

## What are wetlands?

Wetlands hold water at or just below the surface of the ground. In Lynnfield wetland types can be rivers, streams, ponds, lakes, vernal pools and marshes, as well as multiple types of vegetated wetlands.

Wetlands provide habitat for thousands of species of aquatic and terrestrial plants and animals. They are critically valuable for pollination, flood protection, water quality improvement, sequestering carbon, shoreline erosion control, as well as recreation and aesthetics.

## Do I have wetlands on or near my property?

The Conservation Commission staff can tell you! And, if you've recently purchased your home, you may have received a letter informing you of any presence of wetlands.

Some wetlands are easy to recognize, like those that hold water year-round. However, some wetlands can appear dry at different times of the year. These wetlands are not as easy to recognize. However, even though they can appear dry during some seasons, they contain enough water just below the surface of the ground to support certain plants and soils.

## How do wetland buffer perennials protect wetlands?

Wetlands are critical resource areas in our community, and wetland buffer perennial plantings are important means of protecting them. Plant root systems hold the soil and prevent erosion at wetland edges. When planted in place of lawn, they significantly reduce the amount of pesticide and herbicide run-off into the wetlands. They provide important bird and other wildlife food and habitat. And, of course, plentiful native species can make for beautiful buffer garden vistas.

## Select your perfect perennials from this list!

This comprehensive listing includes all the information you need for selections that will thrive as important environmental and visually aesthetic plantings for your yard. These are non-woody perennials that die back in the winter. (See the Wetland Buffer Shrub List for woody perennials.) They all want moist soil, they grow well in naturalized, woodland areas, edge of water, and are good pollinators and colorful! Like all the natives, when established, they are tolerant of less-than-ideal conditions.

## Want to know more?

Lynnfield Planning & Conservation  
Lynnfield Town Hall, (781) 334-9495



Lynnfield Planning & Conservation

## Recommended Wetland Buffer Perennials List



New York Ironweed (*Vernonia noveboracensis*)

Here is our Conservation Commission's Recommended Wetland Buffer Perennial Planting List for those areas of your yard that border wetlands.

These perennials are **native** to our area, are **readily available** in local garden centers, are very **low maintenance** and **like to divide** on their own which can yield more free plants! See over for more details.

## Recommended Wetland Buffer Perennials Planting List

COMMON NAME	BOTANICAL NAME	SIZE	LIGHT	SPACING	FLOWER	BLOOM TIME	SPECIAL CHARACTERISTICS
Black Cohosh	<i>Actea racemosa</i>	48-72"	Part Shade	48"	White	August to September	Specimen; Adds tall architectural texture
Anise Hyssop	<i>Agastache foeniculum</i>	24-48"	Sun to Part Shade	12-36"	Purple	June to September	Aromatic; Can self sow; Great naturalizer
Blue Star Flower	<i>Amsonia tabernaemontana</i>	24-36"	Sun to Part Shade	30"	Steel Blue	June to July	Willowy shrub shape with yellow Fall foliage; Hardy and long lived
Goat's Beard	<i>Aruncus dioicus</i>	48-72"	Part Shade	24"	Cream	June to July	Shrub-like; Use as a specimen or back of border
Swamp Milkweed	<i>Asclepias incarnata</i>	36-48"	Sun	36"	Pink	July to August	Easy to grow; Long lived with a taproot; Very adaptable; Direct seed recommended
White Turtlehead	<i>Chelone glabra</i>	24-36"	Sun to Part Shade	24"	White	July to September	Best used for informal gardens; Erosion control; valuable pollinator
Joe-Pye-Weed	<i>Eupatorium coelestinum</i>	24-36"	Sun to Part Shade	12"	Blue-purple	September October	Fast spreading; Good pollinator and naturalizer
Lady Fern	<i>Athyrium filix-femina</i>	24-36"	Part Shade to Shade	24"	FronDS	Early to Late	Vase-shaped; Creeps slowly
Christmas Fern	<i>Polystichum acrostichoides</i>	24"	Part Shade to Shade	18"	Green	Evergreen	Clumping, leathery, lance-shaped fern; Hardy
Cardinal Flower	<i>Lobelia cardinalis</i>	24-36"	Sun to Shade	18"	Scarlet Red	July to September	Host plant for many pollinators; Reseeds
Bee Balm - Wild Bergamont	<i>Monarda fistulosa</i>	24-48"	Sun to Part Shade	24-36"	Lilac	July to September	Tubular flowers are great for pollinators; Can self sow; Best when given good air circulation
Golden Ragwort	<i>Packera aurea</i>	6-24"	Sun to Part Shade	24"	Yellow	May	A native herb; Good, spreading groundcover
Beardtongue	<i>Penstemon digitalis</i>	12-36"	Sun to Part Shade	12-20"	White	May to June	Very Adaptable; Long bloom time; Tubular flowers are favored by pollinators
Mountain Mint	<i>Pycnanthemum muticum</i>	24-36"	Sun to Part Shade	24-36"	White to Violet	July to August	Fragrant mint with leaf tops that turn silver; Nectar plant
New York Ironweed	<i>Vernonia noveboracensis</i>	40-80"	Sun	36"	Purple	August to October	Best in the back of the border; vigorous clump; Tolerent of drier conditions
Culver's Root	<i>Veronicastrum virginicum</i>	36-72"	Sun	30"	White	July to August	Upright with spiked seed heads that are of winter interest; Specimen for back of the border