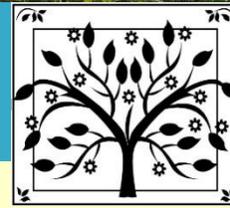


Peaceful Gardens



Liberty Township Environmental Commission
www.libertytownship.org/municipal/environment



Habitat Enhancement at Mt. Lake

Mountain Lake, located in the heart of the Jenny Jump Mountains and Liberty Township, is the largest, natural, glacial lake in Warren County. This jewel of Warren County boasts a state preserved forest, native flora and fauna, 120 acre lake, located mostly in the Highlands Preservation area and is designated as an Important Bird and Birding Area by the Audubon Society.

In 2019, the LTEC received a grant from the Association of New Jersey Environmental Commissions (ANJEC) to reestablish our native plant habitat, as well as enhance community stewardship.

The Peaceful Garden, located next to the John Fisher Pavilion at Mountain Lake, represents a garden designed for people and wildlife. Planted by volunteers, this beautiful combination of native plants provide food for wildlife and low maintenance attractiveness in the community.

In total, eleven species of plants exist in the garden to provide habitat for a wide range of insects and birds, such as bees, moths, butterflies and Red winged Blackbirds, Cardinals, and Goldfinches.

We invite you to visit this community garden, watch nature, take a self-guided tour of the plants and replicate these beneficial native gardens in your own yard.

Benefits of Native Plants:

LOW MAINTENANCE meaning once established, there is little care needed for the plant to thrive

CONSERVING WATER planting the right plant in the right spot means the plant is adaptable to the environmental conditions

REDUCES POLLUTION less exhaust and noise from a mower, and less need for fertilizer and pesticides

POLLINATOR HABITAT providing a food source for caterpillars, moths and butterflies. Some insects are limited to the types of plants they can feed from, i.e. Monarch Butterfly

BIRD FOOD from seed-eaters to insect eaters, natives can supply a plethora of food sources to many types of birds. The average bird eats 100m times its weight daily



One year difference in the garden, from prepping site to 8 months after planting. All through volunteers!



Native Gardens, Not Just for the Birds

Using native plants provides an aesthetic and beautiful array of foliage and flowers throughout seasons for people to enjoy too. With a little planning and research, anyone can create a garden oasis in their yard.

Steps to a Native Garden:

1. Site selection: Once you have a site for your garden selected, getting the soil tested and monitoring the amount of sun the location gets will help you determine which plants will work best for the location.
2. Plant selection: Determine what will work for your yard. Do you have a large deer population that comes through? Do you want to attract pollinators, butterflies and birds?
3. Spread out the Blooms! Select species that will have a flower display throughout the seasons to attract a wide variety of insects and birds. Also, group similar plants together to provide better depth and texture in your garden. Make sure to consider the height each plant will get – so no one plant gets overshadowed.
4. Divide and control perennials. Let your garden fill in, but don't let your garden be overpowered by one plant species. Taking the time in the fall or early spring to dig up and divide your plants will ensure all species have a home in your garden. Plus, you can plant the new transplants another place in your yard or give to a friend or neighbor to encourage more native habitats in the community.

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” ~ Margaret Mead

Peaceful Garden Tours

Self-guided tours are available anytime. Visit the garden and you can review what plants are in the meadow and the wildlife that benefit. This garden, starting out as 240 different quart-size plants, has filled in and serves a purpose year-round, benefiting insects, caterpillars, bees, butterflies, small mammals and birds with an abundance of pollen, nectar, seeds, nest building materials and insects. See the plants through the season.

Spring Stars:

Squarrose Sedge: host plant for many butterflies, including Appalachian Brown, Black Dash, Dion & Dun Skippers, Eyed Brown, Mulberry Wing, Two-Spotted Skipper, and Georgia Satyr to name a few.

Golden Ragwort is a great, easy growing plant for bees early in the spring.

Our Summer Bloomers:

Swamp Rose Mallow is a pollinator plant, bringing butterflies, beetles, bees, hummingbirds, and is especially important to the solitary Rose-mallow Bee. Summer Blooming small shrub.

Swamp Milkweed is a host plant for the Monarch Butterfly. Providing fragrant and beautiful blooms.

Blue Flag Iris is a beneficial plant for hummingbirds and birds, but is toxic for livestock.

Blazing Star great attractor for pollinators, as its flowers are more vertical in the garden.

Hoary Mountain Mint is a quick growing beneficial plant for native bees, especially the Bumble Bee and Honey Bee.

The Fall Providers:

Joe Pye Weed is a butterfly magnet, attracting Monarch, Viceroys and other butterflies, as well as many other pollinators.

Indian Grass attracts pollinators as well and host to the Pepper-and-Salt Skipper Butterfly. When the grass goes to seed, it provides food for birds and small mammals as well as nest building materials.

White Turtlehead provides food for pollinators, including the Baltimore Checkerspot Butterfly.

Canadian Burnet: providing a spikes of white flowers and attracting a variety of pollinators.



SWAMP MILKWEED (*Asclepius incarnata*)



ROSE MALLOW (*Hibiscus grandiflorus*)



COMMON BONESET
(*Eupatorium perfoliatum*)



INDIAN GRASS (*Sorghastrum nutans*)



CANADIAN BURNET
(*Sanguisorba canadensis*)



BLUE FLAG IRIS (*Iris virginica*)



JOE-PYE WEED (*Eutrochium purpurium*)



BLAZING STAR (*Liatris spicata*)



MOUNTAIN MINT (*Pycnanthemum incanum*)



GOLDEN RAGWORT (*Packera aurea*)



SQUARROSE SEDGE (*Carex squarrosa*)



WHITE TURTLEHEAD (*Chelone glabra*)

Native Wildflowers in the Peaceful Garden

Spring Stars:

Squarrose Sedge (*Carex squarrosa*) is a host plant for many butterflies, including Appalachian Brown, Black Dash, Dion & Dun Skippers, Eyed Brown, Mulberry Wing, Two-Spotted Skipper, and Georgia Satyr to name a few.

Golden Ragwort (*Packera aurea*) is a great, easy growing plant for bees early in the spring. It is a pollinator plant for bees and a food source for browsing wildlife.

Our Summer Bloomers:

Swamp Rose Mallow (*Hibiscus grandiflorus*) is a pollinator plant for butterflies, beetles, bees, hummingbirds, and is especially important to the solitary Rose-Mallow Bee. This plant grows up to six feet tall.

Swamp Milkweed (*Asclepias incarnata*) is a host plant for the Monarch butterfly, providing fragrant and beautiful pink blooms. This plant grows up to six feet tall and prefers moist locations.

Blue Flag Iris (*Iris virginica*) is a beneficial plant for hummingbirds and birds, but is toxic for livestock. This plant grows up to two feet tall.

Blazing Star (*Liatris spicata*) is a great attractor for pollinators, as its flowers are more vertical in the garden. This plant grows up to four feet tall and blooms in late summer.

Mountain Mint (*Pycnanthemum incanum*) a quick growing beneficial plant that attracts native bees, especially the Bumble Bee and Honey Bee, as well as predatory insects that prey on pest insects.

The Fall Providers:

Joe Pye Weed (*Eutrochium purpurium*) is a butterfly magnet, attracting Monarch, Viceroy and other butterflies, as well as many other pollinators. This plant blooms in late summer and grows from five to ten feet tall.

Indian Grass (*Sorghastrum nutans*) attracts native pollinators and is host to the Pepper-and-Salt Skipper butterfly. When the grass goes to seed, it provides food for birds and small mammals as well as nest building materials. This is a native grass that grows from three to eight feet tall.

White Turtlehead (*Chelone glabra*) provides food for pollinators, including the Baltimore Checkerspot butterfly. This plant prefers moist, rich soil and grows from two to four feet tall.

Canadian Burnet (*Sanguisorba canadensis*) provides spikes of white flowers attracting a variety of pollinators. A member of the Rose family, it flowers in late summer, prefers wet soils and can tolerate shade.

Common Boneset (*Eupatorium perfoliatum*) attracts birds and butterflies, prefers wet soils and grows three to five feet tall.