

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 (*Liastris spicta*)
- 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 trifolium*)
- 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