

# Planting Day

## May 24th 2025



*Join us for a community planting day as we bring our medicine gardens to life.*

**Location:** *Ferguson Forest Centre Arboretum*

**Time:** *10 am - 3 pm*

**Everyone is welcome!** Come for the day, or just for an hour or two.

**What to bring:** Gardening tools for planting, (trowels, forks, gloves etc.) water & sunscreen for yourself.

**Plant donations:** Please contact us for a list of plants we are accepting.

Please contact Rebecca Graves  
Rebecca@DancingWillowWellness.com  
for more information



# Plant Donation List

This is a list of native medicinal plants we're hoping to include in our native plant medicine gardens. Any contributions are deeply appreciated!

- Black-Eyed Susan (*Rudbeckia hirta*)
- Blazing Star (*Liatris spicata*)
- Boneset (*Eupatorium perfoliatum*)
- Butterfly Weed/ Pleurisy Root (*Asclepias tuberosa*)
- Culver's Root (*Veronicastrum virginicum*)
- Evening Primrose (*Oenothera biennis*)
- Fireweed / Rosebay Willowherb (*Chamaenerion angustifolium*)
- Joe Pye Weeds (*Eutrochium maculatum* & *Eutrochium purpureum*)
- Nodding Wild Onion (*Allium cernuum*)
- Prairie Smoke (*Geum triflorum*)
- St John's Wort (*Hypericum perforatum*)
- Tickseed / Lance Leafed Coreopsis (*Coreopsis lanceolata*)
- Yarrow (*Achillea millefolium*)

**Please follow these guidelines when considering donating plants:**

**Healthy and disease-free:** Please ensure plants that are free of pests, mold, or signs of disease.

**No invasive species or hybrids:** We are focusing on native medicinal plants, so please avoid cultivars, hybrids, or non-native varieties.

**Label your plants:** Please label all plants with their common or Latin names, to help us place them appropriately in the garden.

**Freshly watered:** If you're dropping off plants, a good watering beforehand helps reduce transplant shock.

Please bring plant donations with you on Planting Day (May 24th)

or contact Rebecca to make alternate arrangements:

[Rebecca@DancingWillowWellness.com](mailto:Rebecca@DancingWillowWellness.com)