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**63. © Seed weights for northern Rocky Mountain native plants, with an emphasis on Glacier National Park.** Wiese, J. L., Meadow, J. F., and Lapp, J. A. Native Plants Journal 13(1):39-49. 2012.



Figure 1. *Arnica cordifolia* growing at Two Dog Flat in Glacier National Park. Photo by James F Meadow

# Seed weights for northern Rocky Mountain native plants

WITH AN EMPHASIS ON  
GLACIER NATIONAL PARK

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## ABSTRACT

Here we present estimated seed weights for 178 native plant species of the northern Rocky Mountains representing 113 genera and 38 families that are commonly used in restoration seed mixes in Glacier National Park, Montana. We gleaned the content presented here from various publications, commercial seed catalogs, and seed weights measured onsite since 2003; we continue to add more data as we add plants to our restoration repertoire, so this article is a work in progress. This information is intended as a quick reference for land managers and ecological restoration planners for determining seeding rates and seed mixtures of native restoration plant species as well as approximating seed production and collection rates. These values can be useful not only for Glacier National Park but throughout the northern Rocky Mountains of the US and southwestern Canada.

Wiese JL, Meadow JF, Lapp JA. 2012. Seed weights for northern Rocky Mountain native plants with an emphasis on Glacier National Park. *Native Plants Journal* 13(1):39–49.

## KEY WORDS

ecological restoration, seed mix, seed collection

## NOMENCLATURE

USDA NRCS (2011)