

Middle Climate Winter Sowing, Native Plants

These are plants to try winter sowing for the middle zones of 5, 6, and 7 where weather is less extreme during winter and summer than the other regions. Many plants will thrive and grow in this temperate climate. Please research your choices to see they are suited to your region.

Native Seed List, The Middle Zones ~ 5, 6 and 7

Abronia fragrans - sand verbena
Abronia villosa - desert sand verbena
Acacia angustissima - whiteball acacia
Acer grandidentatum - bigtooth maple
Acer leucoderme - chalk maple
Acer negundo - box elder
Acer pensylvanicum - striped maple
Acer rubrum - red maple Acer saccharinum
- silver maple
Acer saccharum - sugar maple
Aconitum columbianum - Columbian
monkshood
Actaea pachypoda - white baneberry
Actaea racemosa var. racemosa - black
cohosh
Actea rubra - red baneberry
Aesculus glabra - Ohio buckeye
Aesculus glabra var. arguta - Texas buckeye
Aesculus pavia var. pavia - red buckeye
Agarista populifolia - Florida hobblebush
Ageratina altissima var. altissima - white
snakeroot
Ageratina havanensis - Havana snakeroot
Aletris farinosa - white colic-root
Allium canadense - meadow
garlic
Allium cernuum - nodding
onion
Allium stellatum - prairie
onion
Allium tricoccum - wild leek
Allium validum - swamp onion
Alnus serrulata - brookside
alder
Alnus viridis ssp. crispa -
green alder
Amelanchier alnifolia -
Saskatoon serviceberry



Amelanchier canadensis - Canadian
serviceberry
Amelanchier laevis - Allegheny service-berry
Amianthium muscitoxicum - crow poison
Amorpha fruticosa - false indigo-bush
Ampelopsis arborea - peppervine
Amsonia ciliata - fringed bluestar
Amsonia tabernaemontana - eastern
bluestar
Anaphalis margaritacea - pearly everlasting
Andropogon gerardii - big bluestem
Andropogon glomeratus - bushy bluestem
Andropogon ternarius - split-beard bluestem
Andropogon virginicus - broom-sedge
Anemone canadensis - Canada anemone
Anemone caroliniana - Carolina anemone
Anemone cylindrica- long-head thimbleweed
Anemone multifida - Pacific anemone
Anemone quinquefolia - wood anemone
Anemone virginiana - tall anemone
Anemopsis californica - yerba mansa
Anisacanthus quadrifidus var. wrightii -
flame acanthus
Antennaria ssp. - pussytoes
Aphanostephus skirrhobasis -
Arkansas doze-daisy
Apocynum androsaemifolium -
spreading dogbane
Apocynum cannabinum - Indian
hemp
Aquilegia caerulea - Rocky
Mountain columbine
Aquilegia canadensis - red
columbine
Aquilegia chrysantha - golden
columbine
Aquilegia flavescens - yellow
columbine
Aquilegia formosa - scarlet columbine

Aralia nudicaulis - wild sarsparilla
Aralia racemosa - American spikenard
Aralia spinosa - devil's walkingstick
Arctostaphylos alpina - black bearberry
Arctostaphylos patula - green-leaf manzanita
Arctostaphylos uva-ursi - red bearberry
Argemone albiflora ssp. *texana* - white prickly poppy
Argemone munita - flat-bud prickly poppy
Arisaema dracontium - green dragon
Arisaema triphyllum - jack-in-the-pulpit
Arnica cordifolia - heart-leaf arnica
Arnica latifolia - daffodil arnica
Artemisia filifolia - silver sagebrush
Artemisia frigida - prairie sagebrush
Aruncus dioicus - goatsbeard
Aruncus dioicus var. *vulgaris* - sylvan goatsbeard
Asarum canadense - Canadian wild ginger
Asclepias asperula - antelope horns
Asclepias fascicularis - narrow-leaf milkweed
Asclepias humistrata - sandhill milkweed
Asclepias incarnata - swamp milkweed
Asclepias lanceolata - red milkweed
Asclepias speciosa - showy milkweed
Asclepias sullivantii - prairie milkweed
Asclepias tuberosa - butterfly milkweed
Asclepias verticillata - whorled milkweed
Asimina triloba - common pawpaw
Astragalus canadensis - Canadian milk-vetch
Atriplex canescens - four-wing saltbrush
Baptisia alba - white wild indigo
Baptisia australis - blue wild indigo
Baptisia bracteata var. *leucophaea* - plains wild indigo
Baccharis halimifolia - sea willow
Baccharis salicifolia - seep willow
Bacopa monnieri - water hyssop
Baileya multiradiata - showy desert marigold
Balsamorhiza hookeri - hairy balsamroot
Balsamorhiza sagittata - arrowleaf balsamroot
Baptisia alba - white wild indigo
Baptisia australis - blue wild indigo
Baptisia bracteata var. *leucophaea* - plains wild indigo
Berlandiera lyrata - lyre-leaf green eyes
Betula nigra - river birch

Betula papyrifera - paper birch
Betula populifolia - grey birch
Bignonia capreolata - crossvine
Blephilia ciliata - downy pagoda-plant
Borrichia frutescens - bushy seaside-tansy
Bouteloua curtipendula - side-oats grama
Bouteloua eriopoda - black grama
Bouteloua gracillis - blue grama
Bouteloua hirsuta - hairy grama
Bouvardia ternifolia - firecracker-bush
Bromus kalmi - prairie brome
Buchloe dactyloides - buffalo grass
Calla palustris - water dragon
Callicarpa americana - American beauty-berry
Callirhoe alcaeoides - pink poppy-mallow
Callirhoe digitata - finger poppy-mallow
Callirhoe involucrata - purple poppy-mallow
Callirhoe papaver - woodland poppy-mallow
Calochortus kennedyi - red mariposa-lily
Calochortus macrocarpus - sagebrush mariposa-lily
Calochortus nuttallii - mariposa lily
Caltha palustris - yellow marsh-marigold
Caltha leptosepala - white marsh-marigold
Calycanthus floridus - Carolina allspice
Calyophus berlandieri - squarebud primrose
Calyophus lavandulifolius - lavender-leaf primrose
Calyophus serrulatus - yellow evening primrose
Camassia quamash - common camas
Camassia scilloides - Atlantic camas
Campanula rotundifolia - bluebell-of-Scotland
Campanulastrum americanum - American bellflower
Campsis radicans - trumpet vine
Cardamine concatenata - cut-leaf toothwort
Cardamine diphylla - two-leaved cutwort
Carex stipata - stalk-grain sedge
Carpinus caroliniana - American hornbeam
Carya alba - mockernut hickory
Carya illinoense - pecan
Carya ovata - shag-bark hickory
Castanea pumila - Allegheny Chinkapin
Castilleja applegatei ssp. *martini* - desert paintbrush
Castilleja coccinea - scarlet Indian paintbrush

Castilleja indivisa - entire-leaf Indian paintbrush
Castilleja integra - squaw feather
Castilleja linariifolia - Wyoming Indian paintbrush
Castilleja miniata - meadow paintbrush
Castilleja rhexifolia - rosy Indian paintbrush
Castilleja sessiliflora - Great Plains Indian paintbrush
Caulophyllum thalictroides - blue cohosh
Catalpa speciosa - northern catalpa
Caulophyllum thalictoides - blue cohosh
Ceanothus americanus - New Jersey tea
Ceanothus greggii var. *vestitus* - desert ceanothus
Ceanothus herbaceus - prairie redroot
Ceanothus velutinus - tobacco-brush
Celtis laevigata - sugarberry
Celtis occidentalis - common hackberry
Centaurea americana - American basket-flower
Cephalanthus occidentalis - common buttonbush
Cercis canadensis - redbud
Cercis canadensis var. *texensis* - Texas redbud
Cercocarpus montanus - mountain mahogany
Chamaecrista fasciculata - partridge pea
Chamaecrista nictitans - sensitive pea
Chamaelirium luteum - fairy wand
Chamerion angustifolium ssp. *angustifolium* - willow herb
Chamerion latifolium - dwarf fireweed
Chasmanthium latifolium - Indian wood-oats
Chelone glabra - white turtlehead
Chilopsis linearis - desert willow
Chionanthus virginicus - white fringetree
Chrysogonum virginianum - green-and-gold
Chrysopsis mariana - Marland golden-aster
Claytonia caroliniana - Carolina spring beauty
Claytonia lanceolata - lance-leaf spring beauty
Claytonia virginica - spring beauty
Clematis columbiana - purple virgin's-bower
Clematis crispa - swamp leather-flower
Clematis hirsutissima - sugar bowls
Clematis occidentalis var. *occidentalis* - purple clematis
Clematis pitcheri - bluebill
Clematis virginiana - virgin's bower
Cleome lutea - yellow beeplant
Cleome serrulata - Rocky Mountain beeplant
Clethra acuminata - mountain sweet-pepperbush
Clethra alnifolia - summersweet
Clintonia borealis - yellow bluebead-lily
Clintonia umbellulata - white bluebead-lily
Cocculus carolinus - Carolina coral bead
Collinsonia canadensis - citronella horse balm
Collomia linearis - narrow-leaf mountain trumpet
Commelina erecta - white-mouth dayflower
Comptonia peregrina - sweet-fern
Conoclinium coelestinum - blue mistflower
Cooperia drummondii - evening rain-lily
Coptis trifolia - three-leaf goldthread
Coreopsis auriculata - lobed tickseed
Coreopsis gladiata - coastal tickseed
Coreopsis grandiflora - large-flower tickseed
Coreopsis lanceolata - lance-leaf tickseed
Coreopsis palmata - stiff tickseed
Coreopsis tinctoria - golden tickseed
Coreopsis tripteris - tall tickseed
Coreopsis verticillata - whorled tickseed
Cornus alternifolia - alternate-leaf dogwood
Cornus canadensis - Canadian bunchberry
Cornus drummondii - rough-leaf dogwood
Cornus florida - flowering dogwood
Cornus racemosa - gray dogwood
Cornus sericea - red-twig dogwood
Corydalis sempervirens - pale corydalis
Cotinus obovatus - American smoketree
Crataegus marshallii - parsley hawthorn
Crataegus mollis - downy hawthorn
Crataegus opaca - river-flat hawthorn
Crataegus phaenopyrum - Washington hawthorn
Cyrilla racemiflora - swamp titi
Dalea candida var. *candida* - white prairie-clover
Dalea formosa - feather plume
Dalea frutescens - black prairie-clover
Dalea purpurea var. *purpurea* - purple prairie-clover
Dasiphora fruticosa ssp. *floribunda* - golden hardhack
Decodon verticillatus - swamp loosestrife
Delphinium barbeyi - subalpine larkspur

Delphinium carolinianum - Carolina larkspur
Delphinium carolinianum ssp. *virescens* - prairie larkspur
Delphinium glaucum - tower larkspur
Delphinium nuttallianum - two-lobe larkspur
Delphinium parishii - ocean-blue larkspur
Delphinium scaposum - bare-stem larkspur
Delphinium tricornis - dwarf larkspur
Desmanthus illinoensis - prairie bundle-flower
Desmodium canadense - showy tick-trefoil
Desmodium illinoense - Illinois tick-trefoil
Dicentra canadensis - squirrel corn
Dicentra cucullaria - dutchman's-breeches
Dicentra eximia - fringed bleeding heart
Dichelostemma capitatum ssp. *capitatum* - wild hyacinth
Diervilla sessilifolia - southern bush-honeysuckle
Dimorphocarpa wislizeni - spectacle pod
Diospyros virginiana - common persimmon
Dodecatheon amethystinum - amethyst shooting star
Dodecatheon jeffreyi - tall mountain shooting star
Dodecatheon meadia - shooting star
Doellingeria umbellata var. *umbellata* - flat-top aster
Dracopis amplexicaulis - clasping coneflower
Dryas octopetala - white mountain avens
Dyssodia ssp. - dyssodia
Echinacea angustifolia - narrow-leaved purple coneflower
Echinacea pallida - pale purple coneflower
Echinacea paradoxa - yellow coneflower
Echinacea purpurea - eastern purple coneflower
Echinocereus engelmannii - strawberry cactus
Echinocereus fendleri - pink-flower hedgehog cactus
Elaeagnus commutata - wolf willow
Elymus canadensis - Canadian wild rye
Empetrum nigrum - black crowberry
Encelia farinosa - brittlebush
Engelmannia peristenia - Engelmann's daisy
Epigaea repens - trailing arbutus
Epilobium canum ssp. *latifolium* - hummingbird trumpet
Epilobium obcordatum - rockfrunge

Ericameria nauseosa ssp. *nauseosa* var. *nauseosus* - rabbitbrush
Erigeron compositus - dwarf mountain fleabane
Erigeron divergens - spreading fleabane
Erigeron modestus - prairie fleabane
Erigeron peregrinus - coastal fleabane
Erigeron pulchellus - robin's plantain
Erigeron speciosus - aspen fleabane
Eriogonum douglassii - Douglas' wild buckwheat
Eriogonum inflatum - Indian pipeweed
Eriogonum umbellatum - sulfur-flower wild buckwheat
Eriophyllum lanatum - Oregon sunshine
Erodium texanum - Texas stork's-bill
Eryngium leavenworthii - Leavenworth's enrygo
Eryngium yuccifolium - button snakeroot
Erysimum capitatum - prairie rocket
Erythrina herbacea - red cardinal
Erythronium albidum var. *albidum* - white trout lily
Erythronium americanum - american trout lily
Erythronium grandiflorum - dogtooth violet
Escholzia californica ssp. *mexicana* - Mexican gold poppy
Eucephalus ledophyllus var. *ledophyllus* - Cascade wayside-aster
Euonymus americana - American strawberry-bush
Euonymus atropurpurea - burning bush
Euonymus obovata - running strawberry-bush
Eupatorium fistulosum - joe-pye-weed
Eupatorium maculatum - spotted joe-pye-weed
Eupatorium perfoliatum - common joe-pye-weed
Eupatorium purpureum - sweet scented joe-pye-weed
Eupatorium occidentale - western thoroughwort
Euphorbia corollata - flowering spurge
Euphorbia maculatum - spotted joe-pye-weed
Euphorbia marginata - snow-on-the-mountain
Eurybia macrophyllus - large leaf wood-aster

Eurybia sibirica - Siberian wood-aster
Eustoma exaltatum ssp. *russellianum* - prairie gentian
Euthamia graminifolia - flat-top goldenrod
Fagus grandifolia - American beech
Fallugia paradoxa - Apache plume
Fendlera rupicola - false mock orange
Filipendula rubra - queen-of-the-prairie
Forestiera pubescens var. *pubescens* - desert olive
Fothergilla gardenii - dwarf witch-alder
Fragaria virginiana - wild strawberry
Fragaria virginiana ssp. *platypetala* - western alpine strawberry
Frangula caroliniana - Carolina false buckthorn
Fraxinus americana - white ash
Fraxinus pennsylvanica - green ash
Fritillaria pudica - yellow missionbells
Fritillaria recurva - scarlet mission bells
Gaillardia aestivalis var. *aestivalis* - prairie gaillardia
Gaillardia aristata - great blanket-flower
Gaillardia arizonica - Arizona blanket-flower
Gaillardia pinnatifida - yellow gaillardia
Gaillardia pulchella - Indian blanket
Gaillardia suavis - rayless gaillardia
Galium boreale - northern bedstraw
Galium triflorum - fragrant bedstraw
Gaultheria procumbens - eastern teaberry
Gaura biennis - biennial gaura
Gaura coccinea - scarlet gaura
Gaylussacia baccata - black huckleberry
Gelsemium sempervirens - Carolina jessamine
Gentiana andrewsii - closed bottle gentian
Gentiana calycosa - Rainier pleated gentian
Gentiana clausa - bottle gentian
Gentiana parryi - Parry's gentian
Gentiana saponaria - soapwort gentian
Gentianopsis crinita - greater fringed-gentian
Geranium carolinianum - Carolina cranesbill
Geranium maculatum - spotted cranesbill
Geranium viscosissimum - sticky wild geranium
Geum rivale - water avens
Geum triflorum - prairie smoke
Glandularia bipinnatifida var. *bipinnatifida* - prairie vervain
Gleditsia triacanthos - honey locust
Glycyrrhiza lepidota - American licorice

Grayia spinosa - spiny hop-sage
Gutierrezia sarothrae - broom snakeweed
Gymnocladus dioica - Kentucky coffee tree
Halesia diptera - American snowdrop tree
Hamamelis virginiana - American witch hazel
Hedyotis nigricans - bluets
Helenium autumnale - fall sneezeweed
Helianthus annuus - common sunflower
Helianthus debilis - cucumber-leaf sunflower
Helianthus giganteus - giant sunflower
Helianthus maximiliani - Maximillion sunflower
Helianthus pauciflorus ssp. *pauciflorus* - stiff sunflower
Helianthus petiolaris - prairie sunflower
Helianthus strumosus - woodland sunflower
Helianthus tuberosus - Jerusalem artichoke
Heliomeris multiflora var. *multiflora* - showy false goldeneye
Heliopsis helianthoides - ox-eye sunflower
Hepatica nobilis var. *acuta* - sharp-lobed hepatica
Hepatica nobilis var. *obtusata* - round-lobed hepatica
Heterotheca villosa var. *villosa* - golden-aster
Heuchera americana - American alumroot
Heuchera parviflora - little-leaf alumroot
Heuchera rubescens - red alumroot
Heuchera villosa - hairy alumroot
Hexastylis arifolia var. *arifolia* - heart-leaf ginger
Hexastylis shuttleworthii var. *shuttleworthii* - Shuttleworth's ginger
Hibiscus denudatus - rock hibiscus
Hibiscus moscheutos - crimson-eyed rose-mallow
Hibiscus moscheutos ssp. *lasiocarpus* - rose-mallow
Holodiscus dumosus - glandular oceanspray
Houstonia caerulea - innocence
Houstonia procumbens - round-leaf bluets
Hydrangea arborescens - wild hydrangea
Hydrastis canadensis - goldenseal
Hydrophyllum virginianum - Virginia waterleaf
Hymenocallis caroliniana - Carolina spider-lily
Hymenopappus artemisiifolius - woolly white
Hymenoxys hoopesii - orange sneezeweed

Hypericum hypericoides ssp. *hypericoides* - Saint Andrew's cross
Hypericum prolificum - shrubby St. John's-wort
Hypoxis hirsuta - eastern yellow star-grass
Ilex decidua - deciduous holly
Ilex opaca - American holly
Ilex verticillata - common winterberry
Ilex vomitoria - yaupon
Iliamna rivularis - streambank wild hollyhock
Ipomoea leptophylla - bush morning-glory
Ipomopsis aggregata ssp. *aggregata* - scarlet gilia
Jeffersonia diphylla - twinleaf
Juglans microcarpa - little walnut
Juglans nigra - black walnut
Kalmia angustifolia - sheep laurel
Kalmia latifolia - mountain laurel
Kalmia polifolia - swamp laurel
Koeleria macrantha - prairie koeler's grass
Kosteletzkya virginica - seashore mallow
Krascheninnikovia lanata - winterfat
Larrea tridentata - creosote bush
Layia glandulosa - white tidytips
Leckiella breviflora - gaping bush-beardtongue
Ledum groenlandicum - rusty Labrador-tea
Leersia oryzoides - rice cut grass
Leiophyllum buxifolium - sand myrtle
Lepidium montanum - mountain pepperwort
Lesquerella fendleri - Fendler's bladderpod
Lesquerella gordonii - Gordon's bladderpod
Lesquerella gracilis - spreading bladderpod
Leucothoe fontanesiana - highland doghobble
Lewisia rediviva - Oregon bitter-root
Liatris aspera - tall gayfeather
Liatris elegans - pink scale gayfeather
Liatris mucronata - cusp gayfeather
Liatris punctata - dotted gayfeather
Liatris pycnostachya - prairie blazing star
Liatris spicata - dense gayfeather
Liatris squarrosa - scaly gayfeather
Lilium canadense - Canadian lily
Lilium catesbaei - southern red lily
Lilium michauxii - Carolina lily
Lilium michiganense - Michigan lily
Lilium phildephicum - wood lily
Lindera benzoin - northern spicebush
Lindheimera texana - Texas yellowstar
Linnaea borealis - American twinflower

Linum lewisii var. *lewisii* - blue flax
Linum rigidum - large-flowered yellow flax
Liquidambar styraciflua - sweet gum
Liriodendron tulipifera - tulip tree
Lithospermum canescens - hoary puccoon
Lithospermum carolinense - hairy puccoon
Lithospermum incisum - fringed gromwell
Lobelia cardinalis - Cardinal flower
Lobelia glandulosa - glade lobelia
Lobelia spicata - pale-spike lobelia
Lobelia siphilitica - great blue lobelia
Lobelia spicata - pale-spike lobelia
Lonicera albiflora - white honeysuckle
Lonicera involucrata - four-line honeysuckle
Lonicera sempervirens - coral honeysuckle
Lupinus breweri - matted lupine
Lupinus caudatus - Kellogg's spurred lupine
Lupinus concinnus - Bajada lupine
Lupinus perennis - wild lupine
Lupinus polyphyllus - meadow lupine
Lupinus sericeus - Pursh's silky lupine
Lysimachia ciliata - fringed yellow-loosestrife
Lysimachia quadrifolia - prairie loosestrife
Machaeranthera tanacetifolia - Tahoka daisy
Magnolia grandiflora - southern magnolia
Magnolia tripetala - umbrella magnolia
Magnolia virginiana - sweet-bay
Mahonia repens - creeping Oregon-grape
Maianthemum canadense - Canadian mayflower
Maianthemum dilatatum - two-leaf false Solomon's-seal
Maianthemum racemosum ssp. *racemosum* - false Solomon's-seal
Maianthemum stellatum - starry false Solomon's-seal
Malus ioensis - prairie crabapple
Marshallia caespitosa var. *caespitosa* - Barbara's buttons
Melampodium leucanthum - blackfoot daisy
Mentzelia laevicaulis - giant blazingstar
Menyanthes trifoliata - buck-bean
Mertensia ciliata - mountain bluebells
Mertensia virginica - Virginia bluebells
Mimosa borealis - pink mimosa
Mimosa microphylla - little-leaf mimosa
Mimulus bigelovii - yellow-throat monkey-flower
Mimulus cardinalis - scarlet monkey-flower
Mimulus guttatus - golden monkey-flower
Mimulus lewisii - great purple monkey-flower

Mimulus primuloides - yellow creeping
 monkey-flower
Mimosa microphylla - little-leaf mimosa
Minuartia obtusiloba - alpine stitchwort
Mirabilis multiflora - Colorado four-o'clock
Mitchella repens - partridge berry
Mitella diphylla - two-leaf bishop's-cap
Monarda citriodora - lemon beebalm
Monarda didyma - scarlet beebalm
Monarda fistulosa - Oswego tea
Monarda punctata ssp. *punctata* var.
villicaulis - horsemint
Monardella odoratissima - mountain
 pennyroyal
Morella cerifera - southern bayberry
Morella pensylvanica - northern bayberry
Muhlenbergia capillaris - Gulf muhly
Muhlenbergia reverchonii - seep muhly
Myosotis asiatica - Asian forget-me-not
Myrica gale - sweetgale
Napaea dioica - glade mallow
Nemophila phaseoloides - large-flower
 baby-blue-eyes
Nolina microcarpa - Sacahuista bear-grass
Nolina texana - Texas bear-grass
Nuphar lutea - cow-lily
Nuphar lutea ssp. *polysepala* - pond-lily
Nymphaea odorata - American white
 water-lily
Nyssa sylvatica - black gum
Oenothera albicaulis - pale evening
 primrose
Oenothera biennis - common evening
 primrose
Oenothera brachycarpa - short-fruit evening
 primrose
Oenothera caespitosa - tufted evening
 primrose
Oenothera deltoides - desert evening
 primrose
Oenothera elata ssp. *hookeri* - giant evening
 primrose
Oenothera flava - long-tube evening
 primrose
Oenothera fruticosa - narrow-leaf evening
 primrose
Oenothera macrocarpa - big-fruit evening
 primrose
Oenothera nuttallii - Nuttall's evening
 primrose

Oenothera primiveris - desert evening
 primrose
Oenothera rhombipetala - diamond-petal
 evening primrose
Oenothera speciosa - pink evening-primrose
Oligoneuron rigidum var. *rigidum* - stiff
 goldenrod
Opuntia acanthocarpa - staghorn cholla
Opuntia basilaris - beaver-tail cactus
Opuntia humifusa - prickly pear
Opuntia imbricata - tree cholla
Opuntia leptocaulis - christmas cholla
Opuntia phaeacantha - purple-fruited prickly
 pear
Opuntia polyacantha - plains prickly-pear
Orontium aquaticum - golden club
Ostrya virginiana - eastern hop-hornbeam
Oxydendrum arboreum - sourwood
Pachysandra procumbens - mountain
 spurge
Packera aurea - golden ragwort
Packera cana - gray ragwort
Packera glabella - cress-leaf groundsel
Packera obovata - round-leaf groundsel
Packera paupercula - northern ragwort
Packera plattensis - prairie ragwort
Panicum virgatum - wand panic grass
Parthenium incanum - mariola
Parthenium integrifolium - wild quinine
Parthenocissus quinquefolia - Virginia
 creeper
Passiflora incarnata - purple passion-flower
Passiflora lutea - yellow passion-flower
Pectis angustifolia - lemonscent
Pedicularis groenlandica - bull
 elephant's-head
Penstemon albidus - red-line penstemon
Penstemon ambiguus - pink plains
 beardtongue
Penstemon angustifolius - broadbeard
 beardtongue
Penstemon australis - Eustis Lake
 beardtongue
Penstemon barbatus - beard lip
 beardtongue
Penstemon buckleyi - Buckley's
 beardtongue
Penstemon canescens - eastern gray
 beardtongue
Penstemon cobaea - cobaea beardtongue

Penstemon davidsonii - timberline beardtongue
Penstemon deustus - hot-rock beardtongue
Penstemon digitalis - foxglove penstemon
Penstemon eatonii - firecracker penstemon
Penstemon fendleri - Fendler's beardtongue
Penstemon gracilis - slender penstemon
Penstemon grandiflorus - large-leaved penstemon
Penstemon hirsutus - hairy beardtongue
Penstemon jamesii - James' beardtongue
Penstemon laetus - western gray beardtongue
Penstemon murrayanus - scarlet beardtongue
Penstemon pallidus - pale beardtongue
Penstemon palmeri - scented beardtongue
Penstemon rostriflorus - beaked beardtongue
Penstemon smallii - Small's beardtongue
Penstemon strictus - Rocky Mountain beardtongue
Petrophyton caespitosum - Rocky Mountain rockmat
Phacelia sericea - purple fringe
Phlox andicola - prairie phlox
Phlox carolina - Carolina phlox
Phlox diffusa - spreading phlox
Phlox divaricata - wild blue phlox
Phlox divaricata ssp. *laphamii* - Sweet William
Phlox glaberrima ssp. *interior* - marsh phlox
Phlox latifolia - mountain phlox
Phlox longifolia - long-leaf phlox
Phlox pilosa - downy phlox
Phlox speciosa ssp. *occidentalis* - showy phlox
Phlox stolonifera - creeping phlox
Phlox subulata - moss phlox
Phlox stansburyi - cold-desert phlox
Phragmites australis - common reed
Physocarpus opulifolius - Atlantic ninebark
Physostegia digitalis - finger false dragonhead
Physostegia intermedia - slender false dragonhead
Physostegia virginiana - obedient plant (take care, get non-invasive type)
Phyllodoce empetrifomis - pink mountain-heath
Pinguicula lutea - yellow butterwort
Pinguicula pumila - dwarf buttercup
Pityopsis graminifolia var. *graminifolia* - grass-leaved golden-aster
Platanus occidentalis - American sycamore
Platystemon californicus - California cream cups
Poa arachnifera - Texas bluegrass
Podophyllum peltatum - Mayapple
Polemonium foliosissimum - towering Jacob's ladder
Polemonium occidentale - western Jacob's ladder
Polemonium pulcherrimum - beautiful Jacob's ladder
Polemonium reptans - Greek valerian
Polemonium viscosum - sticky Jacob's ladder
Poliomintha incana - hoary rosemary-mint
Populus balsamifera - balsam poplar
Populus deltoides - eastern cottonwood
Populus tremuloides - quaking aspen
Porteranthus trifolius - bowman's root
Potentilla arguta - prairie cinquefoil
Potentilla glandulosa - sticky cinquefoil
Potentilla nivea - snowy cinquefoil
Potentilla simplex - common cinquefoil
Prenanthes alba - white rattlesnake-root
Prosobis glandulosa - honey mesquite
Prunus mexicana - Mexican plum
Prunus nigra - Canadian plum
Prunus serotina - black cherry
Prunus virginiana - chokecherry
Pseudognaphalium obtusifolium ssp. *obtusifolium* - blunt-leaf rabbit tobacco
Psilostrophe cooperi - white-stem paper flower
Psilostrophe tagetina - woolly paper-flower
Psoralea fremontii var. *fremontii* - Fremont indigo bush
Ptelea trifoliata - common hoptree
Pulsatilla patens ssp. *multifida* - pasqueflower
Purshia stansburiana - quinine bush
Pulsatilla patens ssp. *multifida* - pasqueflower
Pyrola asarifolia - pink wintergreen
Pyrola elliptica - shinleaf
Quercus alba - northern white oak
Quercus coccinea - scarlet oak
Quercus gambelli - Rocky Mountain white oak

Quercus macrocarpa - burr oak
Quercus marilandica - blackjack oak
Quercus michauxii - swamp chestnut oak
Quercus muehlenbergii - Chinkapin oak
Quercus palustris - pin oak
Quercus phellos - willow oak
Quercus rubra - northern red oak
Quercus stellata - post oak
Quercus virginiana - coastal live oak
Ranunculus abortivus - early wood
buttercup
Ranunculus alismifolius - meadow buttercup
Ranunculus cardiophyllus - heart-leaf
buttercup
Ranunculus fascicularis - tufted buttercup
Ranunculus occidentalis - western buttercup
Ratibida columnifera - red-spike Mexican
hat
Ratibida pinnata - grey-head Mexican hat
Rhexia mariana - Maryland meadow beauty
Rhexia virginica - meadow beauty
Rhodiola integrifolia ssp. *integrifolia* -
rosewort
Rhododendron arborescens - smooth
azalea
Rhododendron calendulaceum - flame
azalea
Rhododendron canadense - rhodora
Rhododendron canescens - mountain
azalea
Rhododendron catawbiense - purple
rhododendron
Rhododendron maximum - great laurel
Rhododendron oblongifolium - Texas azalea
Rhododendron periclymenoides - pink
azalea
Rhododendron prinophyllum - early azalea
Rhododendron vaseyi - pink-shell azalea
Rhododendron viscosum - swamp azalea
Rhus aromatica - fragrant sumac
Rhus copallinum - winged sumac
Rhus glabra - smooth sumac
Rhus lanceolata - prairie sumac
Rhus microphylla - little-leaf sumac
Rhus typhina - staghorn sumac
Rhyncospora latifolia - sand-swamp
whitetop
Ribes aureum - golden currant
Ribes aureum var. *villosum* - buffalo currant
Ribes laxiflorum - trailing black currant
Robinia hispida - bristly locust

Robinia pseudoacacia - black locust
Rosa acicularis - wild rose
Rosa arkansana var. *suffulta* - prairie rose
Rosa carolina - Carolina rose
Rosa palustris - swamp rose
Rosa setigera var. *tomentosa* - Illinois rose
Rosa nutkana - Nootka rose
Rosa woodsii - Wood's rose
Rubus parviflorus - western thimbleberry
Rubus odoratus - purple-flowering raspberry
Rudbeckia fulgida - orange coneflower
Rudbeckia grandiflora var. *alismatifolia* -
large coneflower
Rudbeckia hirta - black-eyed susan
Rudbeckia laciniata - cut-leaf coneflower
Rudbeckia triloba - brown-eyed susan
Ruellia caroliniensis - Carolina wild petunia
Ruellia humilis - fringe-leaf wild petunia
Sabal minor - dwarf palmetto
Sabatia angularis - rose-pink
Sabatia campestris - meadow pink
Sabatia dodecandra - large marsh-pink
Sagittaria latifolia - arrowhead
Salix discolor - pussy willow
Salvia azurea var. *grandiflora* - blue sage
Salvia columbariae - California sage
Salvia lyrata - lyre-leaf sage
Sambucus nigra ssp. *caerulea* - black elder
Sambucus nigra ssp. *canadensis* - common
elder
Sambucus racemosa var. *racemosa* -
scarlet elder
Sambucus racemosa var. *melanocarpa* -
silver buffalo-berry
Sanguinaria canadensis - bloodroot
Sapindus saponaria var. *drummondii* -
soapberry
Sassafras albidum - sassafras
Saururus cernuus - lizard's tail
Saxifraga bronchialis - yellow-spot saxifrage
Schizachyrium scoparium - little false
bluestem
Sedum nuttallianum - yellow stonecrop
Sedum ternatum - woodland stonecrop
Senecio pseudo-arnica - seabeach senecio
Shepherdia argentea - silver buffalo-berry
Shepherdia canadensis - russet
buffalo-berry
Shortia galacifolia - Oconee-bells

Sideroxylon lanuginosum ssp. *oblongifolium*
 - gum elastic tree *Silene acaulis* - moss
 campion
Silene caroliniana - sticky catchfly
Silene douglasii - seabluft catchfly
Silene regia - royal catchfly
Silene stellata - starry campion
Silene virginica - fire-pink
Silphium integrifolium - entire-leaf rosinweed
Silphium laciniatum - compass plant
Silphium perfoliatum - cup plant
Sisyrinchium albidum - white blue-eyed
 grass
Sisyrinchium angustifolium - narrow leaf
 blue-eyed-grass
Sisyrinchium campestre - prairie blue-eyed
 grass
Sisyrinchium montanum - strict blue-eyed
 grass
Solidago caesia - blue-stemmed goldenrod
Solidago canadensis - Canadian goldenrod
Solidago flexicaulis - zigzag goldenrod
Solidago juncea - plume goldenrod
Solidago missouriensis - Missouri goldenrod
Solidago multiradiata - Rocky Mountain
 goldenrod
Solidago nemoralis - gray goldenrod
Solidago odora - sweet goldenrod
Solidago rugosa - rough-leaved goldenrod
Solidago sempervirens - seaside goldenrod
Solidago speciosa - showy goldenrod
Solidago ulmifolia - elm-leaf goldenrod
Sophora affinis - Eve's necklace-pod
Sorbus americana - American mountain-ash
Sorbus scopulina - Cascade mountain-ash
Sorghastrum nutans - yellow Indian grass
Spartina pectinata - prairie cord grass
Sphaeralcea ambigua - apricot
 globe-mallow
Sphaeralcea coccinea - scarlet
 globe-mallow
Sphaeralcea parviflora - small-leaf
 globe-mallow
Spigelia marilandica - woodland pinkroot
Spiraea alba - white meadowsweet
Spiraea alba var. *latifolia* - meadowsweet
Spiraea splendens var. *splendens* -
 subalpine spiraea
Spiraea tomentosa - steeplebush
Sporobolus heterolepis - prairie dropseed
Stanleya pinnata - golden prince's-plume

Stewartia malacodendron - silky camellia
Stewartia ovata - mountain camellia
Stokesia laevis - stokes aster
Streptopus lanceolatus var. *roseus* - rosy
 twisted stalk
Stylophorum diphyllum - celandine poppy
Symphoricarpos orbiculatus - coralberry
Symphyotrichum ascendens - Pacific aster
Symphyotrichum divaricatum - white wood
 aster
Symphyotrichum drummondii var.
drummondii - arrow aster
Symphyotrichum ericoides var. *ericoides* -
 heath aster
Symphyotrichum foliaceum var. *foliceum* -
 leafy aster
Symphyotrichum laeve var. *laeve* - smooth
 aster
Symphyotrichum novae-angliae - New
 England American aster
Symphyotrichum oblongifolium - aromatic
 American aster
Symphyotrichum oolentangiense - sky-blue
 American aster
Symphyotrichum pilosum var. *pilosum* - frost
 aster
Symphyotrichum puniceum var. *puniceum* -
 swamp aster
Symphyotrichum sericeum - western silver
 American aster
Symplocarpus foetidus - skunk cabbage
Tephrosia virginiana - goat's rue
Tetaneuris acaulis var. *acaulis* - butte
 marigold
Tetaneuris scaposa var. *scaposa* - yellow
 daisy
Tetaneuris grandiflora - alpine sunflower
Teuchrium laciniatum - lacy germander
Thalictrum dasycarpum - purple meadow
 rue
Thalictrum dioicum - early meadow rue
Thalictrum fendleri var. *polycarpum* -
 meadow rue
Thalictrum pubescens - king-of-the-meadow
Thalictrum thalictroides - rue anemone
Thelesperma filifolium var. *filifolium* - showy
 Navajo tea
Thermopsis montana - golden pea
Thlaspi montanum var. *fendleri* - pennycress
Tiarella cordifolia - heart-leaf foamflower
Tilia americana - American linden

Townsendia exscapa - Easter daisy	Vernonia baldwinii - western ironweed
Tradescantia bracteata - long-bracted spiderwort	Vernonia gigantea ssp. gigantea - tall ironweed
Tradescantia occidentalis - prairie spiderwort	Vernonia noveboracensis - New York ironweed
Tradescantia ohiensis - Ohio spiderwort	Veronicastrum virginicum - culver's root
Tradescantia virginiana - Virginia spiderwort	Viburnum acerifolium - maple-leaf viburnum
Tridens flavus - tall redbud	Viburnum dentatum - southern arrow-wood
Trientalis borealis ssp. borealis - starflower	Viburnum edule - squashberry
Trillium cernuum - nodding trillium	Viburnum lantanoides - hobblebush
Trillium erectum - purple trillium	Viburnum prunifolium - smooth blackhaw
Trillium grandiflorum - large-flowered trillium	Viburnum rufidulum - rusty blackhaw
Trillium ovatum - coast trillium	Viola affinis - sand violet
Trillium sessile - red trillium	Viola canadensis - Canadian white violet
Trillium undulatum - painted trillium	Viola labradorica - alpine violet
Tripsacum dactyloides - eastern mock ginseng	Viola missouriensis - Missouri violet
Trollius laxus - American globeflower	Viola palmata - early blue violet
Typha latifolia - broad-leaf cattail	Viola pedata - bird-foot violet
Ulmus americana - American elm	Viola pedatifida - prairie violet
Ulmus crassifolia - cedar elm	Viola pubescens - downy yellow violet
Uvularia grandiflora - large flowered bellwort	Viola rostrata - long-spur violet
Uvularia sessilifolia - merrybells	Viola sororia - meadow violet
Vaccinium angustifolium - late lowbush blueberry	Vitis rotundifolia - muscadine
Vaccinium arboreum - farkleberry	Wisteria frutescens - American wisteria
Vaccinium caespitosum - dwarf huckleberry	Wyethia amplexicaulis - northern mule's ears
Vaccinium corymbosum - highbush blueberry	Xanthisma texanum - Texas sleepy daisy
Vaccinium stamineum - deerberry	Xylorhiza tortifolia var. tortifolia - Mojave woody aster
Vaccinium uliginosum - bog blueberry	Xyris ssp. - yellow-eyed grass
Vaccinium stamineum - deerberry	Yucca arkansana - Arkansas yucca
Vaccinium vitis-idaea - northern mountain cranberry	Yucca baccata - banana yucca
Veratrum californicum - corn lily	Yucca brevifolia - Joshua tree
Verbena canadensis - rose mock vervain	Yucca glauca - soapweed glauca
Verbena gooddingii - southwestern vervain	Zenobia pulverulenta - honeysuckle
Verbena hastata - blue verbena	Zephyranthes atamasco - rain lily
Verbena stricta - hoary verbena	Zinnia grandiflora - Rocky Mountain zinnia
	Zizia aurea - golden alexanders

Sources, References:

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Trudi Davidoff, originator of the Winter Sowing method. See the "Winter Sowers" Facebook list for more information and conversation about this process.

<https://upstategardenersjournal.com/winter-sowing-a-gardeners-winter-delight/>