

Spreading Plants for Pollinators



Plant Name	Flower Color	Bloom Time	Height	Pollinator(s) Supported
HERBACEOUS PERENNIALS				
Full Sun, Medium-Dry				
<i>Achillea millifolium</i> Common Yarrow	White	Summer	1-3'	Nectar plant for butterflies
<i>Anaphalis margaritacea</i> Pearly Everlasting	White	Summer	1-3'	Host plant for American Lady butterfly caterpillar
<i>Apocynum cannabinum</i> Indian Hemp	Greenish White	Summer	1-3'	Nectar plant for bees, butterflies and other pollinators
<i>Asclepias syriaca</i> Common Milkweed	Pink	Summer	3-5'	Host plant for Monarch butterfly caterpillar, forage for bumble bees
<i>Monarda fistulosa</i> Purple Wild Bergamot	Purple	Summer	3-4'	Forage for at-risk bumble bees and specialist bees
<i>Oenothera biennis</i> Evening Primrose	Yellow	Summer	3'	Host plant for Primrose Moth caterpillar, pollen for specialist bees
<i>Pycnanthemum tenuifolium</i> Narrow-leaved Mtn. Mint	White	Summer	1-3'	Important pollen source for specialist bees
<i>Solidago canadensis</i> Canadian Goldenrod	Yellow	Fall	2-6'	Late-season forage for specialist bees, bumble bees & butterflies
<i>Solidago nemoralis</i> Gray Goldenrod	Yellow	Fall	1-3'	Late season forage for specialist bees, bumble bees & butterflies
<i>Solidago speciosa</i> Showy Goldenrod	Yellow	Summer-Fall	1-3'	Late season forage for specialist bees, bumble bees & butterflies
Full Sun, Medium-Moist				
<i>Eupatorium coelestinum</i> Hardy Ageratum	Blue	Summer	1-3'	Nectar plant for butterflies and other pollinators
<i>Impatiens pallida</i> Pale Jewelweed, Touch-me-not	Yellow	Summer	2-5'	Forage for bees, butterflies, hummingbirds
<i>Monarda didyma</i> Oswego Tea/Beebalm	Red	Summer	3-4'	Forage for ruby-throated hummingbird and hummingbird moth
<i>Physostegia virginiana</i> Obedient Plant	Pink	Summer-Fall	1-3'	Forage for bees, butterflies and ruby-throated hummingbird
<i>Rudbeckia laciniata</i> Cut-leaf Coneflower	Yellow	Summer	1-3'	Important pollen source for specialist bees, nectar for butterflies
<i>Rudbeckia triloba</i> Brown-eyed Susan	Yellow	Summer	2-5'	Important pollen source for specialist bees, nectar for butterflies
<i>Solidago uliginosa</i> Swamp Goldenrod	Yellow	Summer	1-3'	Forage for specialist bees, bumble bees and butterflies

Full Sun – Plants require 6 or more hours of direct sunlight per day. **Part Sun-Part Shade** – Plants thrive with 3-6 hours of sun but not intense mid-day sun.

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Part Sun-Part Shade, Medium-Dry				
<i>Agertina altissima</i> White Snakeroot	White	Summer	1-3'	Forage for late-season pollinators
<i>Amsonia tabernaemontana</i> Eastern Blue Star	Blue	Spring	1-3'	Forage for butterflies and other pollinators
<i>Aralia racemosa</i> American Spikenard	White	Summer	4-6'	Forage for bees, butterflies and other pollinators
<i>Helianthus decapetalus</i> Thin-leaved Sunflower	Yellow	Summer	4-6'	Forage for butterflies and other pollinators
<i>Helianthus divaricatus</i> Woodland Sunflower	Yellow	Summer	5-7'	Important nectar source for endangered Karner butterfly
<i>Solidago flexicaulus</i> Zig-zag Goldenrod	Yellow	Summer-Fall	1-3'	Important pollen source for specialist bees and bumble bees
<i>Symphotrichum cordifolium</i> Blue Wood Aster	Blue	Fall	1-3'	Important pollen source for specialist bees, late-season forage
GROUND COVERS				
<i>Anemone canadensis</i> Canada Windflower	White	Spring	1-6"	Forage for butterflies and other pollinators
<i>Fragaria virginiana</i> Virginia Strawberry	White	Spring	1-6"	Important pollen source for specialist bees
<i>Packera aurea</i> Golden Ragwort	Yellow-Orange	Spring	1-3'	Important pollen source for specialist bees
<i>Viola labradorica</i> Labrador Violet	Purple	Spring	1-6"	Host Plant for Fritillary butterfly caterpillar
SHRUBS				
<i>Clethra alnifolia</i> Summersweet	White	Summer	3-8'	Important nectar source for bees, butterflies and other pollinators
<i>Morella caroliniensis</i> Northern Bayberry	Yellow-Green	Spring	7-10'	Important pollen source for bees and other pollinators
<i>Prunus maritima</i> Beach Plum	White	Spring	7-10'	Important pollen source for bumble bees
<i>Rhus aromatica</i> Fragrant Sumac	Yellow	Spring	3-7'	Forage for butterflies, bees and other pollinators
<i>Rhus copallinum</i> Shining Sumac	Yellow-Green	Summer	7-10'	Important pollen source for bees and other pollinators
<i>Rhus hirta</i> Staghorn Sumac	Yellow-Green	Spring	12-20'	Important pollen source for bees and other pollinators

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<i>Rosa carolina</i> Carolina Rose	Pink	Spring	1-3'	Important pollen source for specialist bees
<i>Rosa virginiana</i> Virginia Rose	Pink	Spring	4-6'	Important pollen source for specialist bees
<i>Salix</i> sps. Willows	Green-White	Spring	12-20'	Host plant for Mourning Cloak, Admirals and Viceroy caterpillars
<i>Sambucus nigra</i> Elderberry	White	Summer	7-10'	Important pollen source for bees and butterflies
<i>Swida racemosa</i> Gray Dogwood	White	Spring	7-10'	Important pollen source for specialist bees
TREES				
<i>Pinus strobus</i> Eastern White Pine	Green	Spring	75-100'	Important habitat for birds and mammals
<i>Prunus serotina</i> Wild Black Cherry	White	Spring	40-60'	Hosts T.Swallowtail, Red-spotted Purple, Viceroy, Hairstreaks, S. Azure
<i>Quercus</i> sps. Oaks	Red/Green/Yellow	Spring	30' +	#1 Host plant for many lepidoptera (butterfly & moth) species
<i>Sassafras albinum</i> Sassafras	Yellow	Spring	30-60'	Host plant for Spicebush Swallowtail butterfly caterpillar
VINES				
<i>Clematis virginiana</i> Virgin's Bower	White	Summer	12-20'	Forage for butterflies and other pollinators
<i>Isotrema macrophyllum</i> Lg-leaved Dutchman's Pipe	Red	Summer	12-15'	Host plant for Pipevine Swallowtail butterfly caterpillar
<i>Parthenocissus quinquefolia</i> Virginia Creeper	White-Green	Spring	30-40'	Important pollen source for bumble bees
GRASSES				
<i>Andropogon gerardii</i> Big Bluestem	Red-Green	Summer	4-6'	Host plant for Skippers, Eyed Browns & Wood Nymph caterpillars
<i>Carex laxiculmis</i> Spreading Sedge	Yellow-White	Spring	6-12'	Host plant for Satyr butterfly caterpillar
<i>Sorghastrum nutans</i> Indian Grass	Brown	Summer-Fall	4-6'	Seeds provide for songbirds

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