



Plants for Pollinators & Beneficial Insects

Ellen Sousa, Turkey Hill Brook Farm, Spencer, MA
 Email: Ellen@THBFarm.com
 Website/blog: **THBFarm.com**

Most of the annual and biennial plants listed below are not native to our area, but are invaluable for pollinator gardens because they bloom quickly from seed and flower for long periods. These are all easy to grow from seed.

Nectar Annuals/Biennials (Ornamental)	
Sweet Alyssum (<i>Lobularia maritima</i>)	Pot Marigold (<i>Calendula</i>)
Marigolds (<i>Tagetes spp</i>) - single varieties	Borage (<i>Borago officinalis</i>)
Verbena (especially <i>Verbena bonariensis</i>)	Bachelor Buttons (<i>Centaurea cyanis</i>)
Salvia	Floss Flower (<i>Ageratum houstonianum</i>)
Cosmos	Daisy Fleabane (<i>Erigeron annuus</i>) - native
Zinnia	Mexican Sunflower (<i>Tithonia rotundifolia</i>)
Sunflower (<i>Helianthus annuus</i>)	Larkspur (<i>Consolida ajacis</i>)
Annual Candytuft (<i>Iberis umbellata</i>)	Wallflower
Poppies	Forget-Me-Nots (<i>Myosotis sylvatica</i>) - biennial
Annual Phlox (<i>Phlox drummondii</i>)	Foxglove (<i>Digitalis purpurea</i>) - biennial
Annual culinary herbs such as Cilantro, Basil, Dill, Parsley, Fennel, Chervil, Mustard, German Chamomile (if allowed to flower)	

Nectar Annuals for Cover Crops/“Green Manures”	
Field Peas	Sweet Clover
Crimson Clover	Vetch
Red Clover	Buckwheat

Best Native Perennials for Pollinators (Native to Eastern North America)

Swamp, Purple, Common and Butterfly Milkweed (<i>Asclepias</i> spp.)	Purple Coneflower (<i>Echinacea</i> spp.)
Mountain Mint (<i>Pycnanthemum virginicum</i>)	Black-eyed Susan (<i>Rudbeckia</i> spp.)
Aster (<i>Symphyotrichum</i> or <i>Eurybia</i> spp.)	Goat's Beard (<i>Aruncus dioicus</i>)
Joe-Pye Weed/Boneset (<i>Eupatorium, Eutrochium</i> spp.)	Perennial Sunflower (<i>Helianthus</i> spp.)
Black Cohosh and Bugbane (<i>Actaea</i> spp)	Tickseed (<i>Coreopsis</i> spp.)
Blazing Star, Gayfeather (<i>Liatris</i> spp.)	Wild Senna (<i>Senna hebecarpa</i>)
Goldenrod (<i>Solidago</i> spp.)	Running Foamflower (<i>Tiarella cordifolia</i>)
Culver's Root (<i>Veronicastrum virginicum</i>)	Wild Indigo (<i>Baptisia</i> spp.)
Virginia Bluebells (<i>Mertensia virginica</i>)	Sundial Lupine (<i>Lupinus perennis</i>) — Avoid <i>Lupinus polyphyllus</i> which is commonly sold but invasive!
Blue Vervain (<i>Verbena hastata</i>)	Sneezeweed (<i>Helenium</i> spp.)
Bleeding Heart (<i>Dicentra exima</i>) & Dutchman's Breeches (<i>Dicentra cucullaria</i>)	Turtlehead (<i>Chelone glabra</i>)
Violets (<i>Viola</i> spp.) — There are both native and non-native species.	Obedient Plant (<i>Physostegia virginiana</i>)
Sundrops, Evening Primrose (<i>Oenothera</i> spp.)	Bluestar (<i>Amsonia</i> spp)
Yarrow (<i>Achillea millefolium</i>) - some non-natives sold as ornamentals	Solomon's Seal (<i>Polygonatum</i> spp)

Non-Native but Not Invasive Garden Perennials for Pollinators

Anise Hyssop, Licorice Mint (<i>Agastache</i> spp.)	Catmint and Catnip (<i>Nepeta</i>)
Sedum	Lamb's Ear (<i>Stachys byzantina</i>)
Ornamental Onion, Chives (<i>Allium</i> spp)	Basket of Gold (<i>Aurinia saxatilis</i>)
Korean Mums (<i>Dendranthema</i>) – single-flowering varieties such as 'Sheffield' and 'Clara Curtis'	
Herbs such as Marjoram and Oregano (<i>Origanum</i> spp), Common Sage (<i>Salvia officinalis</i>), Rosemary, Thyme (<i>Thymus</i> spp), Lavender (<i>Lavendula</i> spp.), Comfrey, Mint (<i>Mentha</i> spp)	

Best Native Shrubs/Small Trees for Nectar/Pollen

New Jersey Tea (<i>Ceanothus americanus</i>)	Buttonbush (<i>Cephalanthus occidentalis</i>)
Summersweet (<i>Clethra alnifolia</i>)	Serviceberry/Shadbush (<i>Amelanchier</i> spp.)
Ninebark (<i>Physocarpus opulifolius</i>)	Spicebush (<i>Lindera benzoin</i>)
Black, Pin and Choke Cherry (<i>Prunus serotina</i> , <i>Prunus pensylvanica</i> , <i>Prunus virginiana</i>)	American Plum (<i>Prunus americana</i>)
Common & Black Elderberry (<i>Sambucus</i> spp.)	Viburnum (<i>Viburnum</i> spp)
Chokeberry (<i>Aronia arbutifolia</i> , <i>Aronia melanocarpa</i>)	Meadowsweet (<i>Spiraea latifolia</i>) & Steeplebush (<i>Spiraea tomentosa</i>)
Eastern Redbud (<i>Cercis canadensis</i>)	Dogwood (<i>Cornus</i> and <i>Swida</i>)
Spicebush (<i>Lindera benzoin</i>)	Virginia Sweetspire (<i>Itea virginiana</i>)
Willow (<i>Salix discolor</i> , <i>Salix exigua</i>)	Hawthorn (<i>Crataegus punctata</i> , others)
Blueberry (<i>Vaccinium</i> spp)	Bush Honeysuckle (<i>Diervilla lonicera</i>)
Virginia Rose (<i>Rosa virginiana</i>), Carolina Rose (<i>Rosa carolina</i>), or Swamp Rose (<i>Rosa palustris</i>)	
Hollies: Inkberry (<i>Ilex glabra</i>), American Holly (<i>Ilex opaca</i>), and Winterberry (<i>Ilex verticillata</i>)	
Pinxterbloom, Swamp Azalea, Rosebay and Great Laurel Rhododendron (<i>Rhododendron</i> spp)	

Native Trees for Nectar/Pollen

Maple (<i>Acer</i> spp)	American Linden/Basswood (<i>Tilia americana</i>)
Black Gum/Tupelo (<i>Nyssa sylvatica</i>)	Mountain Ash (<i>Sorbus americana</i>)
Sassafras (<i>Sassafras albidum</i>)	Tulip Tree/Tulip Poplar (<i>Liriodendron tulipifera</i>)

Tallamy’s “Top 12” Lepidoptera Trees (Host Plants)

1. Oak (<i>Quercus</i>)	7. Blueberry, Cranberry (<i>Vaccinium</i>)
2. Willow (<i>Salix</i>)	8. Maple, Box Elder (<i>Acer</i>)
3. Cherry, Plum (<i>Prunus</i>)	9. Elm (<i>Ulmus</i>)
4. Birch (<i>Betula</i>)	10. Pine (<i>Pinus</i>)
5. Poplar, Cottonwood (<i>Populus</i>)	11. Hickory (<i>Carya</i>)
6. Crabapple (<i>Malus</i>)	12. Hawthorn (<i>Crataegus</i>)

Native Hummingbird Favorites	
Coral Honeysuckle Vine (<i>Lonicera sempervirens</i>)	Cardinal Flower (<i>Lobelia cardinalis</i>) and Blue Lobelia (<i>Lobelia siphilatica</i>)
Wild Bergamot and Bee Balm (<i>Monarda</i> spp.)	Phlox (<i>Phlox</i> spp.)
Red Buckeye (<i>Aesculus pavia</i>)	Red Columbine (<i>Aquilegia canadensis</i>)
Jewelweed (<i>Impatiens capensis</i>) - native	Swamp or Common Rose Mallow (<i>Hibiscus moscheutos</i> , <i>H. palustris</i>)

Resources:

The Xerces Society: xerces.org – bumble bee info and Pollinator Habitat certification

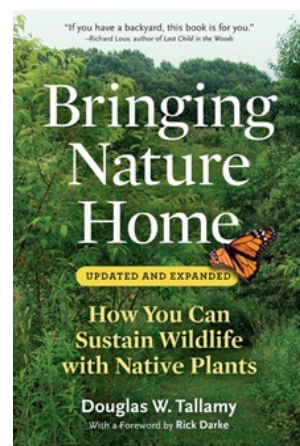
The Pollinator Partnership: pollinator.org

North American Pollinator Protection Campaign: nappc.org

Wild Ones: wild-ones.org – lots of great info about “wild-scaping”

Monarch Watch: Monarch butterfly habitat certification

National Wildlife Federation: nwf.org - backyard habitat



Books:

Attracting Native Pollinators: Protecting North America's Bees and Butterflies (Xerces Society, 2011)

Managing Alternative Pollinators: A Handbook for Beekeepers, Growers and Conservationists (SARE, 2010)

Bringing Nature Home: How You Can Sustain Wildlife with Native Plants (Timber Press, 2009)

Pollinators of Native Plants: Attract, Observe, and Identify Pollinators and Beneficial Insects with Native Plants (Pollination Press, 2014)

The Green Garden: A New England Guide to Planning, Planting & Maintaining the Eco-friendly Habitat Garden (Bunker Hill, 2011)

