

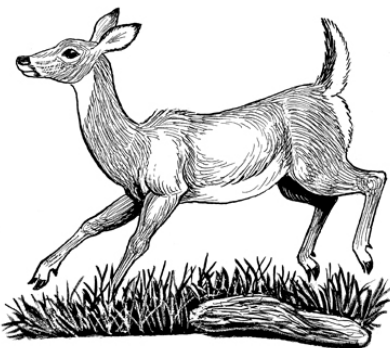
Deer Tolerant/Resistant Native Plants

Homeowners Guide to Lake-Friendly Living Fact Sheets Series

Deer consume about 3 percent of their body weight each day. Therefore, a buck weighing 125 to 250 pounds requires from 4,000 to 6,000 calories each day, which can be obtained from 4 to 10 pounds of grass, forbs, and twigs.

By using some of these deer resistant plants that are native to the Adirondacks, you may be able to deter deer from getting their 10 pounds of food from your landscaping. It is important to note that there aren't any truly deer resistant or tolerant plants since deer will eat anything if their hungry enough. However, the following plants seem to be unpalatable to deer.

Beardtongue (*Penstemon digitalis*)
Big bluestem grass (*Andropogon gerardii*)
Blue flag iris (*Iris versicolor*)
Blue vervain (*Verbena hastate*)
Blue wood phlox (*Phlox divaricata*)
Culver's root (*Veronicastrum virginicum*)
Foamflower (*Tiarella cordifolia*)
Flowering spurge (*Euphorbia corollata*)
Giant purple hyssop (*Agastache scrophulariifolia*)
Goldenrods (*Solidago spp.*)
Great blue lobelia (*Lobelia siphilitica*)
Crane's bill (*Geranium maculatum*)
Jack-in-the-pulpit (*Arisaema spp.*)
Jacob's ladder (*Polemonium vanbruntiae*)
Maiden Hair Fern (*Adiantum pedatum*)
Mapleleaf viburnum (*Viburnum acerifolium*)
May-apple (*Podophyllum peltatum*)
Monkey flower (*Mimulus alatus*)
Mountain Laurel (*Kalmia latifolia*)
New England aster (*Aster novae-angliae*)
Sneezeweed (*Helenium autumnale*)
Spicebush (*Lindera benzoin*)
Sweetflag (*Acorus calamus*)
Switch grass (*Panicum virgatum*)
Virgin's-bower (*Clematis virginiana*)
Wild bergamot (*Monarda fistulosa*)
Wild columbine (*Aquilegia Canadensis*)
Wild ginger (*Asarum canadense*)



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