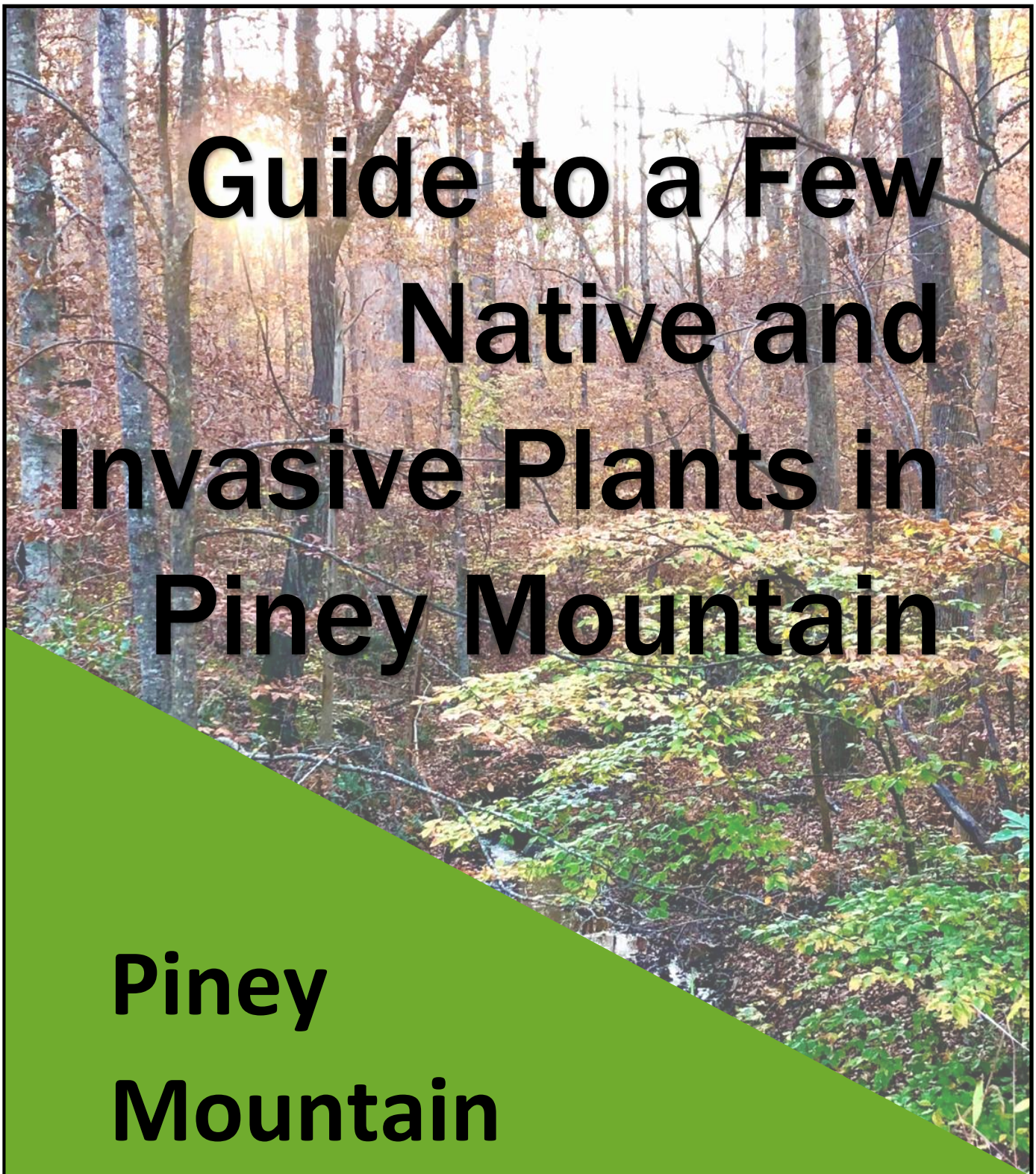

Guide to a Few Native and Invasive Plants in Piney Mountain

Piney Mountain HOA

Purpose

To provide a list of educational resources and share best practices. In this guide you'll find information about native NC plant species, invasive species, and plants that can improve the overall ecological health and diversity of your yard and our neighborhood.

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Before You Start Planting

Things to Consider

- Hardiness Zone (see below)
- Light and Shade – How many hours of full and partial sun/shade do you have? Is it different in summer vs winter?
- Deer Resistance
- Soil Drainage
- Soil PH
- Drought Tolerance
- Tree Root Tolerance

What Hardiness Zone Do We Live In?

Piney Mountain is in hardiness zone 7b.
(5 to 10 °F/-15 to -12.2 °C)

"The USDA plant hardiness map is created and updated every few years by the U.S. Department of Agriculture. It divides North America into eleven zones by minimum average annual temperatures. The lower the number is, the lower the temperatures in that zone. Each zone represents ten degrees of temperature difference. Each zone is also divided into "a" and "b" segments. These represent five degrees of temperature difference. For example, zone 4 represents minimum temperatures between -30 to -20 degrees F. (-34 to -29 C.). The a and b subdivisions represent -30 to -25 degrees F. (-34 to -32 C.) and -25 to -20 degrees F. (-32 to -29 C.) (1)".

Introduction to Native Plants

What Are Native Plants?

"Native plants are those species that evolved naturally in a region…These plants developed and adapted to local soil and climate conditions over thousands of years and are vital parts of local ecosystems necessary for the survival of pollinators, insects, birds, mammals, and other wildlife…Native plants form interdependent, highly specialized relationships with other organisms that are necessary for each other's survival. Replacing natives with plants from other regions cannot replicate the complex interactions that naturally occur (2)."

Why Are They Important?

Native plants are vital to creating biodiversity and supporting the necessary functions that exist within a healthy ecosystem (3). Healthy ecosystems perform roles like pollinating crops, balancing yard pests, protecting streams and rivers from water and wind erosion, decomposing wastes, and regulating the soil (4). Planting native plants can enhance biodiversity by attracting different types of birds and pollinators creating an ecologically sound landscape (5).

In addition to enhancing ecologic stability, native plants often require less water and less maintenance as they have evolved and adapted to our local environment (6).

Pollinators

"Pollinators are critical for fruitful gardens, productive farms, and healthy ecosystems, but pollinator populations are in the decline in many areas because of habitat loss. One of the most effective ways we can support pollinators is to provide habitat by planting the species they need to survive across our communities. Native plants are particularly important for native pollinators and wildlife" (7).

Examples of Native Plants Icon Key

Full Sun Partial Shade Shade	The use of these icons indicates "tolerance" not preference. For example, if full sun and partial shade are indicated, this means that the plant can tolerate both but may have a preference.
Deer-Resistant	Keep in mind that no plant is truly deer-proof. Even the most "resistant" plants are susceptible to deer if they are food-stressed. This icon indicates fair to strong deer resistance. The assumption is that the plant is mature and established.
Drought-Tolerant	Indicates "tolerance" not preference. This icon assumes that the plant is established.

Examples of Native Trees

American Beech (aka White, Red, or Ridge Beech)

American Elm (aka White Elm, Soft Elm, Water Elm, or Common Elm)

American Holly (aka White, Prickly, or Christmas Holly)

American Hornbeam (aka Musclewood, Ironwood, Blue Beech, and Water Beech)

Photo and Content Credit: [Native Plants Search Results | Audubon]

American Plum (aka Wild Plum)

American Sycamore (aka Eastern Sycamore, American Plane Tree, Buttonwood, and Buttonball Tree)

Ash-Leaf Maple (aka Box Elder)

Black Walnut

Photo and Content Credit: [Native Plants Search Results | Audubon]

Flowering Dogwood (aka Virginia or Florida Dogwood, White Cornel, Arrowwood, American Boxwood, False Box, St Peter's Crow

Redbud (aka Eastern Redbud)

River Birch (aka Red, Black, or Water Birch)

American Sweetgum (aka Alligator Tree, Satin Walnut, Red/White Starleaf Gum)

Photo and Content Credit: [Native Plants Search Results | Audubon]

Tuliptree (aka Tulip Poplar, Yellow Poplar)

Red Mulberry (aka Moral)

Shag-Bark Hickory (aka Shagbark Carolina, Scalybark, Upland, Shellbark Hickory)

Types of Oak: Black Oak, Chestnut Oak, Northern Red Oak, Northern White Oak, Pin Oak, Shumard's Oak, Southern Red Oak, Swamp Chestnut Oak, Swamp White Oak, Water Oak, Willow Oak

(Pictured left: Black Oak)

Photo and Content Credit: [Native Plants Search Results | Audubon]

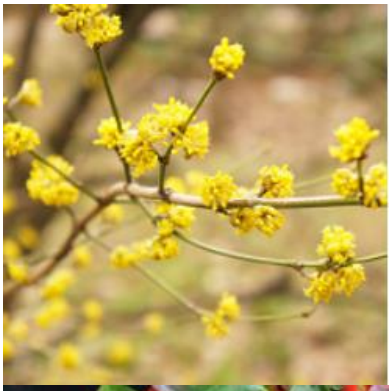
Examples of Conifers: Loblolly Pine, Short-Leaf Pine, Virginia Pine, Red Cedar, Eastern Hemlock

(Pictured left: Virginia Pine)

Types of Maple: Red Maple, Silver Maple, Sugar Maple

Pictured Left: Red Maple

Examples of Native Shrubs



Northern Spicebush (aka Spice Bush, Wild Allspice)

American Wintergreen (aka Checkerberry, Boxberry, Canterberry, Creeping Wintergreen, Teaberry)

American Beauty Berry (aka French Mulberry)

American Hazelnut

Maple-Leaf Arrowwood (aka Maple Leaf Viburnum)

Types of Hydrangea: Wild Hydrangea, Smooth Hydrangea, Oak Leaf Hydrangea

Pictured Left: Wild Hydrangea

Photo and Content Credit: [Native Plants Search Results | Audubon]

Fragrant Sumac (aka Aromatic Sumac, Lemon Sumac, Polecat Bush)

Catawba Rosebay (aka Purple Rhododendron, Mountain Rosebay)

Pink Azalea (aka Pinxterbloom Azalea, Pinxterflower)

Red Buckeye (aka Scarlet Buckeye, Firecracker Plant)

Photo and Content Credit: [Native Plants Search Results | Audubon]

Sweet-Bay (aka Swampbay, Sweet Magnolia, White Laurel, Beaver Tree)

Highbush Blueberry

Florida Hobblebush

Summersweet

Photo and Content Credit: [Native Plants Search Results | Audubon]

[Recommended Shade-Loving Native Shrubs for North Carolina (gardenia.net)]

Examples of Native Pollinator Plants

Types of Goldenrod: Anise-Scented Goldenrod, Canadian Goldenrod, Gray Goldenrod, Hard-Leaf Flat-Top Goldenrod, Showy Goldenrod

(Pictured left: Anise-Scented Goldenrod)

Types of Coneflower: Orange Coneflower, Green-Head Coneflower

(Pictured left: Orange Coneflower)

Spotted Beebalm (aka Spotted Horsemint)

Foamflower

Photo and Content Credit: [Native Plants Search Results | Audubon]

[Tiarella cordifolia (False Miterwort, Foamflower) | North Carolina Extension]

Red Columbine (aka Eastern Columbine, Wild Columbine)

Black-Eyed-Susan

Types of Milkweed: Butterfly Milkweed, Common Milkweed, Swamp Milkweed

(Pictured left: Butterfly Milkweed)

Cardinal-Flower

Photo and Content Credit: [Native Plants Search Results | Audubon]

Common Yarrow (aka Western Yarrow, Milfoil)

Smooth Oxeye (aka False Sunflower)

Types of Asters: Late Purple American Aster, New England American Aster

(Pictured left: Late Purple American Aster)

Narrow-Leaf Mountain Mint (aka Slender Mountain Mint, Common Horsemint)

Photo and Content Credit: [Native Plants Search Results | Audubon]

Examples of Native Grasses

Indian Wood-Oats (aka River Oats, Flathead Oats, Upland Oats, Inland Sea Oats)

Little False Bluestream (aka Little Bluestream)

Yellow Indian Grass (aka Little Bluestream)

Bottle-brush Grass

Photo and Content Credit: Native Plants Search Results | Audubon

Elymus hystrix (Bottle Brush Grass, Bottlebrush Grass) | North Carolina Extension Gardener Plant Toolbox (ncsu.edu)

Extended List of Shade-Tolerant Native Trees

- Red Maple
- Sugar Maple
- Yellow Buckeye
- Sweet Birch
- Bitternut Hickory
- Pignut Hickory
- Beech
- Cucumber Tree
- Black Tupelo
- Red Spruce
- American Linden
- Canadian Hemlock
- Carolina Hemlock
- Paw Paw
- American Hornbeam
- Chinquapin
- Eastern Redbud
- Pagoda Dogwood
- Flowering Dogwood
- Carolina Silverbell
- Common Witch-hazel
- American Holly
- Hop Hornbeam
- Sourwood
- Hoptree
- Blackhaw Viburnum

Extended List of Shade-Tolerant Native Shrubs

- Florida Hobblebush
- Carolina Allspice
- Cinnamon Clethra
- Summersweet
- Pagoda Dogwood
- Silky Dogwood
- Mountain Witch Alder
- Wintergreen
- Smooth Hydrangea
- Virginia Sweetspire
- Mountain Laurel
- Dog Hobble
- Spice Bush
- Fetter Bush
- Hop Tree
- Sweet Azalea
- Coastal Azalea
- Flame Azalea
- Mountain Azalea
- Catawba Rosebay
- Great Laurel
- Pinxterbloom Azalea
- Roseshell Azalea
- Pink-shell Azalea
- Swamp Azalea
- Dwarf Palmetto
- American Bladdernut
- Silky Camellia
- Mountain Camellia
- Coralberry

- Mapleleaf Viburnum
- Southern Arrow Wood
- Yellow Root
- Sweetshrub
- Hazelnut
- Bush-honeysuckle
- Hearts-a-bustin
- Common Winterberry
- Carolina Rhododendron
- Elderberry
- Witherod Viburnum
- Silky Willow
- Snowhill Hydrangea
- Drooping Leucothoe

Extended List of Native Shade-Tolerant Pollinators, Ferns, Grasses, and Groundcover

- White Baneberry
- Windflower
- Green Dragon
- Jack-in-the-Pulpit
- Goat's Beard
- Wild Ginger
- Appalachian False Goat's Beard
- Early Black-Cohosh
- Eastern Spring-beauty
- Wild Bleeding-heart
- Umbrella-leaf
- American Trout-lily
- White Wood Aster
- Big-leaf Aster
- Wild Geranium
- Sharp-lobe Liverleaf
- Round-lobe Liverleaf
- American Alumroot
- Hairy Alumroot
- Little-brown-jug
- Large-flower Heartleaf
- Dwarf Crested Iris
- Dwarf Iris
- Twinleaf
- Solomon's Plume
- Virginia Bluebells
- Partridge-berry
- Two-leaved Miterwort
- Mountain-spurge
- Eastern Blue Phlox
- Creeping Phlox
- May-apple
- Spreading Jacob's Ladder
- King Solomon's Seal
- Bloodroot
- Woodland Stonecrop
- Axillary Goldenrod
- Foamflower
- Catesby's Trillium
- Little Sweet Betsy
- Wake-robin

- Great White Trillium
- Yellow Trillium
- Large-flowered Bellwort
- Sessile-leaf Bellwort
- Dooryard Violet
- Northern Maidenhair Fern
- Common Ebony Spleenwort Fern
- Southern Lady Fern
- Eastern Hay-Scented Fern
- Fancy Fern
- Southern Wood Fern
- Marginal Wood Fern
- Sensitive Fern
- Broad Beech Fern
- Christmas Fern
- New York Fern
- Blunt-lobe Cliff Fern
- Netted Chain Fern
- Virginia Chain Fern
- River Oats
- Bottle-brush Grass
- Hairy Wood Rush

Extended List of Deer-Resistant Native Trees

- Birch Species
- Hawthorn Species
- Honey Locust
- American Holly
- Eastern Red Cedar
- Sweetgum
- Southern Magnolia
- Sweetbay Magnolia
- Black Gum
- Sycamore
- Sassafras
- Bald Cypress
- Box Elder
- Red Maple
- American Hornberry
- Alternate-leaf Dogwood
- Flowering Dogwood
- Persimmon
- White Ash
- Green Ash
- Red Cedar
- Shortleaf Pine
- Pitch Pine
- Pond Pine
- Loblolly Pine
- Virginia Pine
- White Oak
- Swamp White Oak
- Scarlet Oak
- Southern Red Oak
- Overcup Oak
- Blackjack Oak
- Swamp Chestnut oak
- Water Oak

- Pin Oak
- Willow Oak
- Chestnut Oak
- Northern Red Oak
- Post Oak
- Black Oak

Extended List of Deer-Resistant Native Shrubs

- American Beautyberry
- Sweet Shrub
- Button bush
- Red Osier Dogwood
- Mountain Laurel
- Inkberry
- American Elder
- American Cranberry Bush
- Arrowwood
- Hercules Club
- Sweet Pepperbush
- American Witch-hazel
- Bushy St. John's Wort
- Smooth Winterberry Holly
- Winterberry Holly
- Fetterbush
- Spicebush
- Bayberry
- Northern Bayberry
- Narrow-leaf Meadow Sweet
- Northern Meadow-sweet
- Hardhack Spirea
- Maple-leaf Viburnum
- Smooth Black-haw

Extended List of Deer-Resistant Native Pollinators, Ferns, Grasses, and Groundcover

- Big Bluestream
- Tall Switch Panic Grass
- Indian Wood-Oats
- Yellow Indian Grass
- Bottle Brush Grass
- Little False Bluestream
- White Baneberry
- Small White Leak
- Red Columbine
- Jack-in-the-Pulpit
- Canada Wild Ginger
- Butterfly Milkweed
- Common Milkweed
- Redring Milkweed
- Swamp Milkweed
- Wild Crane's-bill
- Common Sneezeweed
- Swamp Rosemallow

- Cardinal Flower
- Great Blue Lobelia
- Purple Lupine
- Mayapple
- Greek Valerain
- Orange Coneflower
- Cutleaf Coneflower
- Purple Coneflower
- Black-Eyed Susan
- Goldenrod
- New England Aster
- Flat Topped Aster
- Aromatic Aster
- Culver's Root
- Bee Balm
- Foam Flower
- Bloodroot
- Baptisia
- Blanket Flower
- Blue Mistflower
- Axillary Goldenrod
- Seaside Goldenrod
- Blue Vervain
- Mountain Mint
- Butterfly Weed
- Christmas Fern
- Cinnamon Fern
- Common Ebony Spleenwort Fern
- Eastern Hay-Scented Fern
- Fancy Fern
- Southern Wood Fern
- Marginal Wood Fern
- Sensitive Fern
- Broad Beech Fern
- Blunt-lobe Cliff Fern
- Netted Chain Fern
- Virginia Chain Fern
- Climbing Aster
- Dwarf Crested Iris
- Phlox
- Heartleaf Ginger
- Ironweed
- Obedient Plan
- Resindot Sunflower
- Swamp Sunflower
- Roundleaf Thoroughwort
- Wild Geranium
- Virginia Bluebells
- Trillium
- Seersucker Sedge
- White Turtlehead
- Wild Quinine

Content Credit: Microsoft Word - Wildflowers for Web.doc (unc.edu)

Recommended Native Species - North Carolina Native Plant Society (ncwildflower.org)

Deer resistant trees and shrubs (fairfaxcounty.gov)

Native Deer Resistant Plants 05292009.pdf (delaware.gov)

Native Pollinator Plants - North Carolina Wildlife Federation (ncwf.org)

Introduction to Invasive Plants

What Are Non-Native and Invasive Plants?

Non-native plants are plant species that are not indigenous to this area. They were introduced. Invasive species are non-native species that spread and reproduce quickly and are difficult to control. Invasive species can threaten the ecological stability of an area (8).

Why Are They Harmful?

"Not all non-native species are invasive…To be invasive, a species must adapt to a new area easily. It must reproduce quickly. It must harm property, economy, or the native plants and animals of the region… Many invasive species thrive because they outcompete native species (9)."

Invasive species can spread quicky in our neighborhood via seed dropping and vining. Stormwater and birds can also move invasive seeds throughout the neighborhood.

In general, a best practice is to plant natives and get rid of invasives. It's good to keep a healthy balance between natives and non-natives.

Examples of Common Invasive Plants in Piney Mountain

Japanese Stiltgrass

Photo Credit: Meet Stiltgrass, Your New Garden Adversary - The New York Times (nytimes.com)

Autumn Olive

Photo Credit Left: Autumn Olive (Invasive Exotic Plants of North Carolina) · iNaturalist
Photo Credit Right: Working on the Wayne | Autumn Olive Displacing Native Species - Ohio University | College of Arts & Sciences (ohio-forum.com)

Silverthorn (aka Thorny Olive, Autumn Silverberry)

Photo Credit: NameThatPlant.net: Elaeagnus pungens

Leatherleaf Mahonia Holly

Photo Credit: Berberis bealei (Leatherleaf Mahonia, Oregon Grape) | North Carolina Extension Gardener Plant Toolbox (ncsu.edu)

Japanese Honeysuckle

Photo Credit: Invasive Plants and Your Forests | NC State Extension Publications (ncsu.edu)

Mimosa Tree

Photo Credit: Mimosa (Invasive Exotic Plants of North Carolina) · iNaturalist

Lespedeza

Photo Credit: Sericea Lespedeza: Plague on the Prairie | Purdue Extension Forestry & Natural Resources

Additional Information

Pollinator Gardening Information (including Plant Lists)

Big thanks to Orange County Master Gardeners for providing this list (10)

- NC Botanical Gardens:
  Resources for Gardeners - North Carolina Botanical Garden (unc.edu)
- NC State Extension:
  Chatham Mills "Pollinator Paradise" Garden | NC State Extension (ncsu.edu)
  Home | North Carolina Extension Gardener Plant Toolbox (ncsu.edu)
  20. Wildlife | NC State Extension Publications (ncsu.edu)
  Landscaping for Wildlife with Native Plants | NC State Extension Publications (ncsu.edu)
- New Hope Audubon
  Ways to make habitat more friendly for wildlife - New Hope Audubon Society
- NC Native Plant Society
  North Carolina Native Plant Society - North Carolina Native Plant Society (ncwildflower.org)
- National Wildlife Fund
  Home - Native Plants Finder (nwf.org)
- Pollinator.org

SoutheastMixedForestrx5FINAL.pdf (pollinator.org)

- Backyard Butterflies
  Backyard Butterflies – Let's Go Butterflying!

Other Resources

- Orange County Master Gardeners
  Welcome | Orange County Master Gardener Volunteers (theorangegardener.org)
  Video: (15) Add Native Plants to Your Yard - YouTube
- Audubon Society
  National Audubon Society
- NC State Extension Publications
  12. Native Plants | NC State Extension Publications (ncsu.edu)
  Invasive Plants and Your Forests | NC State Extension Publications (ncsu.edu)
  Reptiles and Amphibians in Your Backyard | NC State Extension Publications (ncsu.edu)
- The Cornell Lab of Ornithology
  How to Provide Seeds and Shelter for Backyard Birds | All About Birds All About Birds
- Xerces Society
  Pollinator-Friendly Native Plant Lists | Xerces Society
- SEEK and iNaturalist App for your phone
- Book: "Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard." Douglas W. Tallamy. Timber Press. 2020
- Book: "Pollinator Gardening for the South." Danesha Seth Carley and Anne M. Spafford. The University of North Carolina Press. 2021

Local Plant Shops in the Triangle

- NC Botanical Garden in Chapel Hill
- Get Rooted Nursery in Chapel Hill
- Dirtbag Gardens in Chapel Hill
- Camellia Forest Nursery in Chapel Hill
- Fifth Season Gardening in Carrboro
- Southern States in Carrboro
- Durham Garden Center in Durham
- For Garden's Sake in Durham

1) Understanding Hardiness Zones: How To Use Hardiness Zone Info Effectively (gardeningknowhow.com)
2) 12. Native Plants | NC State Extension Publications (ncsu.edu)
3) 12. Native Plants | NC State Extension Publications (ncsu.edu)
4) 12. Native Plants | NC State Extension Publications (ncsu.edu)
5) 12. Native Plants | NC State Extension Publications (ncsu.edu)
6) Why Native Plants Are Better for Birds and People | Audubon
7) Promoting Pollinators and Native Plants | NC State Extension (ncsu.edu)
8) Invasive Species | National Geographic Society
9) Invasive Species | National Geographic Society
10) Welcome | Orange County Master Gardener Volunteers (theorangegardener.org)