

Native Perennials and Shrubs that Support Bees and Beneficial Insects

Common Name	Scientific Name	Natural enemies	Bees	April	May	June	July	August	Sept	Oct	Nov
Wild Strawberry	<i>Fragaria virginiana</i>	**	*	White							
American Plum	<i>Prunus americana</i>	**	**	White							
Penstemons	<i>Penstemon</i> spp	**	**	White							
Golden Alexanders	<i>Zizia aurea</i>	***	***	Yellow							
Dogwoods (native)	<i>Cornus</i> spp	**	**	White							
Lanceleaf Coreopsis	<i>Coreopsis lanceolata</i>	***	*	Yellow							
Elderberry	<i>Sambucus nigra-canadensis</i>	***	**	White							
Blue Baptisia	<i>Baptisia australis</i>	**	**		Blue						
Swamp Milkweed	<i>Asclepias incarnata</i>	**	**		Red						
Culver's Root	<i>Veronicastrum virginicum</i>	**	***		White						
Anise Hyssop	<i>Agastache foeniculum</i>	***	***			Purple					
Beebalm	<i>Monarda fistulosa</i>	***	**			Pink					
Butterfly Milkweed	<i>Asclepias tuberosa</i>	***	**			Red					
Spotted Beebalm	<i>Monarda punctata</i>	***	**			White					
Narrowleaf Mountain Mint	<i>Pycnanthemum tenuifolium</i>	***	***			White					
Black-eyed Susan	<i>Rudbeckia fulgida</i>	**	***			Orange					
Ox-eye Sunflower	<i>Helianthus helianthoides</i>	**	**			Orange					
Buttonbush	<i>Cephalanthus occidentalis</i>	**	**			White					
Ironweed	<i>Vernonia gigantea</i>	**	**			Purple					
Joe Pyeweed	<i>Eutrochium</i> spp	***	***			Pink					
Cup Plant	<i>Silphium perfoliatum</i>	***	***			Yellow					
Boneset	<i>Eupatorium perfoliatum</i>	***	**			White					
Blue Lobelia	<i>Lobelia siphilitica</i>	***	***			Blue					
Sunflowers (perennials)	<i>Helianthus</i> spp	***	**			Yellow					
Goldenrods	<i>Solidago</i> spp.	***	***			Yellow					
New England Aster	<i>Symphotrichum novae-angliae</i>	***	**			Blue					
Smooth Aster	<i>Symphotrichum laevis</i>	**	**			Blue					
Aromatic Aster	<i>Symphotrichum oblongifolium</i>	**	**			Blue					

Bars indicates approximate bloom color and bloom time

Key:
 * = good
 ** = better
 *** = best

Make sure you limit or eliminate your use of pesticides in and around flowering plants. Systemic pesticides like neonicotins are taken up in the nectar and pollen of treated plants and can be lethal to pollinators and beneficial insects. See more information and register your garden at www.chappollinator.org.

