

NANTUCKETFOOTPRINTS
Virtual Reality Tour 

NATIVE BIODIVERSITY MEADOW



In collaboration with the
Nantucket Conservation
Foundation

Field Thistle

A biennial thistle with light purple flower heads and dark green leaves with pale silver, velvety undersides.



FIELD THISTLE

Scientific Name: **Cirsium discolor**

Why It Helps Where To Plant

Deer and rabbit resistant, pollinator and host plant Rock gardens and meadows, habitat restoration, natural areas lawn

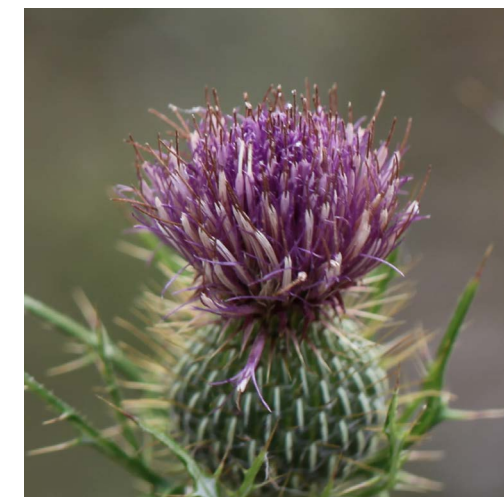
Native Seasonality

Eastern half of U.S.; native to Nantucket Blooms second year in late summer-early fall

Exposure Soil Type

Full to part sun Dry to medium, does well in moderate conditions with sandy soil

Did you know? The Field Thistle is a member of the sunflower family and, like a sunflower, can grow to great heights (up to 9 feet).



Bushy Aster

Perennial plant that can grow up to three feet tall, featuring numerous tiny flowers (roughly half an inch) with yellow centers and white ray florets.



BUSHY ASTER

Scientific Name: *Symphotrichum dumosuma*

Why It Helps Where To Plant

Wind and salt spray tolerant, deer and rabbit resistant once established, pollinator plant, attracts birds and butterflies

Summer or fall borders, butterfly gardens

Native Seasonality

Eastern U.S.; native to Nantucket

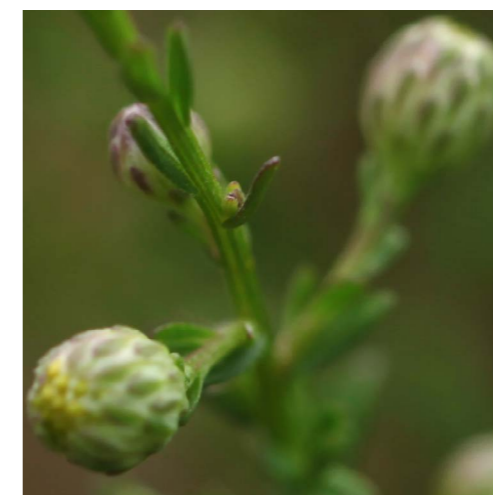
Late summer-fall bloomer

Exposure Soil Type

Full to part sun

Dry to medium, prefers well-drained sandy soil

Did you know? While the Aster may look like a typical flower, in plants of this kind, each petal is actually a "ray," or a separate floret.





Late Purple Aster, Skydrop Aster

Perennial, medium bright purple flowers that can grow three feet tall with yellow centers, purple rays and ear-shaped leaves that "clasp" to the stem.



LATE PURPLE ASTER, SKYDROP ASTER

Scientific Name: *Symphotrichum patens*

Why It Helps Where To Plant

Wind and salt spray tolerant, deer and rabbit resistant once established, pollinator plant, attracts birds and butterflies

Border or rock gardens, pollinator gardens, wildflower meadows, restoration

Native Seasonality

Eastern U.S.; native to Nantucket

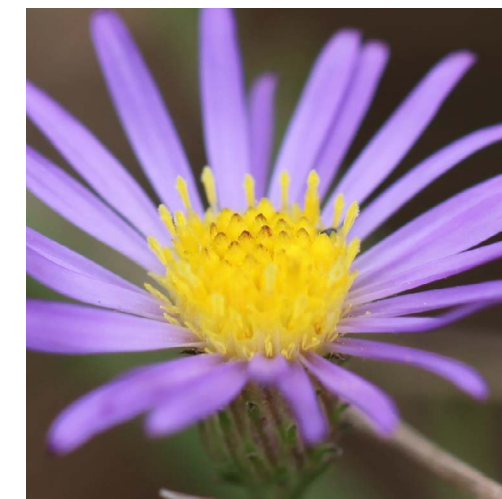
Midsummer-fall bloom

Exposure Soil Type

Full to part sun

Dry to medium, prefers well-drained sandy soil

Did you know? Another common name for this plant comes from its leaves: Claspng Aster.



Pearly Everlasting

Perennial plant that spreads to form large patches of silvery foliage featuring white, papery flowers that look almost like buds even when they're in bloom and measure no more than a quarter inch across.



PEARLY EVERLASTING

Scientific Name: *Anaphalis margaritacea*

Why It Helps Where To Plant

Wind and salt spray tolerant, deer and rabbit resistant once established, pollinator plant, attracts butterflies

Border or rock gardens, pollinator gardens, wildflower meadows, restoration

Native Seasonality

Much of U.S. except Southeastern states; native to Nantucket

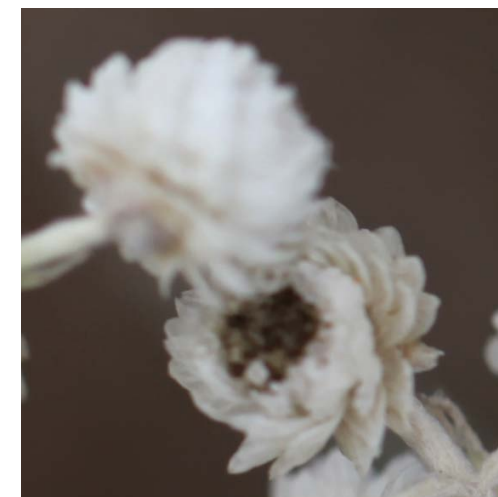
Midsummer-fall bloomer

Exposure Soil Type

Full to part sun

Dry to medium, prefers well-drained sandy soil

Did you know? The white flowers of the Pearly Everlasting dry beautifully for your crafting projects.



Yellow Wild Indigo

Large mounding plants with rounded leaves found in triplets (trifoliate), and bright yellow pea-like flowers.



YELLOW WILD INDIGO

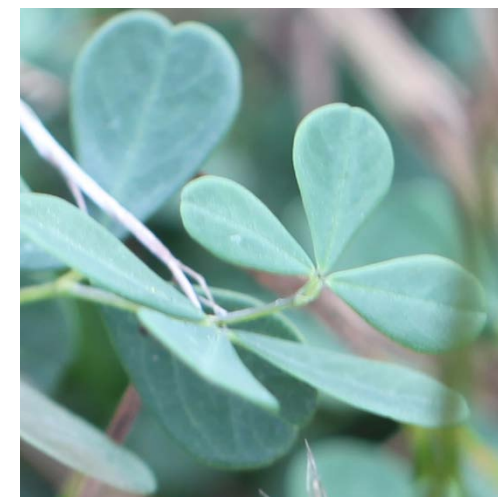
Scientific Name: *Baptisia tinctoria*

Why It Helps Wind and salt spray tolerant, deer and rabbit resistant once established, pollinator plant
Where To Plant Wildflower meadows

Native Eastern North America; native to Nantucket
Seasonality Blooms midsummer and seed heads fall-winter

Exposure Full to part sun; prefers full sun
Soil Type Dry sandy soils are necessary

Did you know? The plant has been used as a substitute for true indigo dyes.



Annual Fleabane

Annual that reseeds itself even in poor soil, featuring flowers with numerous white petals (ray florets) and a golden center made up of several disc florets.



ANNUAL FLEABANE

Scientific Name: **Erigeron annuus**

Why It Helps Where To Plant

Pollinator plant, attracts bees and butterflies

Best in naturalized area or wildflower meadow where it can reseed itself each year

Native Seasonality

Eastern U.S. west to Colorado and Texas; native to Nantucket

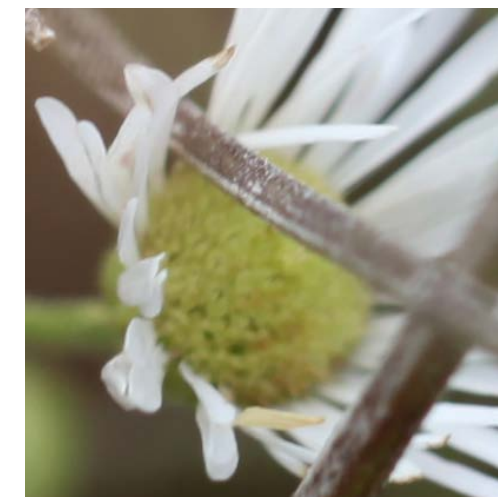
Summer

Exposure Soil Type

Full to part sun

Dry to medium, does well in dry or moist conditions

Did you know? Fleabane gets its name for its purported flea-repellant properties when dried—but watch out, it can also cause upset stomachs for pets.





GRASS-LEAVED FLAT-TOPPED GOLDENROD

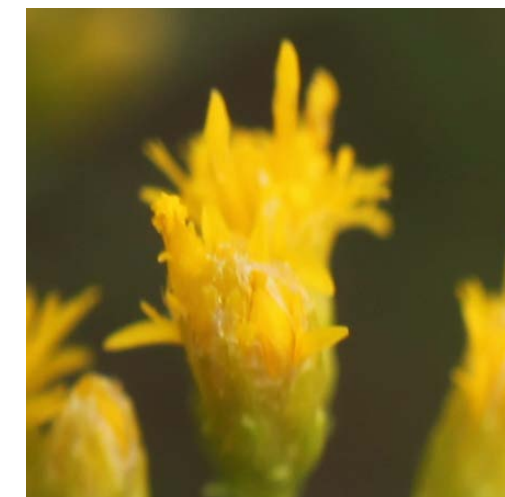
Scientific Name: *Euthamia graminifolia*

Why It Helps Deer and drought resistant, pollinator plant, attracts bees and butterflies
Where To Plant Wildflower meadow or other naturalized area, rain garden

Native Most of the U.S., except the Southwest; native to Nantucket
Seasonality Midsummer-fall

Exposure Full to part sun
Soil Type Dry to medium, does well in dry or moist conditions

Did you know? Boiled to remove chemical compounds, the flat-topped goldenrod has been used in traditional medicine to treat chest or lung pain.



Grass-leaved Flat-topped Goldenrod

Golden yellow flowers in a flat-topped arrangement, numerous grass-like leaves with a central vein and two lateral veins that are easy to see.

Switchgrass

Grass that grows more than eight feet tall, in clumps or bunches, with large clusters of rounded flower spikes.

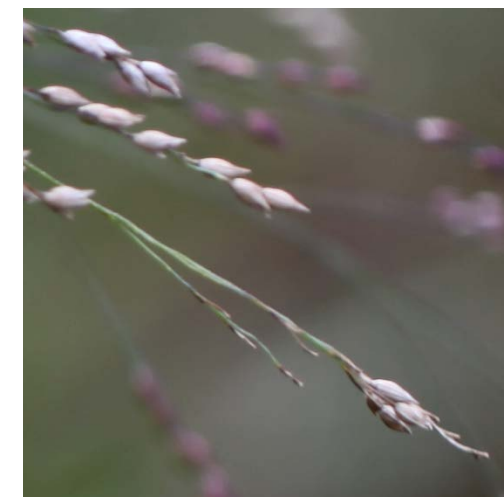


SWITCHGRASS

Scientific Name: *Panicum virgatum*

Why It Helps	Where To Plant
Wind and salt spray tolerant, deer and rabbit resistant once established, pollinator plant	Wildflower meadows or naturalized areas with room to spread, rain gardens, pollinator gardens, garden beds
Native	Seasonality
Native to most of North America except West Coast; native to Nantucket	Blooms midsummer and seed heads fall-winter
Exposure	Soil Type
Full to part sun	Dry to wet, sandy soil or heavier richer and wetter soil are fine

Did you know? Among its many uses, Switchgrass protects against erosion and sequesters carbon, a valuable species to benefit island resilience from climate change.





Fescue

Low-growing grass with compact flowers that either forms clumps or spreads, depending on the species (estimates of the number of Festuca species range in the several hundreds).



FESCUE

Scientific Name: **Festuca sp.**

Why It Helps

Deer and rabbit tolerant, erosion control

Where To Plant

As groundcover, in wildflower meadow or low-maintenance lawn

Native

Every continent but Antarctica, depending on the species, but the ones most commonly found in the wild in this region are not native to North America. Avoid aggressive strains

Seasonality

Late spring to early summer blooming

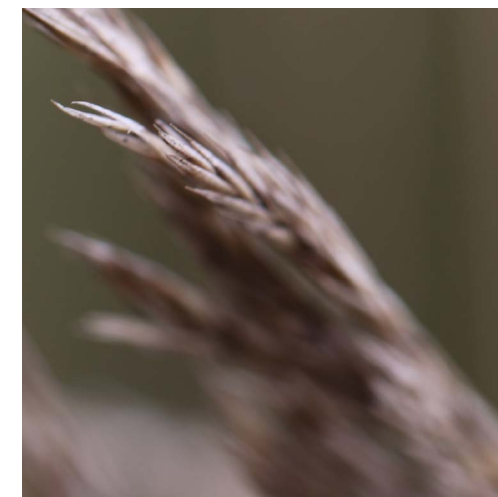
Exposure

Full to part sun

Soil Type

Dry to medium, does well in dry or moist conditions

Did you know? "Fescue" is also the name of the skinny, retractable pointers teachers use. (The grass came first.)



Name

Perennial found in large patches, featuring egg-shaped leaves and dusty pink flowers arranged in nearly ball-shaped heads.



ORANGE MILKWEED

Scientific Name: *Asclepias tuberosa*

Why It Helps Where To Plant

Excellent pollinator plant for bees, butterflies

Great in a wildflower meadow, pine woods edge, driveway edges that are hot and dry

Native Seasonality

Eastern half of North America;
native to Nantucket

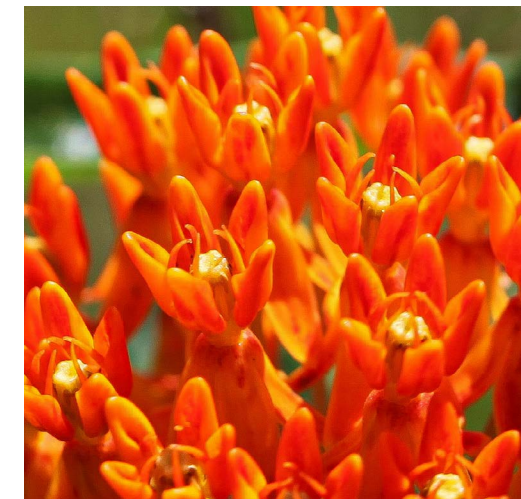
July-August

Exposure Soil Type

Full to part sun

Well drained sandy soil.

Did you know? Monarch butterflies lay eggs on this orange milkweed as well as common and swamp milkweed.





LITTLE BLUESTEM

Scientific Name: *Schizachyrium scoparium*

Why It Helps **Where To Plant**

Deer and rabbit resistant, pollinator and host plant, seed source for birds and other wildlife Tall wildflower meadows and infrequently mown native lawns

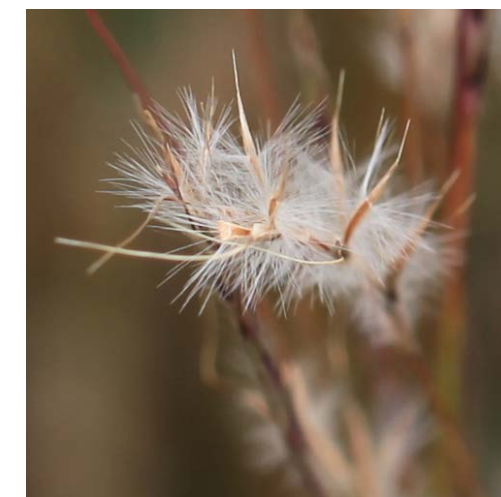
Native **Seasonality**

North American native; native to Nantucket Grows most in mid-summer to fall and flowers late in summer; attractive color and seeds in fall

Exposure **Soil Type**

Full to part sun Dry to medium, does well in moderate conditions with sandy soil

Did you know? Little Bluestem is the official state grass of Nebraska and Kansas.



Little Bluestem

Perennial, warm season grass that grows in clumps rather than spreading flat, growing fawn-colored foliage late in the summer and distributing feathery seeds.



BLUNT-LEAVED CLUSTERED MOUNTAIN MINT

Scientific Name: *Pycnanthemum muticum*

Why It Helps Deer and rabbit resistant, attracts birds in winter for seeds
Where To Plant Wildflower meadows, rain gardens, pollinator gardens, garden beds

Native Eastern North America and Texas; native to Nantucket
Seasonality Blooms in mid-summer, interesting seed heads in fall-winter

Exposure Full to part sun
Soil Type Dry to medium; does best in moderate conditions some organic material and at least seasonally moist conditions

Did you know? Although not a "true mint," this plant smells like spearmint and will make a lovely tea.



Blunt-leaved Clustered Mountain Mint

Perennial with silvery egg-shaped leaves, white to pale pink flowers that cluster tightly atop stems.



Wavy-leaf Aster

Light purple flowers with yellow centers that are fairly large among our native asters, with clasping leaves close to the bloom and, lower down the stem, leaves with a distinctive violin shape.



WAVY-LEAF ASTER

Scientific Name: *Symphyotrichum undulatum*

Why It Helps

Moderately deer and rabbit resistant, seeds feed birds in fall and winter

Where To Plant

Wildflower meadows and garden beds, pollinator gardens, seasonally wetter areas or upper parts of rain gardens

Native

Eastern North America, west to Louisiana and Missouri; native to Nantucket

Seasonality

Late summer-October

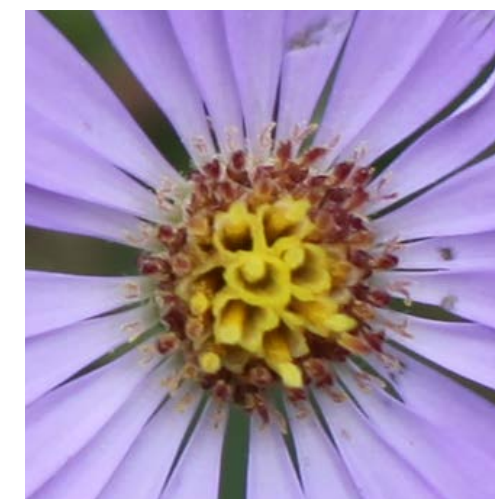
Exposure

Full to part sun

Soil Type

Moderate moisture to slightly dry, fairly well drained soil preferred, but can tolerate some richer soil than many of our other asters

Did you know? Unlike many other Asters, the wavy-leaf Aster can grow in partial shade, and can keep blooming after the first frost of winter.





Common Mullein
 Biennial, with silvery, grey-green and fuzzy leaves and stems and tall, upright flower stocks covered with densely clustered yellow blooms.



COMMON MULLEIN

Scientific Name: *Verbascum thapsus*

Why It Helps **Where To Plant**

Attracts birds to seeds in fall and winter, provides visual interest in winter and color in summer, nectar feeds a range of bees, and butterflies

Good as a minor component in wildflower meadows since it's non-native and typically considered a weed or "volunteer" species. Remove some or most of the seed heads in late summer to make sure it doesn't spread too much

Native **Seasonality**

Introduced to North America from Europe and Asia; non-native to Nantucket

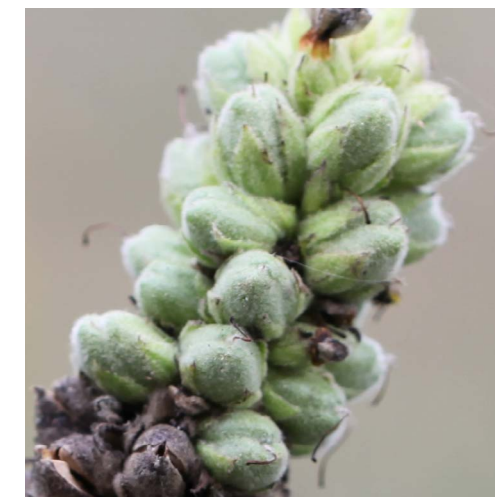
Summer. Basal rosette of leaves first season and flowers second season

Exposure **Soil Type**

Full to part sun

Dry to medium soils. Disturbed sandy areas

Did you know? This plant has been used as torch wicks, toilet paper, fish poison and, ineffectively, leprosy medicine.



Common Wrinkle-leaved Goldenrod

Medium height goldenrod with arching branched flower heads, often with wrinkled leaves and rough, hairy stems, growing in patches.



COMMON WRINKLE-LEAVED GOLDENROD

Scientific Name: *Solidago rugosa*

Why It Helps

Deer and rabbit resistant once established, pollinator plant

Where To Plant

Wildflower meadow or other naturalized area, rain garden

Native

Eastern North America west to Texas; native to Nantucket.

Seasonality

Blooms in midsummer to fall, interesting seed heads in fall-winter

Exposure

Full to part sun

Soil Type

Dry to medium; does best in moderate conditions with some organic material and at least seasonally moist conditions

Did you know? Contrary to popular belief, Goldenrod typically does not cause allergies because its pollen is too heavy to carry on the wind.





Common Milkweed
 Perennial found in large patches, featuring egg-shaped leaves and dusty pink flowers arranged in nearly ball-shaped heads.



COMMON MILKWEED

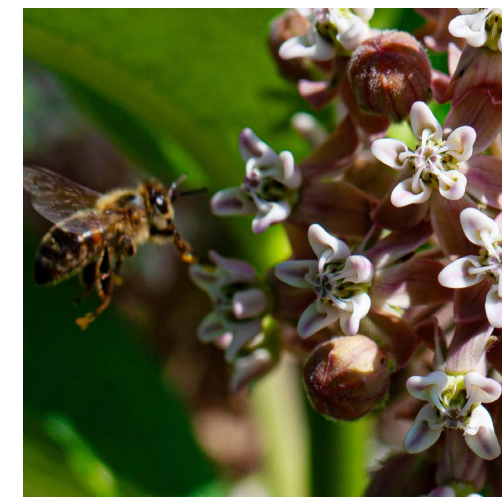
Scientific Name: *Asclepias syriaca*

Why It Helps	Where To Plant
Deer and rabbit resistant, pollinator plant, attracts birds in winter for seeds, provides visual interest if left uncut	Wildflower meadows with room to spread, rain gardens, pollinator gardens, garden beds

Native	Seasonality
Eastern half of North America; native to Nantucket	Blooms July to early August, interesting seed pods in fall and winter

Exposure	Soil Type
Full to part sun	Dry to medium; does best in moderate conditions with some organic material and at least seasonally moist conditions

Did you know? Monarch butterflies have recently been deemed an endangered species, so planting Common Milkweed can help them thrive. Not only does this coveted host plant help monarch butterfly caterpillars, but it also supports many other interesting insects from milkweed bugs to milkweed tussock moth caterpillars.



Slender-Leaved Flat-topped Goldenrod

A slender-leaved plant that grows in patches, featuring leaves only one-eighth of an inch wide and numerous small, yellow flower heads.



SLENDER-LEAVED FLAT-TOPPED GOLDENROD

Scientific Name: *Euthamia tenuifolia*

Why It Helps Wind and salt spray tolerant, deer and rabbit resistant once established, pollinator plant
Where To Plant As groundcover, in wildflower meadow or low-maintenance lawn

Native Eastern U.S.; native to Nantucket
Seasonality Midsummer-fall bloomer

Exposure Full to part sun
Soil Type Dry to medium, enjoys well-drained sandy soil but may also be found in wet pond shores

Did you know? When crushed, the narrow, grasslike leaves of this plant have a strong scent.



Horseweed

Annual with numerous small off-white or green flower heads and narrow leaves spiraling around its stem.



HORSEWEED

Scientific Name: *Erigeron canadense*

Why It Helps Where To Plant

Common weed in wildflower meadows or gardens, but important for a wide variety of native pollinators, making it a good wildflower meadow filler. Deer/rabbits browsed this species heavily in our meadow and kept it shorter

Wildflower meadows and other naturalized areas

Native Seasonality

North America and Central America

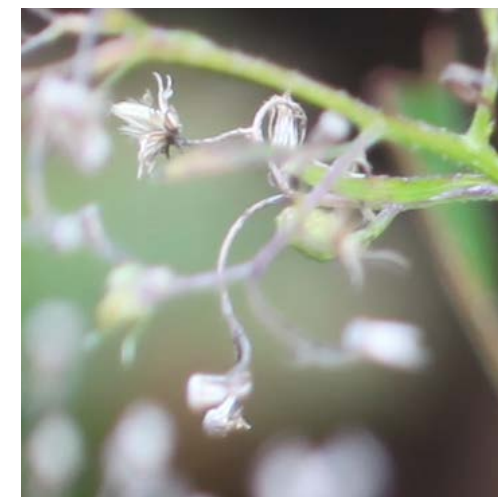
Blooms summer seeds for birds in fall-winter

Exposure Soil Type

Full to part sun; prefers full sun

Dry sandy disturbed soils

Did you know? Horseweed was the first weed to develop pesticide resistance.



Pasture Thistle

Several native thistles and a couple introduced species are found on Nantucket. They have a spiny basal rosette their first season, bolting to produce flower stalks the second season. Most are purple to lavender flowered, but some individuals of typically purple-flowered species are white. One native thistle species common on Nantucket has yellow flowers often with some burgundy.

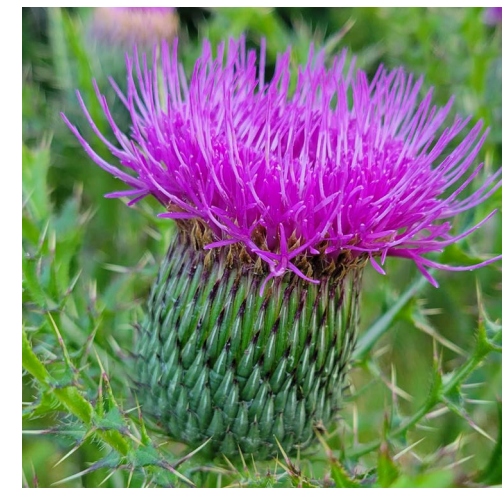


PASTURE THISTLE

Scientific Name: *Cirsium pumilum*

Why It Helps	Where To Plant
Wind and salt spray tolerant, deer and rabbit resistant once established, pollinator plant	Wildflower meadows or naturalized areas with room to spread, rain gardens, pollinator gardens, garden beds
Native	Seasonality
Some native, some not	July-October depending on the species
Exposure	Soil Type
Full to part sun	Dry to medium, enjoys well-drained sandy soil but may also be found in wet pond shores

Did you know? The Roman writer Pliny the Elder believed that thistle could restore hair on a bald head. (It can't.)



Yarrow

Flat-topped heads of white flowers and delicate gray-green fernlike leaves with a strong but pleasant medicinal scent.



YARROW

Scientific Name: *Achillea millefolium* ssp. *lanulosa*

Why It Helps Where To Plant

Wind and salt spray tolerant, deer and rabbit resistant once established, pollinator plant

Wildflower meadows or naturalized areas with room to spread, rain gardens, pollinator gardens, garden beds

Native Seasonality

This type of yarrow is now considered native to North America, but there are some yarrows that are from Eurasia

Late June-August flowering

Exposure Soil Type

Full to part sun

Dry to medium, enjoys well-drained sandy soil but also does well in moister, richer habitats

Did you know? The scientific name "Achillea" comes from the Greek hero Achilles, who reportedly carried Yarrow to treat wounds.



Arrowwood

Shrub that grows up to 12 feet tall, with egg-shaped or rounded leaves and pale cream flat-topped flower heads that ripen into blue fruit.



ARROWWOOD

Scientific Name: **Viburnum dentatum**

Why It Helps Where To Plant

Moderately deer resistant once established, pollinator plant, attracts birds late in summer for fruit

Border hedges and shrubs in garden beds or naturalized areas

Native Seasonality

Eastern half of North America; native to Nantucket

Blooms late June-July; colorful fruit and foliage late summer and early fall

Exposure Soil Type

Full to part sun

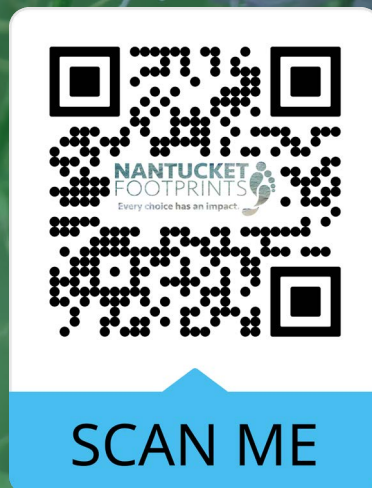
Dry to medium; does best in moderate conditions with some organic material and at least seasonally moist conditions

Did you know? As the name suggests, this plant was used by Indigenous people to form arrows.



We hope you find this Virtual Reality project informative and inspiring. If the experience motivates you to create your own biodiversity meadow, you can learn more by scanning the QR code below to visit the [Nantucket Conservation Foundation](#) for tours and more information. Actively working as a community in this way will preserve our beautiful island, save water and support our precious wildlife!

Remember to tag us on social media @nantucketfootprints and @ackconservation to share your plantings in real time! There's always more that can be done to support sustainability. Keep in touch with Nantucket Footprints and our VR tours—projects of ReMain Nantucket.



Click to
view VR Tour.

