

# Spreading Plants for Pollinators



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

# Spreading Plants for Pollinators



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

**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.

# Spreading Plants for Pollinators



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

**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.