata*

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 1-2'

Bloom Time: July to September

ID: 2-4 ft. tall purple flowers in a dense spike. Blooms top down for 3 weeks.

Gardening Tips: Native to wet meadows. Doesn't need dividing but tubers can be separated in spring or fall to expand their growth. Most moisture tolerant species of the *Liatris* genus that also does well in average soil. Attracts butterflies and birds that eat the seeds.

USDA Zones: 3-10 **Perennial**



Early Sunflower, *Heliopsis helianthoides*

Ojibwe Name: Giizisobagoons

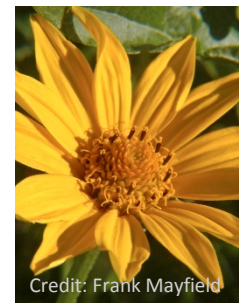
Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 18-36"

Bloom Time: June to August

ID: 2-4 ft. tall with numerous, yellow blooms. Appears sunflower-like.

Gardening Tips: Native to prairies and the edges of woods. Transplants well and can grow in a range of soils. Self-seeds. Beautiful summer bloomer to plant alongside Blazing Stars, Butterfly Weed, Wild Bergamot, and Asters. Shrubby habit.

USDA Zones: 3-8 **Perennial**



Fireweed, *Chamaenerion angustifolium*

Ojibwe Names: Ozhaashijiibik, Zhooshkijiibik

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 1-2'

Bloom Time: July to September

ID: 3-5 ft. tall. Bright, magenta flowers in long racemes. Long, narrow leaves.

Gardening Tips: Native to open areas, roadsides, and other disturbed land. Appears first after a fire. Choose a sunny spot with well-drained, moist soil. Can be aggressive but does not do well when it has other competition. Attracts hummingbirds and bees.

USDA Zones: 2-7 **Perennial**



Credit: Jason Hollinger

Great Blue Lobelia, *Lobelia siphilitica*

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 12-18"

Bloom Time: July to October

ID: 1-3 ft. tall with bright blue flowers in thick spikes. Flowers in leaf axils.

Gardening Tips: Native to wet meadows and river banks. Self-seeds in wet, open areas. Plant in a sunny place with moist, rich soil. Apply compost or fertilizer. Nectar plant for hummingbirds.

USDA Zones: 3-9 **Perennial**



Credit: Sheila Coughlin

Harebell, *Campanula rotundifolia*

Ojibwe Name: Godotaagaans, Ziiginishe

Soil: Moist-Dry **Light:** Partial Sun-Partial Shade **Spacing:** 6-8"

Bloom Time: June to September

ID: 6-12 in. tall with blue to purple, bell-shaped flowers. Delicate and nodding.

Gardening Tips: Native to rocky woods. Prefers a well-drained site without competition. Improve drainage by adding sand or organic matter. Companion with Columbine. Good plant for the woodland shade and rock garden. Self-seeds and spreads by underground stems.

USDA Zones: 3-7 **Perennial**



Credit: Glacier NPS

Mountain Mint, *Pycnanthemus virginianum*

Ojibwe Name: Namewashkoons (ag)

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 12-18"

Bloom Time: July to September

ID: 2-3 ft. tall with white to lavender flowers. Leaves minty when crushed.

Gardening Tips: Native to wet or mesic prairies and open woods. Spreads aggressively by rhizomes and can be invasive. Divide every few years, spade back in the spring, or plant in a large sunken pot. Thrives in a moist, humus-rich soil. Great choice for the pollinator garden.

USDA Zones: 3-7 **Perennial**



New England Aster, *Aster novae-angliae*

Ojibwe Names: Wiiniziikens, Waanisikensiwang

Soil: Moist **Light:** Full Sun-Partial Sun **Spacing:** 2-3'

Bloom Time: August to October

ID: 3-6 ft. tall violet, purple, or rose flowers. Orange centers. Alternate leaves.

Gardening Tips: Native to moist meadows and fields. Self-seeds readily. Clip flower heads before seeds form to prevent spreading. Deer resistant and tolerant of drought. Does well in many soil conditions. May need staking. Divide every 3rd year in spring. Great butterfly garden plant.

USDA Zones: 3-8 **Perennial**



Purple Coneflower, *Echinacea purpurea*

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 18-24"

Bloom Time: July to September

ID: 2-4 ft. tall with showy, purple ray flowers. Disk flowers with spines.

Gardening Tips: Native to moist prairies and meadows. Easy to grow. Great choice for a prairie planting or butterfly garden. Companion with Wild Bergamot, Rough Blazing Star, or Rattlesnake Master. Monarch favorite nectar plant. Seeds enjoyed by the American Goldfinch.

USDA Zones: 4-8 **Perennial**



Rattlesnake Master, *Eryngium yuccifolium*

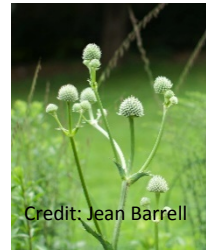
Soil: Moist-Dry **Light:** Full Sun **Spacing:** 18-24"

Bloom Time: July to September

ID: 2-4 ft. tall with bristly, white flowers. Blue-green leaves with pointed teeth.

Gardening Tips: Native to mesic prairies and open woods. Good choice for prairie plantings alongside Blazing Star, Culver's Root, Coneflowers, or Asters. Prefers a sunny spot with well-drained, average or rich soil. Add sand or gravel to improve soil drainage. Dislikes root disturbances. Plant in a permanent spot. Monarch and other butterfly favorite.

USDA Zones: 4-9 **Perennial**



Credit: Jean Barrell

Rough Blazing Star, *Liatriis aspera*

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 10-18"

Bloom Time: July to October

ID: 3-5 ft. tall with pink to purple, button-like flowers. Gray-green leaves.

Gardening Tips: Native to dry prairies. A tough, adaptable plant which may need staking. Grows well in well-drained, sandy or loamy soil in a sunny spot. Hummingbird and butterfly favorite. Important fall nectar source for the Monarch. Birds enjoy the seeds.

USDA Zones: 3-8 **Perennial**



Credit: Scott Costello

Skullcap, *Scutellaria lateriflora*

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 12-18"

Bloom Time: July to September

ID: 1-2 ft tall. Violet-blue flowers from the leaf axils. Square stem.

Gardening Tips: Plant in a sunny spot that is well-drained. Water moderately. Spreads by rhizomes but not aggressively. Somewhat toxic and bitter to deer and rabbits. Not of particular interest to pollinators. Commonly grown for medicinal purposes.

USDA Zones: 3-9 **Perennial**



Credit: Rolf Engstrand

Spotted Bee Balm, *Monarda punctata*

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 8-12"

Bloom Time: July to September

ID: 2-3 ft. tall plant. Yellow, tubular flowers with purple spots. Pink bracts below the flowers.

Gardening Tips: Native to dry prairies and oak savannas. Drought tolerant plant. Prefers sandy, well-drained soil in a sunny spot. Some strains are short-lived and behaves more like an annual. Attracts bees and butterflies.

USDA Zones: 3-9 **Perennial**



Spotted Joe Pye Weed, *Eutrochium maculatum*

Ojibwe Name: Meskwaanakwak-bagizowin

Soil: Moist **Light:** Full Sun-Partial Sun **Spacing:** 3-4'

Bloom Time: July to September

ID: 2-6 ft. tall with flat-topped flower clusters. Purple or purple spotted stems.

Gardening Tips: Native to wet prairies and moist areas. Prefers sun with average soil that is neutral to slightly acidic. Consider *E. purpureum* for a site with more shade. Spreads. Good plant for the rain garden. Plant alongside Boneset and Swamp Milkweed. Butterfly and bee favorite.

USDA Zones: 3-8 **Perennial**



Stiff Goldenrod, *Solidago rigida*

Ojibwe Name: Giiziso-mashkiki

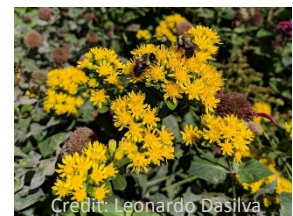
Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 1-2'

Bloom Time: August to October

ID: 2-4 ft. tall with flat clustered, yellow flowers. Alternate leaves with stiff hairs.

Gardening Tips: Native to prairies and open woods. Does well in average, well-drained soil in the sun. Plant with New England Aster, Rough Blazing Star, and Purple Coneflower. Clumps spread by rhizomes. Divide in spring. Goldenrods do not cause hay fever. Great fall nectar source for butterflies and bees. Monarch favorite.

USDA Zones: 3-9 **Perennial**



Swamp Milkweed, *Asclepias incarnata*

Ojibwe Names: Bagizowin, Zesab

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 18-36"

Bloom Time: June to August



ID: 3-4 ft. tall with lavender flower clusters. Milky sap and lance-shaped leaves.

Gardening Tips: Native to swamps and areas of moist soil. Plant in a permanent, sunny spot that doesn't experience drought. Prefers wet soil and will not need dividing. Does well in average garden soil. Great plant for the raingarden. Important food source for the Monarch caterpillar.

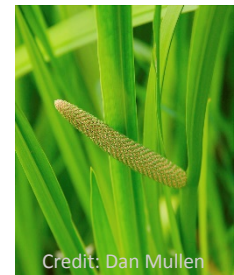
USDA Zones: 3-9 **Perennial**

Sweet Flag, *Acorus americanus*

Ojibwe Names: Wiikenh, Nabagashk, Mashkosii-zhaabozigan

Soil: Wet **Light:** Full Sun **Spacing:** 12-18"

Bloom Time: May to July



ID: Long, blade-like leaves clasp together at the roots. Spadix protrudes at an angle. Rhizome aromatic.

Gardening Tips: Native to wet meadows and pond edges. Plant in wet, rich soil with PH between 5 and 7. Prefers sun and doesn't tolerate drought. Keep moist. 2-4-inch sections of the rhizome can be propagated in the spring or fall when divided. Plant these sections one foot apart.

USDA Zones: 3-6 **Perennial**

Sweet Grass, *Hierochloa odorata*

Ojibwe Name: Wiingashk, Wiishkobi-mashkosi

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 1-2'

Bloom Time: May-July



ID: 1-2 ft. tall with long, glossy leaves occurring singly or a few to a bunch. Vanilla scented.

Gardening Tips: Native to wet meadows, low woods, and edges of water-ways. Spreads rapidly by rhizome. Divide every couple years. Preference in PH is 6 to 8. Plant in rich, moist soil in a sunny spot. Sand or clay sites will need compost added. Mulch sandy sites and water as needed.

USDA Zones: 3-7 **Perennial**

Sweet Joe Pye Weed, *Eupatorium purpureum*

Ojibwe Name: Bagizowin

Soil: Moist-Dry **Light:** Partial-Full Shade **Spacing:** 3-4'

Bloom Time: July to September

ID: 3-6 ft. tall with rose colored, vanilla-scented flowers. Stem with solid pith.

Gardening Tips: Native to low prairies and edges of woodland. Tolerates more shade than *E. maculatum*. Moist, rich soil is preferred but grows in drier sites. Spreads. Divide in spring or fall. Prone to powdery mildew in close proximity. Plant with Cutleaf Coneflower. Butterfly favorite.

USDA Zones: 3-8 **Perennial**



White Sage, *Artemisia ludoviciana*

Ojibwe Name: Nookwezigan, Wiingashk

Soil: Dry **Light:** Full Sun-Partial Sun **Spacing:** 1-2'

Bloom Time: July to September

ID: 2-3 ft. tall. Small flower clusters. Yellow when open. White-wooly leaves.

Gardening Tips: Native to dry prairies. Found along road-sides. Does well in dry, mesic soil. Choose a sunny spot. Divides well. Easy to grow from rhizome cuttings in the spring or tip cuttings early in the summer.

USDA Zones: 3-7 **Perennial**



Wild Bergamot, *Monarda fistulosa*

Ojibwe Name: Bibigwanakak waabinowashk

Soil: Moist-Dry **Light:** Full Sun-Partial Sun **Spacing:** 2-3'

Bloom Time: July to September

ID: 3-4 ft. tall with lavender flowers in dense, terminal clusters. Stems square. Leaves aromatic.

Gardening Tips: Native to prairies and clearings. Great plant for prairie plantings and butterfly gardens. Prefers well-drained, average soil. Can tolerate light shade and varying soil fertility. Divide every 3 or 4 years. Butterfly, bee, and hummingbird favorite.

USDA Zones: 3-9 **Perennial**



Wild Garlic, *Allium canadense*

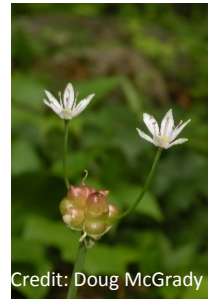
Soil: Wet-Dry **Light:** Full Sun-Shade **Spacing:** 4-8"

Bloom Time: May to July

ID: 12-18 in. tall with light, pink flowers. Onion scent when stem is crushed.

Gardening Tips: Native to woods and prairies. Does well in nearly every sun and soil type. Plant in the sun or in the shade in either a wet or dry plot. Rabbit and deer resistant. Frequented by small native bees, butterflies, and hummingbirds.

USDA Zones: 3-8 **Perennial**



Credit: Doug McGrady

Wild Mint, *Mentha arvensis*

Ojibwe Name: Aandegobagoons

Soil: Wet-Moist **Light:** Full Sun-Partial Sun **Spacing:** 1-2'

Bloom Time: July to September

ID: 6-24 in. tall. Lavender flowers in leaf axils. Aromatic when crushed.

Gardening Tips: Choose a wet spot in the sun. Aggressive in the garden. Plant in its own contained area. Spreads by rhizomes. Great choice for a pollinator garden. Bees love!

USDA Zones: 3-7 **Perennial**



Credit: Sheila Coughlin

References for Plant Profiles

Chayka, K. and Dziuk, P. (2006). *Minnesota wildflowers: A field guide to the flora of Minnesota*. Minnesota Wildflowers. <https://www.minnesotawildflowers.info/>

Creative Commons. n.d. Plant Pictures. *Creative Commons Website*. <https://search.creativecommons.org/>

Cullina, W. *The New England Wild Flower Society guide to: Growing and propagating wildflowers of the United States and Canada*. (2000). Houghton Mifflin Company.

Geniusz, M.S. *Plants have so much to give us, all we have to do is ask: Anishinaabe botanical teachings*. (2015). University of Minnesota Press.

Meeker, Elias, and Heim. *Plants used by the Great Lakes Ojibwa*. (1993). GLIFWC.

Prairie Moon Nursery. n.d. Planting information. *Prairie Moon Nursery Website*. <https://www.prairiemoon.com/>

Steiner, L.M. *Landscaping with native plants of Minnesota* (2nd ed.). (2011). Voyageur Press.

Various Authors. *Plant Fact Sheets and Plant Guides*. USDA Plants Database Website Accessed 2020. <https://plants.usda.gov/java/>

Wikimedia Commons. n.d. Plant Pictures. *Wikimedia Commons Website*. <https://commons.wikimedia.org/wiki/Category:Images>

Salves are Available for Purchase when in Stock



*** I do not prescribe or make any medical claims. If you plan to use a certain salve for a medical condition or with young children, please discuss its use with your doctor. Although, these salves are likely safe for use in pregnancy and breastfeeding, I recommend discussing use with your doctor as well. Allergic reactions can result from any herbal product or essential oil. Use at your own risk. ***

Calendula Lavender Salve 2 oz. tins \$12

Calendula Lavender salve is great for dry, cracked, or itching skin. It's a great salve to have on hand for soothing gardener's hands. Soothing and healing for cuts, wounds, burns, and bug bites. It can also be used for rashes or eczema.

*Caution: Calendula is in the Aster Family. Plants in this family can cause contact dermatitis for some sensitive individuals. If you are sensitive to other asters, avoid. It is rare to have a reaction to Calendula.

Ingredients: Olive Oil, Beeswax, Calendula (*Calendula officinalis*), Vitamin E, Lavender Essential Oil.

Garden Herb and Wild Weed Salve 2 oz. tins \$12

Garden Herb and Wild Weed Salve is a helpful salve for irritated and itchy skin conditions. Inflamed skin, burns, cuts, wounds, scrapes, eczema, rashes, and bug bites.

*Caution: Calendula is in the Aster Family. Plants in this family can cause contact dermatitis for some sensitive individuals. If you are sensitive to other asters, avoid. It is rare to have a reaction to Calendula.

Ingredients: Olive Oil, Beeswax, Red Clover (*Trifolium pratense*), Self-Heal (*Prunella vulgaris*), Chickweed (*Stellaria media*), Plantain (*Plantago major*), Calendula (*Calendula officinalis*), Lavender Essential Oil, and Vitamin E.

Plantain Violet Salve 2 oz. tins \$12

Plantain Violet salve is a good "go to" for bug bites and boo boos. It's good to have on hand for bug bites, cuts, scrapes, and inflamed or itchy skin.

*Caution: Some people are sensitive to Tea Tree Oil. Try only a little to see how you respond.

Ingredients: Olive Oil, Beeswax, Plantain (*Plantago major*), Violet (*Viola spp.*), Tea Tree Essential Oil, Vitamin E.

2022 Price List Sheila Coughlin's Greenhouse

Common	Scientific	Ojibwe Name	6-pack	Specialty	1 gallon
Anise Hyssop	<i>Agastache foeniculum</i>	Wezaawanashkwak	\$8.00		
Black-Eyed Susan	<i>Rudbeckia hirta</i>	We'zawab-gonik	\$8.00		
Blue Flag Iris	<i>Iris versicolor</i>	Nabagashk, Wiikenh		\$10.00	
Blue Vervain	<i>Verbena hastata</i>	Zhawaseshkoohnse	\$8.00		
Boneset	<i>Eupatorium perfoliatum</i>	Ogaakananiibiish (ag)	\$8.00		
Butterfly Weed	<i>Asclepias tuberosa</i>		\$8.00		
Cardinal Flower	<i>Lobelia cardinalis</i>	Shkotaebugonee	\$8.00		
Columbine	<i>Aquilegia canadensis</i>	Misadjiibik	\$8.00		
Common Milkweed	<i>Asclepias syriaca</i>	Ininiwanzh, Zhaabozigan	\$8.00		
Compass Plant	<i>Silphium laciniatum</i>		\$8.00		
Culver's Root	<i>Veronicastrum virginicum</i>	Wiisagjiibik	\$8.00		
Cup Plant	<i>Silphium perfoliatum</i>	Akandamoo	\$8.00		
Cutleaf Coneflower	<i>Rudbeckia laciniata</i>	Giizisobagoons	\$8.00		
Dense Blazing Star	<i>Liatris spicata</i>		\$8.00		
Early Sunflower	<i>Heliopsis helianthoides</i>	Giizisobagoons	\$8.00		
Fireweed	<i>Chamaenerion angustifolium</i>	Ozhaashjiibik, Zhooshkijiibik	\$8.00		
Great Blue Lobelia	<i>Lobelia siphilitica</i>		\$8.00		
Harebell	<i>Campanula rotundifolia</i>	Godotaagaans, Ziiginishe	\$8.00		
Mountain Mint	<i>Pycnanthemus virginianum</i>	Namewashkoons (ag)	\$8.00		
New England Aster	<i>Aster novae-angliae</i>	Wiinziikens, Waanisikensiwang	\$8.00		
Purple Coneflower	<i>Echinacea purpurea</i>		\$8.00		
Rattlesnake Master	<i>Eryngium yuccifolium</i>		\$8.00		
Rough Blazing Star	<i>Liatris aspera</i>		\$8.00		
Skullcap	<i>Scutellaria lateriflora</i>		\$8.00		
Spotted Bee Balm	<i>Monarda punctata</i>		\$8.00		
Spotted Joe Pye Weed	<i>Eutrochium maculatum</i>	Meskwaanakwak-bagizowin	\$8.00		
Stiff Goldenrod	<i>Solidago rigida</i>	Giiziso-mashkiki	\$8.00		
Swamp Milkweed	<i>Asclepias incarnata</i>	Bagizowin, Zesab	\$8.00		
Sweet Flag	<i>Acorus americanus</i>	Wiikenh, Nabagashk	\$8.00		
Sweet Grass	<i>Hierochloe odorata</i>	Wiingashk, Wiishkobi-mashkosi		\$10.00	\$14.00
Sweet Joe Pye Weed	<i>Eupatorium purpureum</i>	Bagizowin	\$8.00		
White Sage	<i>Artemisia ludoviciana</i>	Nookwezigan, Wiingashk	\$8.00		
Wild Bergamot	<i>Monarda fistulosa</i>	Bibigwanakak waabinowashk	\$8.00		
Wild Garlic	<i>Allium canadense</i>		\$8.00		
Wild Mint	<i>Mentha arvensis</i>	Aandegobagoons	\$8.00		
Salves			2 Oz.		
Calendula Lavender			\$12.00		
Garden Herb and Wild Weed			\$12.00		
Plantain Violet			\$12.00		

Discounts: \$4.00 off of a purchase of 1 flat (1 flat equals 8 six-packs)

