

Climate-Resilient Plants for the Mid-Atlantic

(Natives & Adaptive Non-Natives) Includes deep-rooted perennials, heat & drought tolerant plants, flood tolerant species, wind & salt tolerant plants, and deer-resistant selections.

Native Plants – Climate Resilient & Ecologically Valuable

Arrowwood Viburnum (*Viburnum dentatum*) – Flood tolerant shrub; moderate deer resistance

Bayberry (*Morella pensylvanica*) – Salt tolerant, wind tolerant, nitrogen-fixing shrub; deer resistant

Black-eyed Susan (*Rudbeckia hirta*) – Heat tolerant; adaptable; moderate deer resistance

Blazing Star (*Liatris spicata*) – Drought tolerant; deep taproot; deer resistant

Blue Flag Iris (*Iris versicolor*) – Wet soils & flood tolerant; deer resistant

Blue Sage (*Salvia azurea*) – Deep taproot; exceptional drought & heat tolerance; deer resistant

Blue Wild Indigo (*Baptisia australis*) – Very deep taproot; extreme drought tolerance; nitrogen-fixer; deer resistant

Butterfly Weed (*Asclepias tuberosa*) – Deep roots; drought tolerant; deer resistant

Eastern Red Cedar (*Juniperus virginiana*) – Wind & salt tolerant; deer resistant

Fox Sedge (*Carex vulpinoidea*) – Flood tolerant; erosion control; deer resistant

Goldenrod (*Solidago rugosa*, *S. speciosa*) – Deep rooted; drought tolerant; pollinators; deer resistant

Inkberry Holly (*Ilex glabra*) – Salt & wind tolerant shrub; moderate deer resistance

Joe-Pye Weed (*Eutrochium purpureum*) – Flood tolerant; deep rooted; deer resistant

Little Bluestem (*Schizachyrium scoparium*) – Deep-rooted prairie grass; drought, heat, wind tolerant; deer resistant

Lyreleaf Sage (*Salvia lyrata*) – Groundcover; drought tolerant; deer resistant

Mountain Mint (*Pycnanthemum muticum*) – Drought tolerant; pollinator powerhouse; deer resistant

New England Aster (*Symphotrichum novae-angliae*) – Deep rooted; flood tolerant; late-season resilience; deer resistant

Pitcher Sage (*Salvia pitcherii*) – Drought tolerant; rocky soils; deer resistant

Prairie Dropseed (*Sporobolus heterolepis*) – Deep roots; drought tolerant; wind tolerant; deer resistant

Purple Coneflower (*Echinacea purpurea*) – Heat/drought tolerant; deep roots; deer resistant

Resilient, Regenerative Practices for a Changing World

Scarlet Sage (*Salvia coccinea*) – Heat tolerant annual/perennial; moderate deer resistance

Serviceberry (*Amelanchier canadensis*) – Wind tolerant shrub/tree; moderate deer resistance

Swamp Milkweed (*Asclepias incarnata*) – Flood tolerant; rain gardens; deer resistant

Switchgrass (*Panicum virgatum*) – Deep roots; flood & drought tolerant; salt tolerant; deer resistant

Threadleaf Coreopsis (*Coreopsis verticillata*) – Heat & drought tolerant; long bloom; deer resistant

Wild Bergamot (*Monarda fistulosa*) – Drought tolerant; pollinator plant; deer resistant

Adaptive Non-Native Plants (Non-invasive, Climate-Tough)

Autumn Sage (*Salvia greggii*) – Exceptional heat tolerance; deer resistant (best in protected sites)

Blue Fescue (*Festuca glauca*) – Drought tolerant; deer resistant

Caryopteris (Bluebeard) – Heat/drought tolerant shrub; deer resistant

Catmint (*Nepeta × faassenii*) – Heat tolerant; deer resistant

Feather Reed Grass (*Calamagrostis × acutiflora*) – Wind tolerant; moderate deer resistance

Gaura (*Oenothera lindheimeri*) – Heat, wind, drought tolerant; deer resistant

Globe Thistle (*Echinops ritro*) – Deep rooted; drought tolerant; deer resistant

Japanese Forest Grass (*Hakonechloa macra*) – Flood tolerant once established; moderate deer resistance

Lavender (*Lavandula angustifolia*) – Heat & drought tolerant; deer resistant

Meadow Sage (*Salvia × sylvestris*) – Heat & drought tolerant; deer resistant

Perennial Salvia ‘Caradonna’ – Deep rooted cultivar; drought tolerant; deer resistant

Russian Sage (*Perovskia atriplicifolia*) – Extreme heat/drought tolerant; deer resistant

Russian Sage / *Salvia yangii* – Extreme heat and drought tolerance; deer resistant

Salvia ‘May Night’ – Proven Mid-Atlantic performer; heat & drought tolerant; deer resistant

Santolina – Drought tolerant subshrub; deer resistant

Sedum / Stonecrop (*Hylotelephium* spp.) – Drought tolerant; deer resistant

Verbena bonariensis – Deep rooted; heat tolerant; deer resistant

Wood Sage (*Salvia nemorosa*) – Drought tolerant; compact; deer resistant

Yarrow (*Achillea millefolium*) – Drought tolerant; deer resistant

Further Reading & Trusted Resources

(For ecological gardening, pollinators, habitat restoration & resilient landscapes)

Books

- **Nature's Best Hope** – Douglas W. Tallamy
Practical guidance on how homeowners' yards can create a nationwide habitat network.
 - **Bringing Nature Home** – Douglas W. Tallamy
Why native plants support wildlife—and how to choose and plant them.
 - **Planting in a Post-Wild World** – Thomas Rainer & Claudia West
Landscape design grounded in plant ecology and sustainable community structure.
 - **The Living Landscape** – Rick Darke & Thomas Rainer
Design strategies for creating landscapes that function like ecosystems.
 - **The Humane Gardener** – Geri Fitzgerald
An accessible guide to gardening with wildlife in mind, from insects to mammals.
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Organizations & Initiatives

- **Xerces Society for Invertebrate Conservation**
Leading nonprofit focused on *invertebrate protection*—especially pollinators and beneficial insects. Offers plant lists, habitat guides, and conservation tools.
 - **Homegrown National Park**
A grassroots effort to restore native plants across urban and suburban landscapes.
 - **Pollinator Pathway**
Community networks creating connected habitat corridors for pollinators.
 - **National Wildlife Federation** – Garden for Wildlife
Certification and resources for making your landscapes wildlife-friendly.
 - **Lady Bird Johnson Wildflower Center** – Native Plants Database
Regional native plant recommendations, searchable by ZIP code.
 - **Plant Conservation Alliance**
A consortium centering native plant conservation and restoration tools.
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Online Tools & Guides

- **Xerces Society Pollinator Plant Lists**
Region-specific native plant lists tailored for pollinators (butterflies, bees, beneficial insects).
- **Native Plant Finder (Lady Bird Johnson Wildflower Center)**
Searchable database to identify native plants that thrive in your climate and soil.
- **Monarch Joint Venture**
Monarch-specific habitat guidelines and milkweed planting resources.
- **Planting Resources from US Fish & Wildlife Service**
Technical habitat restoration guides for best ecological outcomes.