



Cat Swamp Farm, 192 County Farm Road Unity, NH
(603) 542- 3795

2025 Plant Catalog

Cat Swamp Farm is a native plant nursery specializing in indigenous New Hampshire plants propagated from seed and cuttings collected locally. From supporting pollinators and providing food and cover for wildlife to uptake of excess nutrients and erosion control, our plants offer many ecosystem benefits.

Sales are by appointment and seasonally on selected Saturday afternoons. Contact information and Saturday hours can be found on our website at www.catswampfarm.com

Iris versicolor (Northern blue flag)



Wet soils, pond or lake shores, up to 2" standing water, thrives in full sun, tolerates partial shade. Height 12 " to 36"; spread 24" to 36" Summer bloom. Protects water quality by taking up excess nutrients and binding soil particles to prevent erosion. Spreads by rhizomes.

Eupatorium perfoliatum (Boneset)



Wet soils, full to partial sun. Height 4 to 5 feet, spread 3 to 4 feet. Deer and rabbit resistant. Late summer bloom.

Available starting late May

Spirea alba latifolia (White meadowsweet)



Wet to average soils, full sun or light shade. Height 2 to 5 feet, spread 1 to 2 feet. Natural hedge, rain gardens

Chelone glabra (White turtlehead)



Moist to wet soils, shady sites. Height 18 to 30 inches, spread 12 to 24 inches. Bog gardens, shade gardens, bank stabilization, butterfly attractor.

Sambucus canadensis (American elderberry)



Moist to wet soils, full sun to part shade. Height 5 to 8 feet, spread 3 to 8 feet. Songbirds, pollinators, hedge. Compaction and salt tolerant

Eutrochium maculatum (spotted Joe Pye weed)



Wet to average soils, full sun to partial shade. Height 5 to 7 feet, spread 3 to 4 feet. Pollinator and hummingbird plant, bank stabilization.

Available starting mid May

Verbena hastata (blue vervain)



Wet to average soil, full sun to partial shade. Height 2 to 4 feet, spread 12 to 18 inches. Wet meadow, lake or pond border. Attracts bumblebees.

Available starting mid May.

Prunella vulgaris lanceolata (American self heal, native sub species)



Moist to average soils, full sun to partial shade. Height 6 to 12 inches, spread 1 to 3 feet. Ground cover with spreading growth habit, tolerates some mowing, good pollinator plant, works well as living mulch under fruit trees.

Solidago flexicaulis (zigzag goldenrod)



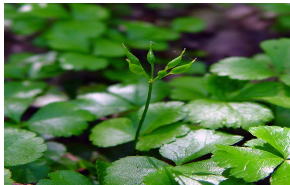
Average to dry soils, partial shade to shade. Height 1 to 3 feet. Blooms summer to late fall. Great for bees and butterflies, deer resistant.

Gaultheria procumbens (checkerberry, wintergreen)



Average to dry soil, partial shade. Slow spreading groundcover. Height 1 to 4 inches.

Coptis trifolia (goldthread)



Moist soils, shady sites. Height 3 to 6 inches. Delicate groundcover, spreads by rhizome. Moist shady sites under conifers. Attractive glossy green leaves, small white flower.

Available late May

Maianthemum canadense (Canada Mayflower)



Average to dry soil, partial shade to shade. Height 2" to 4" groundcover. Rain gardens, songbirds.

Cornus sericea (Red osier dogwood)



Wet to average soils, full sun to partial shade. Height 3 to 8 feet, spread 4 to 7 feet. Red stems provide winter interest. Compaction tolerant, salt tolerant.

Achillea millefolium (yarrow)



Dry soils, full sun. Height 1 to 3 feet, spreads to form colonies. Pollinators and beneficial insects. Salt tolerant, deer resistant.

Aralia hispida (bristly sarsaparilla)



Dry soils, sandy or gravelly, full sun. Spreads by rhizome. Height 1 to 3 feet. Drought tolerant member of the ginseng family. Supports pollinators, attractive spherical flower clusters.

Sisyrinchium angustifolium (Blue eyed grass)



Moist to average soils, full sun to part shade. Height 6" to 18", spread 6" to 8" Related to iris, clump forming, pollinator plant.

Zizia aurea (Golden Alexander)



Moist to average sites, moist preferred, full sun to part shade. Height 12 to 24 inches, spread 10 to 14 inches. Beneficial for bees, wasps, and butterflies, Host for swallowtail caterpillars.