



CENTER FOR
ReSource Conservation

Garden In A Box

Native Roots Garden

28 Plants ♦ \$144 (\$119 with discount)

Height Range: 4"-6'

Colorful: Late Spring to Early Fall

Designed by:

Kenton Seth,

Landscape Designer



1 - Gayfeather or Dotted Blazing Star

2 - Blue Grama Grass

3 - Munro's Globemallow

4 - Missouri Evening Primrose

5 - Fringed Sage

6 - Palmer's Beardtongue

7 - Scarlet Bugler

8 - Sulphur Flower or Buckwheat

9 - James' Buckwheat

10 - Torch Lily

1 - Gayfeather or Dotted Blazing Star



Latin Name: *Liatris punctata*

Mature Height: 12-18"

Mature Spread: 8-12"

Hardy To: 8,000'

Water: Low to None (14 to 16 inches per year)

Description: This slow-to-establish plant is worth the wait. Long-lasting purple wands shine in the late season to be what many gardeners call the best butterfly attracting plant of all time. With its extensive root system, Gayfeather does well in dry, coarse soils. Native to the central plains of the United States, it can be found blooming despite true drought and has

been documented to live for decades! It makes an excellent cut flower. If cut in the beginning of its bloom, it will retain its color and make a beautiful addition to a dried flower bouquet.

Care: Clean-up in spring; leave the seed heads for winter foragers. A bushier plant will form if it is cut back during the growing season. Will self-seed, but not aggressively. To limit volunteers, cut the stalks to the ground after the bloom fades. Stems can be staked to keep the flower spikes from falling over. Keeping the plant dry in July and August can sometimes prevent it from falling over as well.

Traditional Uses: Gayfeather has been used by Native American tribes for food and medicinal purposes. The roots have been pulverized and eaten to improve appetite and boiled and applied to body swellings. The entire plant has been powdered to make tea for heart pains.

Exposure: Full to Part Sun

Flower Color: Magenta-Purple, Pink

Flower Season: Summer to Fall

Attracts: Butterflies

2 - Blue Grama Grass



Latin Name: Bouteloua gracilis

Mature Height: 6-24"

Mature Spread: 6-18"

Hardy To: 9,000'

Water: Low to None (10 to 15 inches per year)

Description: Bobbing in the wind are the "toothbrushes" or "eyelashes" of this native warm season grass. Blue Grama Grass hails from the Utah Desert to Rocky Mountain National

Park, and it is the state grass of Colorado. Guaranteed to grow without irrigation, it provides peace and structure with its golden dried leaves and stems through fall and winter. Although attractive to grazers, it rebounds well from being eaten.

Care: Blue Gramma Grass likes a sunny, well-drained site. It does well in almost any soil except for heavy, wet clay, and it is very adaptable. Its foliage greens up in the spring after its winter dormancy, and it will stay green until the first frost. Cut the dried plant to the ground in early to mid-spring just as/before new growth emerges.

.....

3 - Munro's Globemallow



Latin Name: Sphaeralcea munroana

Mature Height: 24-36"

Mature Spread: 36"

Hardy To: 7,500'

Water: Low - None

Description: A family resemblance is easy to see in that Munro's Globemallow looks like small, orange Hawaiian-Hibiscus flowers. The best of all globemallows, it is long-lived, resistant to the rust fungus, and re-blooming. This plant's metabolism is "turned on" by heat. Native to the western United States, it tolerates poor soils ranging from rocky and sandy to thick clays, and it has adapted well to dry areas with open exposure to the sun.

Care: Clean up/cut back spent stems in late fall/spring to encourage extended blooming. To establish, water at planting and 2-3 times deeply the first summer. After

that, do not overwater.

Traditional Uses: Munro's Globemallow flowers were used by certain Native American tribes to make paint that was used on the inside of earthenware dishes.

.....

4 - Missouri Evening Primrose



Latin Name: Oenothera macrocarpa

Mature Height: 10"

Mature Spread: 24-48"

Hardy To: 8,000'

Water: Low to Medium

Description: The Missouri Evening Primrose has showy flowers that are too big to miss. Although the flowers are only open for one evening, they repeat and repeat so you really can't miss one. Opening in the evening and staying open until the heat of the following day, their almost square lemon-yellow discs smile off of trailing stems. Once the flowers have closed, unusual origami-football seedpods are left behind. New

growth can be slow to appear in the spring, so be patient. The Missouri Evening Primrose fares well in hot, dry areas with well-drained soil, and once established, it will become drought-tolerant.

Care: Clean up/cut back dry stems in late fall or early spring. Remove faded flowers to encourage more buds to form. The Missouri Evening Primrose requires irrigation in areas which receive under 15" annual precipitation. Prevent complete soil dryness, and maintain a mulch layer.



5 - Fringed Sage

Latin Name: *Artemisia frigida*

Mature Height: 18" in bloom

Mature Spread: 18-24"

Hardy To: 9,000'

Water: Low to None

Description: With herbal scents of wormwood/musk, Fringed Sage is a strongly aromatic plant. It is covered with an abundance of hairs that give it a grey-green appearance, and it will grow into a shiny pillow that remains all winter long. This silver-leaved native is an understated favorite of many. It is drought-tolerant, can grow in cold and dry climates, and is a good soil stabilizer and ground cover.

Exposure: Full to Part Sun

Flower Color: Yellow

Flower Season: Late Summer

Attracts: Pollinators

Care: Cut off the foamy flower stems after blooming, or even while blooming, to keep it tidy and living much longer.

Traditional Uses: Native American tribes have used Fringed Sage as a preservative for meat, horsefeed, insect repellent (by burning it), a medicinal decoction to alleviate toothache, headache, coughing, lung ailments, heartburn, and as a cold remedy.



6 - Palmer's Beardtongue

Latin Name: *Penstemon palmeri*

Mature Height: 4-6'

Mature Spread: 1-4'

Hardy To: 7,000'

Water: Low to None

Resistant To: Grazers

Description: A sentinel of the dry garden and bee destination, Palmer's Beardtongue is a bluish mound of leathery leaves until the skyscraping spires of pale pink seashells erupt skyward with their open mouths. A native of the Southwest, Palmer's Beardtongue thrives in harsh conditions, and once established, it can live on as little as 8 inches of water per year. It is best adapted to well-drained, coarse soils, and it is known for its aromatic and ornamental flowers.

Exposure: Full to Part Sun

Flower Color: Satin Pink

Flower Season: Late Spring to Early Summer

Attracts: Bees (Honey and Native)

Care: Cut off spent flowers after bloom, leaving the bold, blue-holly like evergreen leaves for winter. Be sure to allow at least a few flowers to go to seed so that it can self-sow. Although Palmer's Beardtongue has a short life-span of only four to five years, it has a true gift for self-perpetuation. Once established, it produces an abundance of seeds that remain dormant until conditions are favorable for germination and survival.



7 - Scarlet Bugler

Latin Name: *Penstemon barbatus*

Mature Height: 2-4'

Mature Spread: 1-4'

Hardy To: 8,000'

Flower Season: Early Summer, sometimes again in Early Fall

Attracts: Hummingbirds

Resistant To: Grazers

Description: A Colorado native, the Scarlet Bugler is an old favorite for good reason. With its stellar re-bloom potential, shade tolerance, good lifespan, and attractiveness to hummingbirds, this small mound of spinach-like leaves is the base for a candelabra of upright bows which suspend red tubular flowers. The flowering of the Scarlet Bugler coincides with hummingbird migration, and it serves as a "filling station" for the hummingbirds on their long migration south.

Water: Medium to None

Exposure: Full to Part Sun

Flower Color: Red/Carmines

Care: Cut/clean up after bloom or in early spring. Divide these plants in the spring.



8 - Sulphur Flower or Buckwheat

Latin Name: Eriogonum umbellatum 'Kannah Creek'
Mature Height: 6-12"
Mature Spread: 6-12"
Hardy To: 9,000'
Attracts: Native Bees, Butterflies

Water: Very Low
Exposure: Full to Part Sun
Flower Color: Yellow to Rust
Flower Season: Early Summer
Resistant To: Grazers

Description: A native of western Colorado, the Sulphur Flower is known for its durability and resistance to deer. A low, leafy evergreen for all seasons, it boasts a pile of green coins

in spring, yellow pom-poms in summer, orangey heads in fall, and blood-red leaves in winter.

Care: Cut back old flowers in winter/spring.



9 - James' Buckwheat

Latin Name: Eriogonum jamesii
Mature Height: 6-12"
Mature Spread: 12"
Hardy To: 9,000'
Attracts: Butterflies, Bees (Native and Honey)

Water: Low to None
Exposure: Full to Part Sun
Flower Color: Creamy White to Yellow
Flower Season: Early Summer
Resistant To: Grazers

Description: A neat mat of dull green felted leaves with white on the reverse-side ignites delicate sprays of foamy, buttery creamy white flowers. Hardy and very long-lived, this year-round Colorado native deserves to be planted more often. James' Buckwheat can grow in nutritionally poor soil, and it can tolerate clay if it is not over-watered. A perk for mountain

dwellers, this plant is so unattractive to grazers that it can be found growing where deer sleep on it.

Care: Deadhead after bloom to improve appearance. Clean up old flowers and stems in late fall/early spring.

Traditional Uses: Native Peoples have used James' Buckwheat as an oral contraceptive. They have soaked the root in water and used it to soothe sore eyes, and the fresh or dried root has been eaten for stomachache.



10 - Torch Lily

Latin Name: Kniphofia uvaria 'Stark's Early Hybrids'
Mature Height: 30"
Mature Spread: 24"
Hardy To: 8,500'

Water: Low to Medium
Exposure: Full to Part Sun
Flower Color: Yellow/Orange/Red
Flower Season: Early to Late Summer

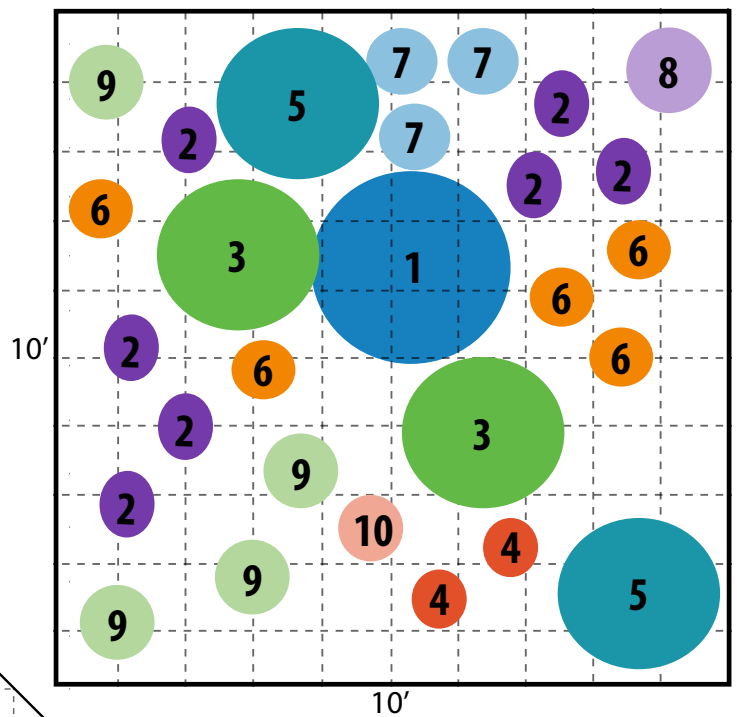
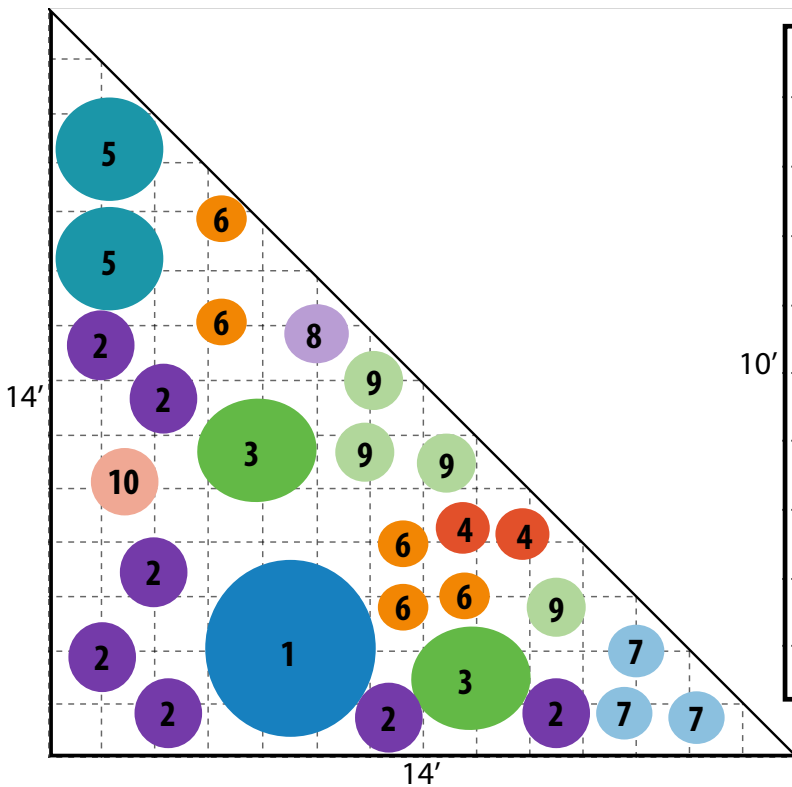
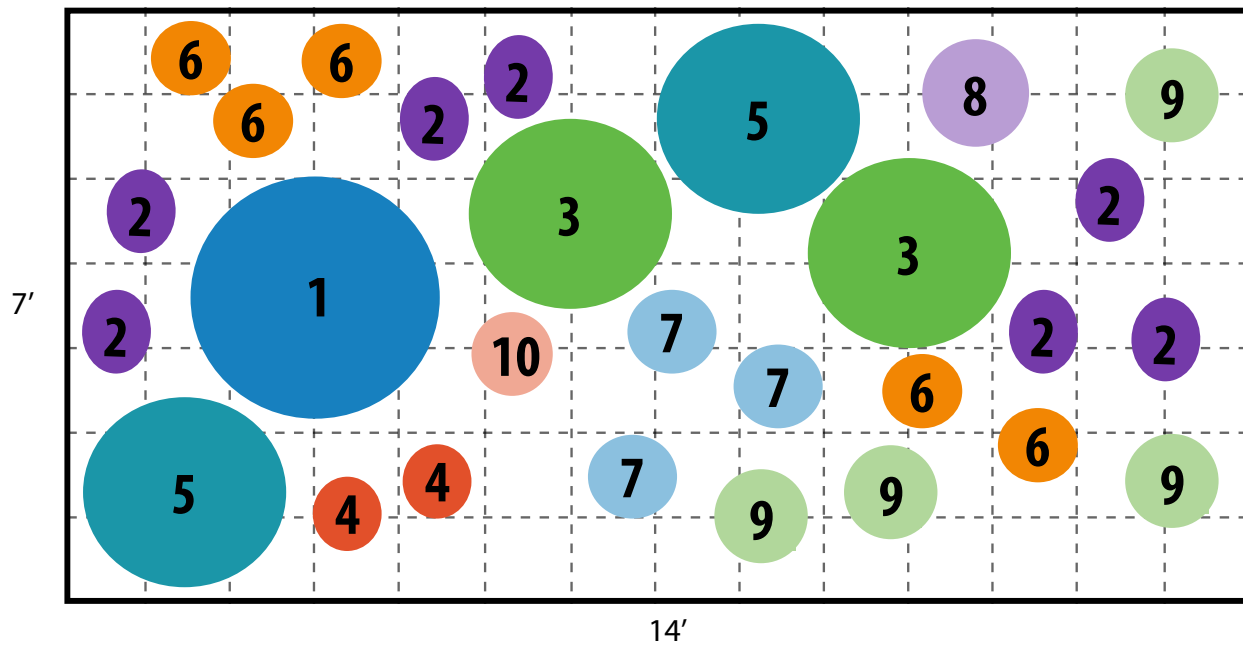
Attracts: Hummingbirds

Description: The only plant in this garden that is not native to Colorado and the surrounding areas, this plant hails from the high plateaus of Africa and has proven surprisingly strong at elevation. The 'Stark's Early Hybrids' variety is bred for a propensity to re-bloom its burning pokers above broad, grassy, spear-like foliage. The Torch Lily is a sun lover, and it can grow in any well-drained soil.

Care: The Torch Lily does well in hot and dry climates, but when its blooms are forming, a good supply of water is appreciated. Deadheading will prolong the growing period. In spring, once the cold has passed, cut all foliage back to about 3 inches from the ground to rejuvenate. Dig up and divide clumps in the spring - unless it is flowering, then wait until after flowering is complete. In the fall, once flowering has finished, remove unsightly looking leaves and any dead flower stalks that remain. Foliage can be tied up over the crown in the fall to prevent water from settling there and freezing, which can be deadly.



Available for a Limited Time Only!



CENTER FOR
ReSource Conservation

WEBSITE: www.conservationcenter.org/gardens/

E-MAIL: gardeninfo@conservationcenter.org

CALL: 303-999-3820 ext. 222

Flower Photo Credits:

2-6, 8-10: Keith A. Williamson

7: Little Valley Wholesale Nursery