## Iowa Native Prairie Planting Guide

**Conservation Planner Guide** 

Planning and Understanding Diverse Native Seed Mixes

About 80 percent of Iowa's landscape was once tallgrass prairie. Today, less than 0.1 percent of our original tallgrass prairie remnants remain. USDA's Natural Resources Conservation Service (NRCS) works with farmers and private landowners to restore this important ecosystem to Iowa's landscape.

Tallgrass prairie reconstruction is the creation of diverse native prairie habitat in areas where it previously existed. There are many factors to consider when designing and implementing a native tallgrass prairie reconstruction:

- » site history
- » seed mix design
- » site preparation
- » planting
- » establishment
- » long-term maintenance

Seed mixes are one of the most influential tools available when designing a diverse native seeding. This document will offer guidance on various considerations to aid in the evaluation and/or creation of a native seed mix and help define common ecological terminology. This document is not intended for wetland restorations, but may still provide helpful guidance.

## The Importance of Diversity in Native Seed Mixes:

- » Benefits a wide array of wildlife, from game species to soil invertebrates
- » Reduces soil erosion and improves water quality
- » Resilience to extreme weather events (e.g., droughts)
- » Resistance to weed invasion



(photo credit: Sarah Nizzi)

- » Restores site ecology
- » Increases long-term stability of the planting

#### Determine the Goals and Objectives of the Planting:

- » Diverse prairie reconstruction
- » Pollinators and/or monarchs
- » Upland wildlife
- » Soil health and water quality
- » Climate change

It is important to understand the specific biological and ecological needs of target species, if the objective of the planting is to support a particular species or guild of species. For example, if one goal is to support the regal fritillary butterfly, the mix should include nectar plants for adults and host plants for the caterpillars.



### **Evaluating a Native Diverse Seed Mix**

#### **Soil Moisture Regimes**

Matching native species to the appropriate soil moisture regime is a crucial aspect of a seed mix because we want to be sure species planted will do well under site-specific conditions. The amount of soil moisture, or the amount of water held by soil, depends in part on soil texture, the amount of sand, silt, and clay present. Many native prairie species, such as wild bergamot (*Monarda fistulosa*), have a wide tolerance of soils. Others are very restrictive to certain soil regimes; for example, silky aster (*Dalea candida*) prefers drier soils and common boneset (*Eupatorium perfoliatum*) prefers wetter soils.

There are five predominant soil moisture regimes:

- » Wet (hydric)
- » Wet-mesic
- » Mesic (moderate)
- » Dry-mesic
- » Dry (Xeric)

The extent of soil moisture regime may be altered from the original, native condition due to artificial drainage (e.g., tile). One example is an area that may have once been poorly drained, supporting wetland plants, but now has surface and subsurface drainage (e.g., tile) altering the hydrology. The area may no longer support wetland plants and may be considered moderately well drained. Plants will need to be selected appropriately given site specific conditions.

It may also be necessary at times for a client to purchase more than one seed mix, if a site contains significantly different soil moisture regimes (e.g., areas that may be dry or wet).

#### **Native Range**

Species known to occur at a certain site, within a county, or within a region are more likely to establish and be successful for the long-term versus plants native to areas further away. Not all of Iowa's native species naturally occur statewide. Native species within an appropriate region have evolved under the local climatic conditions. These conditions impact when plants flower, reproduce, and the relationships they've

established with other plant and animal species. (See Resources section for more information about native range.)

Sourcing native seed as locally as possible is ideal (e.g., within 100 miles of the site). Seed source information needs to be requested from the seed vendor. The origin for each species should be reported on the seed tag, but origin information only refers to where the plant was grown, not where it was originally sourced. More detailed information on this subject can be found on the <u>Tallgrass Prairie Center website</u>.

According to the Conservation Cover practice standard, a long-term prairie reconstruction (greater than 15 years) must use local source identified seed (seed traceable to an Iowa remnant prairie source). When planting within one mile of an existing native prairie remnant, use local ecotype or source identified seed (seed traceable to an Iowa remnant prairie source). Refer to Iowa NRCS Technical Note 28, "Guidance for Seeding Natives on Prairie Reconstruction Sites."



Wet Prairie (photo credit: Karin Jokela)

#### **Functional Plant Groups**

Functional plant groups are plants with common physical, genetic, and reproductive characteristics. Including as many functional groups as possible is critical to increasing the diversity and the functionality of the planting (e.g., preventing weed invasion). See Table 2 for examples of functional plant groups and additional details.

#### Grasses

- » Cool-season actively growing during the spring and fall in cooler temperatures; various soil types
- » Warm-season actively growing during the summer in warmer temperatures; various soil types

**Sedges** - grass-like; triangular stem; various soil types

**Forbs** - native herbaceous flowering plants (non-woody); various soils

» Legumes - herbaceous flowering plants in the pea family (*Fabaceae*); important ecologically for their nitrogen fixation; various soils

**Shrubs** - woody plants that are smaller than trees and have multiple branching stems arising at or near the ground (e.g., prairie rose, *Rosa arkansana* or leadplant, *Amorpha canescens*)

The site-specific soil moisture regime will drive the proportions of cool-season grasses, sedges, and warmseason grasses that should be included in the diverse native seed mix. The wetter the site the more cool-season grasses and sedges are recommended for the seed mix. The drier the site the more warm-season grasses are recommended for the seed mix.

An example of a diverse, mesic seed mix planted at twenty seeds per square foot of grasses and sedges and twenty seeds of forbs and legumes, could be 5% cool-season grasses, 15% sedges, 80% warm-season grasses (within the grass and sedge mixture), and 80% forbs and 20% legumes (within the forb and legume mixture).

#### **Number of Species**

A remnant prairie in Iowa can support over 300 native plant species. We are fortunate in Iowa to have many of these species commercially available through native seed vendors. More species equals more diversity, and the resilience of a planting to extreme weather events or weed invasions increases as diversity increases. As plant species diversity increases, so too will wildlife. Generally, native diverse seed mixes can range from a minimum of 30 native species to over 60 native species. The number of species will depend on the goals of the project and budget. Increasing diversity can also help balance the cost of the seed mix.

#### **Coefficient of Conservatism**

The coefficient of conservatism is a C-value ranging from 0 to 10 assigned to species. A species with a low score (e.g., 3 or below) responds well to disturbance and is adapted to a broad range of habitats. An example is hoary vervain (*Verbena stricta*). A species with a high score (e.g., 10) has a lower tolerance to environmental degradation (i.e., disturbance) and therefore is restricted to undisturbed, high quality habitat (e.g., prairie remnants). An example is prairie Indian plantain (*Arnoglossum plantagineum*).

When evaluating or creating a seed mix it is important to note the average coefficient of conservatism value at the bottom of the Iowa Native Seeding Calculator tab. A C-value of 5 is considered a balanced seed mix.

Native species with a high C-value included in the seed mix (e.g., 8 to 10) may not be immediately present in a planting, because they may take longer to establish. These species may not be recognizable until later (years 4 or beyond), but many other factors can play a role in species establishment. Site preparation, planting, establishment maintenance, and on-going management are all variables to keep in mind when evaluating a native seeding.

#### Lifespan

Including perennials, biennials and annuals ensures the planting will have active growth throughout its lifespan and stability for the long-term. About 95% of Iowa's native prairie species are perennial. A seed mix should predominantly be perennial species, with the inclusion of some biennials and annuals. Biennials and annuals aid in the establishment of a planting but will decrease over time.

**Perennials** - can be short or long-lived; live beyond two years; slower to establish.

**Biennials** - lives for two years before completing life cycle; vegetative growth takes place in the first year. In the second year the plant flowers and produces seed; establishes quickly post planting and post disturbance (e.g., prescribed burning).

**Annuals** - completes entire life cycle in one year; establishes quickly post planting and post disturbance (e.g., prescribed burning)





Rattlesnake master (Eryngium yuccifolium) is a native perennial species. (photo credit: Sarah Nizzi)



Black-eyed Susan (Rudbeckia hirta) is a native biennial species. (photo credit: Sarah Nizzi)



Partridge pea (Chamaecrista fasciculata) is the most planted native annual species. (photo credit: Sarah Nizzi)

#### **Grass to Forb Ratio**

The goals, location and soil moisture regimes will help determine how much of a planting should be grasses and sedges, and forbs and legumes. If utilizing a USDA Farm Bill program, there may be specific criteria to follow. Examples of grass to forb ratios include:

- » 25% grasses and sedges, 75% forbs and legumes
  - Preferable for increased forb diversity for pollinators and monarchs; mesic to dry soils; low weed pressure
  - may be slower to establish biomass
- » 50% grasses and sedges, 50% forbs and legumes
  - balanced; wildlife diversity; dry, mesic to wetmesic soils; low to medium weed pressure
- » 75% grasses and sedges, 25% forbs and legumes
  - Preferable for wet soils; difficult areas such as floodplains; high weed pressure areas

### **Seeding Rate of Single Species**

A single forb species cannot be more than 10% of the forb mixture within a diverse native seed mix according to the Conservation Cover practice standard. Consider keeping a single forb species at 5% or less within the forb mixture. Relying too heavily on a few species may create gaps in the seeding and decrease the diversity and resilience of the stand over time, allowing for weed invasion. Often it is early successional forb species that may be included at high rates. These early species do well in the first few years, but may decrease naturally over time, especially without disturbance. A well-balanced diverse seed mix will ensure forbs are present and actively growing throughout the lifespan of the planting.

A single grass species cannot exceed 20% of a diverse native seed mix according to the Conservation Cover practice standard. Consider keeping single grass species at 10% or less.

#### **Aggressive Species**

Certain native species can be aggressive and take over a planting. Be sure to check the seeding rates within the mix. Some USDA Farm Bill programs have limitations on certain native grass species. Check program rules for more information.

Table 1. Recommended Seeding Rates for Known Aggressive Species

Native Grasses	Recommended Seeds Per Square Feet	PLS Pounds Per Acre
big bluestem (Andropogon gerardii)	no more than 1.00	0.25
switchgrass (Panicum virgatum)	no more than 1.00	0.194
Indiangrass (Sorghastrum nutans)	no more than 1.00	0.25
Native Forbs	Recommended Seeds Per Square Feet	PLS Pounds Per Acre
western yarrow (Achillea millefolium)	no more than 0.30	0.004
sunflowers (Helianthus species)	no more than 0.20	0.042
wild bergamot (Monarda fistulosa)	no more than 2.00	0.078
gray-headed coneflower (Ratibida pinnata)	no more than 1.00	0.091
cup plant (Silphium perfoliatum)	no more than 0.03	0.056

#### **Importance of Native Grasses**

Native grasses play many critical roles in prairie ecosystems and must be included in diverse native seed mixes. Grasses help with establishment of a planting, create duff vital to management (e.g., litter for prescribed burning), provide nesting and overwintering habitat for wildlife, and are host plants for many butterfly and moth species. Incorporating native cool-season grasses, sedges, and/or rushes can be beneficial in combating unwanted weed pressure under certain circumstances (e.g., wetter soil regimes). Less grass included in the mix can lead to weed invasion (Meissen et al 2019, Wilsey 2010).

- » Grass Height
  - A diversity of species with different heights helps species persist long term (Huang et al 2013).
     Increasing shorter grass species leads to better establishment of subdominant species, such as forbs and legumes (Wilsey 2010).

#### **Bloom Succession of Forbs**

If planning a diverse prairie for pollinators, bloom succession of forbs is critical and a requirement for USDA Farm Bill pollinator programs. Pollinators need bloom availability for forage throughout the growing season (spring through fall). The minimum requirement is three blooming species per season (see Table 2 for examples).

#### **Host Plants**

If planning a diverse prairie for monarch butterflies, include host plants for their caterpillars, milkweed (*Asclepias* species). If utilizing USDA Farm Bill

programs, the following is required for monarch plantings.

- » The forb mixture must be made up of 1.5% or more of one or more milkweed species. Including more than one milkweed species is desirable.
- » The forb mixture must be 60% monarch nectar plants like pale purple coneflower (*Echinacea pallida*) and showy goldenrod (*Solidago speciosa*).
  - Monarch nectar plants are highlighted yellow within the calculator tab of the native seed calculator
- » Limit the seeding rate of big bluestem, switchgrass and Indiangrass
  - Big bluestem and switchgrass can be no more than 1.00 seed per square foot
  - Indiangrass can be no more than 1.30 seeds per square foot
- » Introduced forbs (non-native species) are not allowed

In conclusion, there are many different factors to consider when evaluating and/or designing native seed mixes. It is important to make sure the planted seed mix will do well under the site-specific conditions and meet the needs of the planting. A quality seed mix in combination with adequate site preparation, proper planting, establishment maintenance, and ongoing long-term management are all key to a successful tallgrass prairie planting.



Table 2. Native Plant Functional Groups – Commonly Available Genera and Species

Native Cool Seas	on Gras	ses						
Scientific Name		1		Grow	th Form	Height	Soil Moisture	
Bromus kalmia		prairie brom	ie	Bunch	Bunch Short		Wet-mesic, mesic, dry-mesic	
Calamagrostis canaden	ısis	bluejoint gra	iss	Rhizor	natous	Short	Wet, wet-mesic, mesic	
Elymus canadensis		Canada wild	rye	Bunch		Tall	Wet-mesic, mesic, dry-mesic, d	
Koeleria macrantha		prairie Juneg	grass	Bunch		Short	Dry-mesic, dry	
Glyceria striata		fowl mannag	grass Rhizoma		natous	Short	Wet, wet-mesic, mesic	
Stipa spartea		porcupine gi	grass Bu			Short	Mesic, dry-mesic, dry	
Native Warm Sea	son Gra	isses						
Scientific Name		Common N	Vame	Jame Growth Form		Height	Soil Moisture	
Andropogon gerardii		big bluestem			Tall	Wet-mesic, mesic, dry-mesic, dry		
Bouteloua curtipendula	า	sideoats gran	na	Rhizor	natous	Short	Mesic, dry-mesic, dry	
Eragrostis spectabilis		purple loveg		Bunch		Short	Dry	
Panicum virgatum		switchgrass		Rhizor	natous	Tall	Wet-mesic, mesic, dry-	mesic, dry
Schizachyrium scoparii	ит	little blueste	m	Bunch		Short	Mesic, mesic-dry, dry	•
Sorghastrum nutans		Indiangrass		Bunch		Tall	Mesic, mesic-dry, dry	
Spartina pectinata		prairie cordg	grass	Rhizor	natous	Tall	Wet, wet-mesic, mesic	
Sporobolus compositus		composite d	ropseed	Bunch		Short	Mesic, dry-mesic, dry	
Sporobolus heterolepis		prairie drops		Bunch		Short	Wet-mesic, mesic, dry-	mesic, dry
Native Sedges				•		•	·	•
Scientific Name	Commo	Common Name Growth		Form	Height	Soil Mois	ture	
Carex bebbii	Bebb's se	Bebb's sedge Bunc			Short	Wet-mesic, mesic		
Carex bicknellii	Bicknell's sedge		Bunch		Short	Wet-mesic, mesic, dry-mesic		
Carex brevior	shortbeak sedge		Bunch		Short	Wet-mesic, mesic, dry-mesic, dry		
Carex hystericina	bottlebru	ısh sedge	Bunch		Shore	Wet, wet-n	wet-mesic	
Carex molesta	troublesc	me sedge	Bunch		Short	Wet-mesic, mesic, dry-mesic, dry		
Carex stricta	upright s	edge	Bunch		Short	Wet, wet-mesic		
Carex vulpinoidea	fox sedge		Bunch		Short	Wet, wet-mesic, mesic, dry-mesic		
Native Forbs							·	
Scientific Name	Commo	n Name	Life Cycle		Height	Soil Mois	ture	Bloom
Asclepias spp.	milkweed	<u></u> d	Perennia		Short	Wet-mesic, mesic, dry-mesic, dry		Summer
Baptisia spp.*	<del>                                     </del>	rild indigo and Perennia			Short	· · · · · ·		Spring,
	others	Ta margo una il cicilina.						Summer
Brickellia eupatorioides	false bon	neset Perennial		1	Short	Mesic, dry-mesic, dry Sur		Summer
Chamaecrista fasciculata*	partridge	ge pea			Short			Summer, Fall
Coreopsis spp.	prairie co	coreopsis and Perennial		1	Short or Tall			Summer
		clover Perennial			i -	Mesic, dry-mesic, dry Sur		_
Dalea spp. *	prairie cl	over	Perennia	1	Short	Mesic, dry	-mesic, dry	Summer

Table 2. Functional Native Plant Groups – Commonly Available Genera and Species Cont...

<b>Native Forbs Cor</b>	ıt				
Scientific Name	Common Name	Life Cycle	Height	Soil Moisture	Bloom
Eryngium yuccifolium	rattlesnake master	Perennial	Tall	Wet-mesic, mesic, dry-mesic	Summer
Eupatorium spp.	boneset	Perennial	Tall	Wet, wet-mesic, mesic, dry-mesic, dry	Summer, Fall
Gentiana spp.	bottle gentian and others	Perennial	Short	Wet-mesic, mesic, dry-mesic, dry	Summer, Fall
Helianthus spp.	sunflower	Perennial	Tall	Wet-mesic, mesic, dry-mesic	Summer
Liatris spp.	blazing star	Perennial	Short or Tall	Wet, wet-mesic, mesic, dry-mesic, dry	Summer
Lobelia spp.	great lobelia and others	Perennial	Short	Wet, wet-mesic, mesic	Summer, Fall
Monarda spp.	wild bergamot and spotted bee balm	Perennial	Short	Wet-mesic, mesic, dry-mesic, dry	Summer
Penstemon spp.	beardtongue	Perennial	Short	Mesic, dry-mesic, dry	Spring, Summer
Pycnanthemum spp.	mountain mint	Perennial	Short	Wet, wet-mesic, mesic, dry-mesic	Summer, Fall
Rudbeckia spp.	black-eyed Susan and others	Biennial	Short	Wet-mesic, mesic, dry-mesic	Summer
Solidago speciosa	showy goldenrod and others	Perennial	Short or Tall	Mesic, dry-mesic, dry	Summer, Fall
Symphyotrichum spp.	aster	Perennial	Short or Tall	Wet, wet-mesic, mesic, dry-mesic, dry	Summer, Fall
Tradescantia spp.	spiderwort	Perennial	Short	Wet-mesic, mesic, dry-mesic, dry	Spring
Verbena spp.	vervain	Perennial	Short	Wet, wet-mesic, mesic, dry-mesic, dry	Summer
Vernonia spp.	ironweed	Perennial	Tall	Wet-mesic, mesic, dry-mesic	Summer
Veronicastrum virginicum	Culver's root	Perennial	Tall	Wet-mesic, mesic, dry-mesic	Summer
Zizia aurea	golden Alexanders	Perennial	Short	Wet-mesic, mesic, dry-mesic	Spring

## \*legumes

**Spp.** = species

**Height:** 4 feet or less = short; 5 feet or more = tall



Considerations for Native Seed Mixes Checklist
Soil Moisture Regimes  Do the species match the site-specific soil conditions? YES NO
Native Range Are species native to the county, neighboring counties, or region? COUNTY NEIGHBOR REGIO  » Sourcing native seed as locally as possible is ideal (e.g., within 100 miles of the site).  For long-term prairie reconstruction, use local source identified seed (traceable to an Iowa remnant prairie source).  » Refer to Iowa NRCS Technical Note 28, "Guidance for Seeding Natives on Prairie Reconstruction Sites."  » When planting within one mile of an existing native prairie remnant, use local source identified seed (traceable to an Iowa remnant prairie source). Refer to Technical Note 28, "Guidance for Seeding Natives on Prairie Reconstruction Sites."
Functional Plant Groups Are cool-season and warm-season grasses, sedges, forbs, and legumes included in the mix? YES NO
Number of Species  How many species are in the mix? <i>A recommended minimum for diverse prairie plantings is 30 species.</i>
Coefficient of Conservatism  What is the average coefficient of conservatism for the mix? A C-value of 5 is a well-balanced mix
Lifespan Are annuals, biennials and perennials included in the mix? YES NO Annuals and biennials must be less than 20% of the forb mixture within a seed mix.
Grass to Forb ratio  Does the grass to forb ratio meet the objectives of the planting? YES NO
Seeding Rate of Single Species  Are there any single species dominating the mix? YES NO  See section on seeding rate of single species for specific rates.
Aggressive Species Are known aggressive species included at a high rate?  YES  NO  Some native species are known to outcompete other native species. A few examples of aggressive species include big bluestem, switchgrass, gray-headed coneflower, western yarrow, and more. Refer to the section on aggressive native species for a more detailed list.
Native grasses  How many grasses are present in the mix? What is the percentage of grasses?  Grasses provide litter for prescribed fire, nesting, and overwintering habitat, and are host plants for lepidoptera species.
Bloom Period  If planning for pollinator habitat, are there at least 3 forb species per bloom period (spring, summer, and fall)?  YES NO
Host Plants If planning for monarch butterflies, are milkweeds included? YES NO Milkweed needs to make up 1.5% of the forb mixture. Are monarch nectar plants included? Monarch nectar plants need to

make up at least 60% of the forb mixture.

#### Resources

Guidance for Seeding Natives on Prairie Reconstruction Sites Technote 28

https://efotg.sc.egov.usda.gov/references/public/IA/Iowa Ecotype Planting Guidance 28 AGR TN 2003 10.pdf

Iowa NRCS Technical Resources

https://www.nrcs.usda.gov/wps/portal/nrcs/ia/technical/ecoscience/NRCS142P2 008193/

Interseeding Wildflowers to Diversify Grasslands for Pollinators: Guidance for the Great Plains and Midwest Regions <a href="https://xerces.org/publications/guidelines/interseeding-wildflowers-to-diversify-grasslands-for-pollinators">https://xerces.org/publications/guidelines/interseeding-wildflowers-to-diversify-grasslands-for-pollinators</a>

Minnesota Wildflowers: A Guide to the Flora of Minnesota

https://www.minnesotawildflowers.info/

Prairie Plants of Iowa

http://uipress.lib.uiowa.edu/ppi/

Prairie Restoration Diversity - Planting and Seed Mixes

https://files.dnr.state.mn.us/natural\_resources/prairies/podcast/s1ep05-restoration.pdf

Tallgrass Prairie Center

https://www.tallgrassprairiecenter.org/

The Biota of North American Program: North American Vascular Flora

http://www.bonap.org/

**USDA PLANTS** 

https://plants.usda.gov/home

Vascular Plants of Iowa

http://uipress.lib.uiowa.edu/vpi/

Web Soil Survey

https://websoilsurvey.sc.egov.usda.gov/App/HomePage.htm

#### Glossary

**Bunchgrass** - a native grass that is non-sod forming; grows in clumps or tufts

Coefficient of Conservatism – is a C-value ranging from 0 to 10 assigned to species. A species with a low score (e.g., 3 or below) responds well to disturbance and is adapted to a broad range of habitats. A species with a high score (e.g., 10) has a lower tolerance to environmental degradation (i.e., disturbance) and therefore is restricted to undisturbed, high quality habitat (e.g., prairie remnants).

**Early successional species** - species that respond well to disturbance and are typically easy to establish; coefficient of conservatism value of 3 or less

**Forb** - native herbaceous flowering plant, particularly a prairie species

Host plant - food source for a specific organism (e.g., monarch caterpillars feed only on milkweed plants)

**Hydric** - habitat with plenty of moisture; very wet; poorly-drained; saturated for a significant portion of the growing season

**Iowa ecotype seed** - source identified seed known to have been originally collected from prairie remnants in one of the three Iowa eco-type zones

### **Glossary Cont...**

**Introduced species** - a plant that has been brought into the country; not native

**Legume** - herbaceous plant species in the pea family (Fabaceae), important for their nitrogen fixation

Mesic - habitat with a moderate amount of moisture; medium; well-drained

**Prairie remnant** - remaining, usually small areas of original prairie

Rhizomatous - bearing below ground horizontal stems; results in extensive clonal growth (large patch of one species)

Species Diversity - a measure of the variety of species present in a community

Xeric - habitat with little moisture; dry or very dry; sand and/or gravel soil

#### References

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