

NATIVE PLANTS FOR POLLINATORS & BENEFICIAL INSECTS: Northeast



LEFT—Two-spotted longhorn bee (*Melissodes bimaculatus*) collecting pollen from *Monarda fistulosa* flowers. RIGHT—Bumble bee on *Ceanothus americanus*.

Plant Selection

These plants are attractive to a diversity of pollinators, providing pollen and nectar to bees and butterflies, as well as flies, beetles, wasps and moths. Some plants provide additional resources, supporting caterpillars of butterflies and moths, and providing nest sites or nesting materials for above-ground nesting bees. Many of these plants also support specialist bees that require pollen from specific plants in order to survive, and beneficial insects that are predators or parasitoids and help control pests of ornamental and crop plants. These plants are native to this region—determine if a species is native in your state at plants.usda.gov—and can be used to create or enhance pollinator habitat across rural and urban landscapes.

When purchasing plants, let your local garden center or nursery know you want plant material free of pesticides that may harm pollinators.

Resources

- Pollinator Conservation Resource Center: xerces.org/pollinator-resource-center
- Bring Back The Pollinators: BringBackthePollinators.org
- Reducing Pesticide Use & Impacts: xerces.org/pesticides

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE	FORM	SUN	SOIL	ADDITIONAL DETAILS ①	
<i>Acer rubrum</i>	Red maple	MAR–APR	P			W		●
<i>Achillea millefolium</i>	Common yarrow	MAY–JUL	P			M		● ●
<i>Amelanchier laevis</i>	Allegheny serviceberry	MAR–APR	P			M		● ●
<i>Aquilegia canadensis</i>	Red columbine	APR–MAY	P			M		● ● ●
<i>Asclepias incarnata</i>★	Swamp milkweed	JUN–SEP	P			W		● ●
<i>Asclepias syriaca</i>	Common milkweed	JUN–AUG	P			D–M		● ●
<i>Asclepias tuberosa</i>	Butterfly milkweed	JUN–AUG	P			D		● ●
<i>Castanea pumila</i>★	Chinquapin	APR–MAY	P			D		
<i>Ceanothus americanus</i>	New Jersey tea	JUN–JUL	P			D		● ●
<i>Cephalanthus occidentalis</i>★	Buttonbush	JUN–AUG	P			W		● ●
<i>Chamaecrista fasciculata</i>	Partridge pea	JUL–SEP	A			M		
<i>Coreopsis lanceolata</i>	Lanceleaf coreopsis	APR–JUN	P			M		
KEY	LIFE: Annual Soil: Dry ★ Staff favorite FORM: Forb Cactus Sedge Vine SUN: Full sun Partial sun Full shade ADD'L: Larval host (butterfly, moth) DETAILS: Supports specialist bee Attracts beneficial insects Bumble bee plant Nest site Nest materials Nest thatch Deer resistant							
	PERENNIAL: Moist Wet FORM: Grass Tree							

Native Plants for Pollinators & Beneficial Insects: Northeast *continued*

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE	FORM	SUN	SOIL	ADDITIONAL DETAILS ①	
<i>Echinacea purpurea</i>	Purple coneflower	JUN–AUG	P			M		
<i>Eupatorium perfoliatum</i>	Common boneset	JUN–OCT	P			W		
<i>Eurybia divaricata</i>	White wood aster	AUG–OCT	P			D		
<i>Eutrochium fistulosum</i>	Joe Pye weed	JUL–SEP	P			W		
<i>Hamamelis virginiana</i>	American witchhazel	SEP–NOV	P			M		
<i>Helenium autumnale</i>	Common sneezeweed	SEP–NOV	P			M		
<i>Helianthus angustifolius</i>	Swamp sunflower	JUL–SEP	P			M		
<i>Ilex opaca</i>	American holly	APR–MAY	P			M		
<i>Lespedeza capitata</i>	Roundhead lespedeza	JUL–SEP	P			D		
<i>Liatris spicata</i>	Dense blazing star	JUL–SEP	P			M		
<i>Mimulus ringens</i>	Allegheny monkeyflower	JUN–SEP	P			W		
<i>Monarda fistulosa</i>★	Wild bergamot	MAY–SEP	P			M		
<i>Packera aurea</i>	Golden ragwort	MAR–APR	P			M		
<i>Penstemon digitalis</i>★	Smooth beard tongue	JUN–JUL	P			D		
<i>Prunella vulgaris</i>	Common selfheal	JUN–AUG	P			M		
<i>Prunus americana</i>★	American plum	APR–MAY	P			M		
<i>Pycnanthemum virginianum</i>★	Virginia mountain mint	JUN–AUG	P			M		
<i>Ratibida pinnata</i>	Gray-headed coneflower	JUN–AUG	P			M		
<i>Rhus aromatica</i>	Fragrant sumac	APR–JUN	P			D		
<i>Ribes americanum</i>	American black currant	MAY–JUN	P			D		
<i>Rosa virginiana</i>	Virginia rose	MAY–JUN	P			M		
<i>Rubus occidentalis</i>	Black raspberry	APR–MAY	P			M		
<i>Rudbeckia hirta</i>	Black-eyed Susan	JUN–AUG	A / B / P			M		
<i>Salix discolor</i>★	Pussy willow	FEB–APR	P			W		
<i>Sambucus nigra</i>	Black elderberry	APR–MAY	P			M		
<i>Senna hebecarpa</i>	American senna	JUL–AUG	P			M		
<i>Solidago caesia</i>★	Wreath goldenrod	MAY–JUN	P			M		
<i>Solidago rigida</i>	Stiff goldenrod	AUG–SEP	P			M		
<i>Solidago rugosa</i>	Wrinkleleaf goldenrod	JUL–SEP	P			M		
<i>Spiraea tomentosa</i>	Steeplebush	JUN–AUG	P			D		
<i>Symphotrichum laeve</i>★	Smooth blue aster	AUG–SEP	P			M		
<i>Symphotrichum lateriflorum</i>	Calico aster	AUG–OCT	P			M		
<i>Symphotrichum novae-angliae</i>	New England aster	AUG–OCT	P			W		
<i>Tiarella cordifolia</i>	Heartleaf foamflower	APR–JUN	P			M		
<i>Tilia americana</i>	American basswood	MAY–JUN	P			M		
<i>Verbena hastata</i>★	Swamp verbena	JUL–SEP	P			W		
<i>Veronicastrum virginicum</i>	Culver's root	JUN–AUG	P			M		
<i>Viburnum prunifolium</i>	Blackhaw	APR–MAY	P			M		
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	Biennial Moist Grass Tree							
	Perennial Wet							

Acknowledgments

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We make the commitment to you that we will work every day to protect pollinators and their habitat. Will you support our work?

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