

Plants for Pollinators

These plants provide nutrient rich nectar food

Early:

Columbine, *Aquilegia canadensis*
Solomon's seal, *Polygonatum commutatum*
Virginia Bluebells, *Mertensia virginica*

Late Spring/Summer:

Aster, Stokes' 'Peachie's Pick', *Stokesia laevis*
Bee balm, *Monarda didyma*
Black-eyed Susan, *Rudbeckia hirta*
Blazing star, *Liatis spicata*
Blue-eyed Grass, *Sisyrinchium angustifolium*
Butterfly Weed, *Asclepias tuberosa*, (Dry soil)
Milkweed, *Asclepias perennis* (Moist soil)
Fern: Southern wood fern, *Dryopteris ludoviciana*
Fern: Cinnamon fern, *Osmunda cinnamomea*
Fern: Christmas fern, *Polystichum acrostichoides*
Phlox, Wild blue, *divaricata*
Phlox, Wild sweet william, *Phlox maculata*
Purple coneflower, *Echinacea purpurea*
Scarlet sage, *Salvia coccinea*
Spiderwort, *Tradescantia*
Switchgrass, *Panicum virgatum*
Wild white indigo, *Baptisia alba*
Vine: Coral Honeysuckle, *Lonicera sempervirens*
Vine: Cross Vine 'Tangerine Beauty', *Bignonia capreolata*

Late Summer/Fall:

Aster *novae-angliae*, New England
Aster family, *Asteraceae*
Goldenrod, *Solidago sempervirens*
Joe-pye weed, *Eupatorium*
Turtlehead 'Hot Lips', *Chelone lyonni*

“Top Tier” – Nutrient Density (nectar nutrient value):

Anise hyssop 'Blue Fortune', *Agastache foeniculum* ; Height 24-36”,
Width 18”

-Birds, Hummingbirds, Bees, and Butterflies

Bee balm, *Monarda didyma*; Height 36-48”, Width 18-24”

-Birds, Hummingbirds, Bees, and Butterflies

Butterfly Weed, *Asclepias tuberosa*; Height 18-36”, Width 15-24”

-Bees and Butterflies

Milkweed, *Asclepias perennis*; Height 12-24”, Width 12-14”

-Bees and Butterflies

Purple coneflower, *Echinacea purpurea*; Height 24-36”, Width 24”

-Birds, Bees and Butterflies

Vine: Coral Honeysuckle, *Lonicera sempervirens*

-Hummingbirds

Aster *novae-angliae*, New England; Height 12-60, Width 12-36”

-Bees and Butterflies

Joe-pye weed, *Eupatorium*; Height 60-84”, Width 24-48”

-Bees and Butterflies

Bees: Purple – Blue – Yellow

Aster – (late fall they prepare for dormancy)

Black-eyed Susan 'Goldstrum', *Rudbeckia hirta*

Catmint 'Walker's Low', *Nepeta*

Purple coneflower, *Echinacea purpurea*

Victoria salvia (annual)

Sweet allysum (annual/seed)

Butterflies: Purple – Blue – Yellow – Pink -Red – Orange

Anise hyssop 'Blue Fortune', *Agastache foeniculum*
Aster, Stoke's Aster, 'Peachie's Pick'
Bee balm, *Monarda didyma*
Black-eyed susan, *Rudbeckia hirta*
Blazing star, *Liatris spicata*
Butterfly Weed, *Asclepias tuberosa*
Coreopsis grandiflora
Garden Phlox, *Paniculta*
Goldenrod, *Solidago sempervirens*
Joe-pye weed, *Eupatorium*
Mexican sunflower (*Tithon's rotundifolia*)
Penstemon digitalis
Purple coneflower, *Echinacea purpurea*
Shasta Daisy
Yarrow, *Achillea*
Cleome (annual/seed)
Cosmos (annual/seed)
Lantana (annual)
Marigold (annual/plant or seed)

Hummingbirds: Purple – Red – Orange – Fuschia – Tubular and filled with nectar

Bee balm, *Monarda didyma*
Canna Lily
Columbine, *Aquilegia canadensis*
Crocsmia 'Lucifer'
Day Lilies, *Hemerocallis*
Penstemon digitalis
Turtlehead, *Chelone lyonii*
Vine: Coral Honeysuckle , *Lonicera sempervirens*
Vine: Cross Vine 'Tangerine Beauty', *Bignonia capreolata*
Cleome (annual/seed)
Cosmos (annual/seed)