

## Our theme for 2026: PULL ONE PLANT ONE

GMHS feels this is a good choice for our theme this year as Invasive Plants have become a serious problem.

“An invasive plant is a non-native plant whose introduction negatively impacts native biodiversity, the economy and/or society, including human health. **Second to habitat loss, invasive species have been identified** by the International Union for Conservation of Nature **as the most significant threat to biodiversity.**”

Source: excerpted from the third edition of Grow Me Instead.

Download your copy at [www.ontarioinvasiveplants.ca/wp-content/uploads/2020/04/Southern-Grow-Me-Instead-1.pdf](http://www.ontarioinvasiveplants.ca/wp-content/uploads/2020/04/Southern-Grow-Me-Instead-1.pdf)

I’m pretty sure everyone here has an invasive plant on their property. In most cases, we planted them ourselves! Of course, we didn’t know they were invasive/bad for biodiversity at the time.

It is difficult to deal with invasive plants – so much easier to move on with planting. That is the idea behind Pull One Plant One – you gotta pull one before you plant one!

Once you get going on removal of that invasive plant patch, it is so very satisfying. And then you have more room for planting!

Each meeting, I will give a handout on an invasive species, as per the Grow Me Instead website, with instructions on how to get rid of it and good native species to plant instead.

### *Invasive Species Spotlight*

#### Daylily / Ditch Lily *hemerocallis fulva*

- Dig deep to get all the bulblets and rootlets, try using a fork instead of a shovel so you don’t break them up and leave pieces behind
- Keep monitoring for new growth of pieces you missed
- Dispose of in garbage bags and solarize before taking to dump

GROW ME INSTEAD: Michigan Lily, Pale Purple Coneflower, Black-Eyed Susan

## Grow Me Instead – Reference Sheet

For complete booklet see:

<https://www.ontarioinvasiveplants.ca/resources/grow-me-instead/>

### Native Plants

A native plant has existed in an area for millennia and has evolved in the presence of native soils and climate, and in tandem with other native species of plants, animals, fungi and bacteria. This vegetation may also be referred to as indigenous. Native plants exist as part of naturally forming communities and have important ecological roles to play.

### Invasive Plants

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#### Groundcovers, Wildflowers and Grasses

Invasive Plants	Alternatives (Grow Me)
Periwinkle	Wild Geranium
Lily-of-the-Valley	Starry Solomon's Seal
Goutweed	Large-leaved Aster
Yellow Archangel	Zigzag Goldenrod
Wintercreeper	Foamflower, Running Euonymus, Virginia Waterleaf
English Ivy	Wild Strawberry
Bugleweed	Wild Ginger
Creeping Jenny	Canada Anemone, Bloodroot, Mayapple
Daylily	Michigan Lily, Pale Purple Coneflower, Black-eyed Susan
Miscanthus	Big Bluestem, Little Bluestem, Bottlebrush Grass, Switchgrass, Indian Grass, Pennsylvania Sedge, Ivory Sedge

#### Trees and Shrubs

Invasive Plants	Alternatives (Grow Me)
Norway Maple	Sugar, Silver and Freeman Maples
Amur Maple	Ruby Lace Honeylocust
Winged Euonymus	Downey, Smooth and Canada Serviceberry Northern Spicebush, Fragrant Sumac
Russian Olive and Autumn Olive	Witch Hazel, Silverberry, Red-osier Dogwood
Japanese Barberry	Native Viburnums
Tartarian, Amur, Morrow Bells, European Fly Honeysuckle	Native Bush Honeysuckles
Multiflora Rose	Wild Roses, Wild Black Currant, Buttonbush
Sea Buckthorn	Nannyberry, Chokeberry, Bayberry, Chokecherry, Common Elderberry, Ninebark, Alternate-Leaf Dogwood

#### Vines

Invasive Plants	Alternatives (Grow Me)
Japanese Honeysuckle Vine	Virginia Creeper, Climbing Hydrangea, Goldflame Honeysuckle
Oriental Bittersweet	Jackman Clematis, Dutchman's Pipe, Virgin's Bower

#### Aquatics

Invasive Plants	Alternatives (Grow Me)
Yellow Flag Iris	Cardinal Flower, Northern Blueflag Iris, Sweetflag Grass
Flowering Rush	Blue Vervain, White Turtlehead, Joe-pye Weed, Marsh Marigold Swamp Rose-mallow, Swamp Milkweed, Boneset
Water Lettuce	Pickerelweed
Water Soldier	Common Mare's Tail
European Frog-bit	Broad-leaved Arrowhead
Yellow Floating Heart	Fragrant Water Lily
Fanwort	Coontail
Hydrilla	Tape Grass

**Additional Alternatives:** Red Oak, Bergamot, Canada Waterweed, Common Arrowhead, Golden Alexanders, Great Blue Lobelia, Lady Fern, Dense Blazing Star, Maidenhair Fern, Shrubby Cinquefoil, Prairie Smoke, Dwarf Hairgrass