

## The list of Seeds on this page are indigenous to the Americas, and available from this Mizz Tizzy's website.

Over 80 native seeds varieties. Description and care for Native Plant gardening.

Interest in plants native to North America, and to specific regions of the Americas, is on the increase for many gardeners. This page lists seeds that are indigenous to the Americas that are available through Mizz Tizzy's website.

## Global Benefits from Indigenous American Plants.

Literally hundreds of plants indigenous to the Americas have benefited people all over the world: Quinine from S. America nearly eliminated malaria in Europe. Potatoes ended the cycles of famine so common when European wheat crops failed. Chocolate, tomatoes, vanilla, marigolds, long strain cotton, peppers, and a vast array of herbs of the Americas swiftly naturalized on other continents and island nations improving health, advancing communication and shipping commerce, trade and affordable leisure in life we now take for granted.

## Restoring Nature Naturally through Native Plants

Large urban plantings of milkweeds improved the once dwindling migration and populations of Monarch butterflies. Planting more natives for native pollinators that need native plants improves our quality of life as well.

## Using This Lsting

Links for more information or to order are included with each native seed type listed here. Original range is listed in brackets [S. America] indicating South America. Most of these can be grown anywhere that is growing-zone friendly, and may already have

been naturalized into several other regions. A few seeds are native to other parts of the world besides just the Americas, such as Sunflowers.

We use common names and Latin names. Common names vary for the same plant, and sometimes the same common name is used for different plants.

[Amaranthus](#) (South and Central America)

[Amorpha fruticosa](#) - Desert False Indigo (Central/Eastern Canada, USA, North Mexico)

[Amsonia Illustris](#) (Texas, Missouri, much of South and Central USA)

[Anise Hyssop](#) - Agastache foeniculum (upper great plains into Canada and East)

[Aquilegia canadensis](#)– see Columbine

[Aster](#) - Symphyotrichum oblongiforum - Aroma (USA east of the Rockies, South Canada)

[Baptisia australis](#) (Central and Eastern USA, into Canada)

[Bee balm: see Bergamont Monarda](#)

[Bergamont - Monarda fistulosa](#) – Bee Balm (East of Rocky Mnts, South Canada, USA, East Mexico)

[Bird House gourd](#) (Calabash or bottle) was here pre-Columbian time. (The Dipper gourd listed is NOT native to the Americas) (Much of the Americas, parts of Europe, Asia and Africa)

[Black bean: see Cherokee black bean](#)

[Blanket flower](#): see Gaillardia Aristata

[Boneset – Eupatorium perfoliatum](#) (Eastern USA & Canada, west to Texas and Dakotas)

[Buttonbush - Cephalanthus](#) occidentalis (Eastern & Southern North America)

[California Poppy](#) (Pacific slope Oregon-Baja)

[Cherokee Black Bean](#) - “Trail of Tears” - Pole Bean (Most of the Americas)

[Clasping Coneflower](#) – Rudbeckia amplexicaulis (Central And Southeast USA) See Cone flowers

[Cleome](#) (South America) Three varieties are offered

[Columbine](#) (Eastern. USA, S. Canada)

[Cone Flowers](#): Echinacea, yellow corn flower, clasping cone flowers (Central. And Southeast USA]

[Coreopsis](#) – Tall Coreopsis, Tripterisn, Tickseed (Most of North America)

[Desert False Indigo](#) - Amorpha fruticose (Southwest USA, and Northern Mexico)

[Echinacea purpurea](#) (purple cornflower) (Central and Southeastern USA)

[Echine Tennesseeensis](#) (Tennessee Coneflower) It exists naturally on certain glades near Nashville, Tennessee, and is on the Federal Endangered Species List. Do not take seed

or plants from the endangered area. However, propagations from other areas or sources can help save this endangered species.

[Epazote - \*Chenopodium ambrosioides\*](#) (South and Central America, Southern Mexico)

[Euphorbia Marginata](#) Snow on the Mountain (Colorado, Dakotas, Minnesota to Texas)

[Fireweed - Rosebay Willowherb](#) - *Epilobium angustifolium* (North America)

[Gaillardia Aristata](#) – Blanket Flower (most Western USA, Great Lakes, New England)

Two varieties of Blanket Flowers are offered on this site.

[Ground \(Husk\) Cherry](#): aka husk tomatoes, strawberry tomato, and goldenberries (South Central parts of North America)

[Ironweed](#) – *Vernonia altissima* (Southeastern, and Central USA and into Canada)

[Lemon Mint](#) - *Monarda citriodora* (aka Lemon Beebalm, Horsemint, or Lemon Bergamont) (Southeast and South Central USA and Mexico)

[Licorice - American](#) - *Glycyrrhiza lepidota* (Western USA into Canada)

[Mexican Mint Marigold](#) - *Tagetes lucida* (Mexico into S. America)

[Mexican Sour Gherkin](#) (Mexico, Central & Northern South America)

[Milkweed \(\*Asclepias\* family\)](#) (most of North America except far West). Eight varieties on this site.

[Monarda fistulosa](#) – see: Bergamont

[Nasturtium](#) (South Central America and Mexico)

[New Jersey Tea](#) - *Ceanothus americanus* (Eastern and Central USA)

**Northern sea oats:** see Sea Oats

[Ozark Sundrops](#) - *Oenothera Missouriensis* (Central US)

[Papalo - Porophyllum ruderale](#) (Southwestern USA and Mexico)

[Peppers:](#) Hot, chili, bell, etc. are all native to the Americas, (not to be confused with pepper corn spice) (Mexico, C. & S. America). Five kinds are offered on this site.

[Prairie Sage](#) - *Artemisia ludoviciana* (grassy regions, Great Plains of North America)

[Queen Anne's Thimbles Gilia Capitata](#) (California and West Coast)

[Ratibida columnaris](#) yellow prairie cone flower [Great Plains Alberta – Mexico]

[Rudbeckia:](#) *hirta*, and *fulgida* [Eastern and central USA into Canada]

**Sage:** See Prairies Sage, or White Sage

[Sea Oats](#), aka Northern Sea Oats, aka Side Oats [Central and Eastern USA and Manitoba]

**Side Oats:** see **Sea Oats**. (Aka sea oats, northern sea oats)

**Snow on the Mountain:** See *Euphorbia Marginata*

[Squash](#): all squash or pumpkin in the Cucurbita family are native to the Americas. Six varieties are offered on this site.

[Stevia](#) - Stevia rebaudiana (Paraguay and Brazil)

[Sunflowers](#): Mexican, and other sunflowers. Native to the Americas as well Northern Europe, North Asia. Seven varieties are offered on this site.

[Tobacco](#): All tobacco is Native to the Americas, though some varieties have been developed in other countries. Two varieties are offered on this site.

[Tomatillo – Verde](#) (Mexico)

[Tomato](#): Tomatoes are indigenous to the Americas. Certain varieties have been cultivated in other countries since 1492, but the historical strains come from native American varieties. (Lower Andes, but cultivated 2000 or more years prior to 1492 in parts of South America, Central America, and Mexico). Six (6) varieties are offered on this site.

[Toothache Plant](#) - Spilanthes oleracea (Brazil)

[Trail of tears bean](#): See Cherokee Black Runner Bean

[White Sage - Salvia apiana](#) (Southern California)

[Yarrow](#) - Achillea millefolium (native to N. America, Europe, and Asia)

[Zinnia](#) (Southeastern USA, Mexico, Central America)