

Pollinator-Friendly Plants for the Northeast United States



for more information on pollinators and outreach, please
[click here](#)



Helping People Help the Land...

Information provided in the following document was obtained from a variety of sources and field research conducted at the [USDA NRCS Big Flats Plant Materials Center](#). Sources of information can be found by clicking [here](#). Pollinator rating values were provided by the Xerces Society as well as past and current research.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotope, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250- 9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

USDA is committed to making its information materials accessible to all USDA customers and employees.

Table of Contents

Click on species to jump to that page

- [Purple Giant Hyssop](#)
- [Indian Hemp](#)
- [Swamp Milkweed](#)
- [Common Milkweed](#)
- [Butterfly Milkweed](#)
- [False White Indigo](#)
- [Blue False Indigo](#)
- [Wild Indigo](#)
- [Partridge Pea](#)
- [White Turtlehead](#)
- [Lanceleaf Coreopsis](#)
- [Plains Coreopsis](#)
- [Flat Top White Aster](#)
- [Purple Coneflower](#)
- [Spotted Joe Pyeweed](#)
- [Boneset](#)
- [Big Leaf Aster](#)
- [Grass-leaved Goldenrod](#)
- [Common Sneezeweed](#)
- [Ashy Sunflower](#)
- [Oxeye Sunflower](#)
- [Round-headed Lespedeza](#)
- [Tall Blazing Star](#)
- [Marsh Blazing Star](#)
- [Perennial Blue Flax](#)
- [Cardinal Flower](#)
- [Great Blue Lobelia](#)
- [Allegheny Monkey Flower](#)
- [Wild Bergamot](#)
- [Purple Bergamot](#)
- [Spotted Bee Balm](#)
- [Evening Primrose](#)
- [Tall White Beardtongue](#)
- [Hairy Beardtongue](#)
- [Virginia Mountain Mint](#)
- [Black eyed Susan](#)
- [Greyheaded Coneflower](#)
- [Wild Senna](#)
- [Bluestem Goldenrod](#)
- [Early Goldenrod](#)
- [Gray Goldenrod](#)
- [Rough leaved Goldenrod](#)
- [Showy Goldenrod](#)
- [Smooth Blue Aster](#)
- [Calico Aster](#)
- [New England Aster](#)
- [New York Aster](#)
- [Zigzag Aster](#)
- [Ohio Spiderwort](#)
- [Blue Vervain](#)
- [Hoary Vervain](#)
- [White Vervain](#)
- [Wingstem](#)
- [New York Ironweed](#)
- [Culver's Root](#)
- [Golden Alexanders](#)
- [Resources for Information on Plants and Pollinators](#)
- [Native Plant Suppliers](#)



***Agastache* *scrophulariifolia*- Purple Giant Hyssop**

- Pollinator Value- very high
- Bloom Time- July to Sept
- Flower color- purple
- Height- 2 to 4 feet
- Wetland Indicator- FACW
- Light requirements- full sun to part shade
- Habitat- rich woods and thickets
- Soil Moisture- moist
- **Value to Beneficial Insects-**
native bee, honey bees

[Return to Table of Contents Page](#)



***Apocynum cannabinum*- Indian Hemp**

- 🌺 Pollinator Value- very high
- 🌺 Bloom Time- June to Aug
- 🌺 Flower color- white
- 🌺 Height- 2 to 4 feet
- 🌺 Wetland Indicator- FACU
- 🌺 Light requirements- full sun
- 🌺 Habitat- open woods, pastures, waste ground, disturbed sites, roadsides
- 🌺 Soil Moisture- dry
- 🌺 **Value to Beneficial Insects**- long-tongued and short-tongued bees, Sphecid wasps, butterflies, skippers, and various kinds of flies.

[Return to Table of Contents Page](#)



***Asclepias incarnata*- Swamp Milkweed**

- Pollinator value- very high
- Bloom time- July to August
- Flower color- Pink
- Height- 2 to 4 feet
- Wetland Indicator-OBL
- Light requirements- full sun to partial sun
- Habitat - adapted to a variety of soil types. Also does well in fields, roadsides, waste places and dry sites
- Soil Moisture- moist, wet
- **Value to Beneficial Insects-** bumblebees, honeybees, digger bees, Halictid bees, wasps, flies, Swallowtail butterflies, Greater Fritillaries, Monarch butterflies, and skippers

[Return to Table of Contents Page](#)



***Asclepias syriaca*- Common Milkweed**

- 🌸 Pollinator value- very high
- 🌸 Bloom time- June to Aug
- 🌸 Flower color- pink-purple
- 🌸 Height- 1 to 4 feet
- 🌸 Wetland Indicator- FACU
- 🌸 Light requirements- full sun to part sun
- 🌸 Habitat- old fields, roadside, waster places
- 🌸 Soil Moisture- moist
- 🌸 **Value to Beneficial** Insects- butterflies (Monarch), native bees, and honey bees



***Asclepias tuberosa*- Butterfly Milkweed**

- 🌱 Pollinator value- very high
- 🌱 Bloom time- June to July
- 🌱 Flower color- orange
- 🌱 Height- 1 to 2 feet
- 🌱 Wetland Indicator- FAC
- 🌱 Light requirements- full sun to part sun
- 🌱 Habitat- prairies, open woods, roadsides
- 🌱 Soil moisture- dry, moist
- 🌱 **Value to Beneficial Insects-** long-tongued bees, Sphecid wasps, and various butterflies, including Swallowtails and Fritillaries Monarch, Grey Hairstreak, Queen, and hummingbirds.

[Return to Table of Contents Page](#)



***Baptisia alba*- False White Indigo**

- 🌸 Pollinator value- medium
- 🌸 Bloom time- May to June
- 🌸 Flower Color- white
- 🌸 Height- 2 to 4 feet
- 🌸 Wetland Indicator-FAC
- 🌸 Light requirements- full sun
- 🌸 Habitat- prairies, open woods
- 🌸 Soil Moisture- dry, moist
- 🌸 **Value to Beneficial Insects-**
bumblebees, Wild Indigo
Duskywing, Hoary Edge and
Orange Sulfur.



***Baptisia australis*- Blue False Indigo**

- 🌱 Pollinator value- medium
- 🌱 Bloom time- May to June
- 🌱 Flower color- purple
- 🌱 Height- 3 to 5 feet
- 🌱 Wetland Indicator-FACU
- 🌱 Light requirements- full sun
- 🌱 Habitat - edges, fields, prairies
- 🌱 Soil Moisture- moist
- 🌱 **Value to Beneficial Insects-** native bees, such as miner bees and bumble bees

[Return to Table of Contents Page](#)



***Baptisia tinctoria*- Wild Indigo**

- 🌱 Pollinator value- medium
- 🌱 Bloom time- June to Aug
- 🌱 Flower color- yellow
- 🌱 Height- 1 to 3 feet
- 🌱 Wetland Indicator- FAC-
- 🌱 Light Requirements- full sun
- 🌱 Habitat- dry woods, dry fields
- 🌱 Soil Moisture- dry
- 🌱 **Value to Beneficial Insects-**
native bees



***Chamaecrista fasciculata*- Partridge Pea**

- 🌱 Pollinator Value- high
- 🌱 Bloom time- June to Aug
- 🌱 Flower Color- yellow
- 🌱 Height 2 to 5 feet
- 🌱 Wetland Indicator- FACU
- 🌱 Light requirements- full sun to part sun
- 🌱 Habitat- prairies, roadsides, fields, right of ways, sandy roadsides
- 🌱 Soil Moisture- dry
- 🌱 **Value to Beneficial Insects-** Orange Sulphur, Sleepy Orange, Long-tongued bees such as honeybees, bumblebees, Miner bees, and large Leaf-Cutting bees



***Chelone glabra*- White Turtlehead**

- Pollinator value- medium
- Bloom time- July to August
- Flower color- white
- Height- 2 to 4 feet
- Wetland Indicator- FACW
- Light requirements- full sun to shade
- Habitat - marshes, stream banks, wet ditches, low meadows, woodlands
- Soil Moisture- wet, moist
- **Value to Beneficial Insects-**
Baltimore Checkerspot, hummingbirds



***Coreopsis lanceolata*- Lanceleaf Coreopsis**

- Pollinator value- medium
- Bloom time- June to July
- Flower color- yellow
- Height- 2 to 4 feet
- Wetland Indicator-FACU
- Light requirements- full sun to light shade
- Habitat- open woodlands, prairies, plains, meadows, pastures, savannahs
- Soil Moisture- dry to moist
- **Value to Beneficial Insects-** native bees and butterflies



***Coreopsis tinctoria*- Plains Coreopsis**

- Pollinator value- medium
- Bloom time- June to August
- Flower color- yellow with red
- Height- 2 to 4 feet
- Wetland Indicator- FAC-
- Light requirements- full sun
- Habitat-bottom-lands, prairies, plains, meadows, roadsides
- Soil moisture- dry to moist
- **Value to Beneficial Insects**- long-tongued bees, short-tongued bees, wasps, flies, butterflies, skippers, and beetles.



***Doellingeria umbellata*- Flat Top White Aster**

- 🌻 Pollinator value- medium-low
- 🌻 Bloom time- July to Sept
- 🌻 Flower color- white
- 🌻 Height- 2 to 4 feet
- 🌻 Wetland Indicator- FACW
- 🌻 Light requirements- full sun to partial sun
- 🌻 Habitat- moist thickets, swamp edges, woods
- 🌻 Soil Moisture- moist
- 🌻 **Value to Beneficial Insects**- long-tongued bees, short-tongued bees, wasps, flies, butterflies, beetles

[Return to Table of Contents Page](#)

Echinacea purpurea- Purple Coneflower



- 🌸 Pollinator value- high
- 🌸 Bloom time- July to October
- 🌸 Flower color- purple
- 🌸 Height- 2 to 4 feet
- 🌸 Wetland Indicator- FAC
- 🌸 Light requirements- full sun to part sun
- 🌸 Habitat-open areas
- 🌸 Soil Moisture- dry to moist
- 🌸 **Value to Beneficial Insects-** bee flies, Halictid bees, butterflies, skippers, long-tongued bees, such as honeybees, bumblebees, digger bees (and leaf-cutting bees. Butterflies include Monarchs, Fritillaries, Painted Ladies, Swallowtails, Sulfurs, Whites, Silvery Checkerspot.

[Return to Table of Contents Page](#)



Eupatoriadelphus maculatus- Spotted Joe Pye weed

- Pollinator Value- high
- Bloom Time- July to August
- Flower color- pink/purple
- Height- 4 to 6 feet
- Wetland Indicator-FACW
- Light requirements- full sun to part sun
- Habitat-low wet grounds, thickets, open woods, stream banks, swamps
- Soil Moisture- moist to wet
- **Value to Beneficial Insects**- honey bees, bumblebees, digger bees, leaf-cutting bees, bee flies, butterflies, skippers, and moths

[Return to Table of Contents Page](#)



Eupatorium perfoliatum- Boneset

- 🌸 Pollinator value- high
- 🌸 Bloom time- July to September
- 🌸 Flower color- white
- 🌸 Height- 2 to 5 feet
- 🌸 Wetland Indicator- FACW+
- 🌸 Light requirements- full sun to part sun
- 🌸 Habitat- marshes, wet fields, fens, swamps, thickets, river and stream banks
- 🌸 Soil moisture- moist to wet
- 🌸 **Value to Beneficial Insects**- native bees, butterflies, flies, wasps, and beetles



***Eurybia macrophylla*- Big Leaf Aster**

- 🌱 Pollinator value- medium
- 🌱 Bloom time- August to September
- 🌱 Flower color- purple
- 🌱 Height- 3 to 5 feet
- 🌱 Wetland Indicator- FACU
- 🌱 Light requirements- full sun to part shade
- 🌱 Habitat- dry woods, thickets, open barrens
- 🌱 Soil moisture-dry to moist
- 🌱 **Value to Beneficial Insects-** Pearl Crescent, bees

[Return to Table of Contents Page](#)



***Euthamia graminifolia*- Grass-leaved Goldenrod**

- 🌻 Pollinator value- medium-low
- 🌻 Bloom time- Aug to Sept
- 🌻 Flower color- yellow
- 🌻 Height- 3 to 5 feet
- 🌻 Wetland Indicator- FAC
- 🌻 Light requirements- full sun
- 🌻 Habitat- moist prairies, edges of marshes, abandoned fields
- 🌻 Soil moisture- moist
- 🌻 **Value to Beneficial Insects**- long-tongued bees, short-tongued bees, wasps, flies, butterflies, moths, and beetles.

[Return to Table of Contents Page](#)



***Helianthemum autumnale*- Common Sneezeweed**

- Pollinator value- high
- Bloom time- August to September
- Flower color- yellow
- Height- 2 to 5 feet
- Wetland Indicator- FACW+
- Light requirements- full sun
- Habitat-open areas along streams and ponds, wet meadows
- Soil Moisture- moist
- **Value to Beneficial Insects**- long-tongued bees, including honeybees, bumblebees, digger bees, cuckoo bees, leaf-cutting bees, Halictid bees, Sphecid wasps, Vespid wasps, Syrphid flies, butterflies, and beetles



***Helianthus mollis*- Ashy Sunflower**

- 🌻 Pollinator Value- medium
- 🌻 Bloom Time- Aug to Sept
- 🌻 Flower color- yellow
- 🌻 Height- 2 to 6 feet
- 🌻 Wetland Indicator- UPL
- 🌻 Light requirements- full sun
- 🌻 Habitat- prairies, open dry places, roadsides, pastures, old fields
- 🌻 Soil Moisture- dry, moist
- 🌻 **Value to Beneficial Insects-** bumblebees, Miner bees, large Leaf-Cutting bees, Cuckoo bees, Green Metallic bees, and other Halictid bees and butterflies such as Silvery Checkerspot, Gorgone Checkerspot.



***Heliopsis helianthoides*- Oxeye sunflower**

- 🌻 Pollinator Value- low
- 🌻 Bloom Time- July to Aug
- 🌻 Flower color- yellow
- 🌻 Height- 2 to 5 feet
- 🌻 Wetland Indicator- FAC
- 🌻 Light requirements- full sun to part sun
- 🌻 Habitat- moist to dry open woods, prairies, fields
- 🌻 Soil Moisture- dry, medium, moist
- 🌻 **Value to Beneficial Insects**- long-tongued bees, Halictine bees, bee flies, butterflies , and hummingbirds



***Lespedeza capitata*- Round-headed Lespedeza**

- 🌸 Pollinator value- low
- 🌸 Bloom time- Aug to Sept
- 🌸 Flower color- white
- 🌸 Height- 2 to 4 feet
- 🌸 Wetland Indicator- FACU-
- 🌸 Light requirements- full sun
- 🌸 Habitat- upland prairies, sand dunes, dry open areas
- 🌸 Soil Moisture- dry
- 🌸 **Value to Beneficial Insects-** long- or short-tongued bees, such as bumblebees, large Leaf-Cutting bees, Andrenid bees, and butterflies

[Return to Table of Contents Page](#)



***Liatris aspera*- Tall Blazing Star**

- 🌱 Pollinator value- high
- 🌱 Bloom time- July to Aug
- 🌱 Flower color- magenta
- 🌱 Height- 2 to 4 feet
- 🌱 Wetland Indicator- FACU
- 🌱 Light requirements- full sun
- 🌱 Habitat- dry plains, prairies, thin woods
- 🌱 Soil moisture- dry
- 🌱 **Value to Beneficial Insects**- long-tongued bees, such as honeybees, bumblebees, Little Carpenter bees, Miner bees, and Leaf-Cutting bees, butterflies, skippers, bee flies, and Green Metallic bees and other Halictine bees.



***Liatris spicata*- Marsh Dense Blazing Star**

- 🌱 Pollinator value- high
- 🌱 Bloom time- July to Aug
- 🌱 Flower color- magenta
- 🌱 Height- 2 to 4 feet
- 🌱 Wetland Indicator- FAC+
- 🌱 Light requirements- full sun to part sun
- 🌱 Habitat- moist, wood openings, mesic prairies, marsh edges
- 🌱 Soil moisture- moist
- 🌱 **Value to Beneficial Insects-** bumblebees, digger bees, leaf-cutting bees, butterflies, and skippers

[Return to Table of Contents Page](#)



***Linum perenne*- Perennial Blue Flax**

- 🌱 Pollinator value- low
- 🌱 Bloom time- June to July
- 🌱 Flower color- blue
- 🌱 Height- 2 feet
- 🌱 Wetland Indicator- FAC
- 🌱 Light Requirements- full sun to part sun
- 🌱 Habitat- dry prairies, roadsides, fields
- 🌱 Soil Moisture- dry
- 🌱 **Value to Beneficial Insects**- native bees



***Lobelia cardinalis*- Cardinal Flower**

- Pollinator Value- high
- Bloom Time- June to Aug
- Flower color- red
- Height- 1 to 4 feet
- Wetland Indicator- FACW+
- Light requirements- full sun to part sun
- Habitat- flood plain forests, swampy meadows, borders of lakes and ditches, marshes
- Soil Moisture- moist, wet
- **Value to Beneficial Insects**- butterflies, hummingbirds

[Return to Table of Contents Page](#)



***Lobelia siphilitica*- Great Blue Lobelia**

- 🌸 Pollinator Value- high
- 🌸 Bloom Time- July to Sept
- 🌸 Flower color- purple
- 🌸 Height- 2 to 5 feet
- 🌸 Wetland Indicator- FACW+
- 🌸 Light requirements- full sun to part sun
- 🌸 Habitat- moist prairies, along stream banks, and rivers, wood borders, floodplains, swamps, marshes, fen
- 🌸 Soil Moisture- moist, wet
- 🌸 **Value to Beneficial Insects**- bumble bees

[Return to Table of Contents Page](#)



***Mimulus ringens*- Allegheny Monkey Flower**

- Pollinator value- medium
- Bloom time- July to Aug
- Flower color- light purple
- Height- 1 to 3 feet
- Wetland Indicator- OBL
- Light requirements- full sun to part sun
- Habitat- swamps, streamsides
- Soil moisture- moist, wet
- **Value to Beneficial Insects**- Baltimore Checkerspots, Common Buckeye, bumblebees

[Return to Table of Contents Page](#)



***Monarda fistulosa*- Wild Bergamot**

- Pollinator Value- very high
- Bloom time- June to July
- Flower color- purple
- Height- 2 to 5 feet
- Wetland Indicator- UPL
- Light requirements- full sun to part sun
- Habitat- open prairies, roadsides, fields, edge of woods or thickets
- Soil moisture- dry to moist
- **Value to Beneficial Insects-** bee flies, butterflies, skippers, hummingbirds, moths, long-tongued bees, such as bumblebees, Miner bees, Epeoline Cuckoo bees, large Leaf-Cutting bees, and black bees (*Doufouria monardae*).



***Monarda media*- Purple Bergamot**

- Pollinator value- very high
- Bloom time- June to August
- Flower color- purple
- Height- 2 to 3 feet
- Wetland Indicator- FACW
- Light requirements- full sun to part sun
- Habitat- swampy thickets, stream banks, and ditches
- Soil moisture- moist
- **Value to Beneficial Insects**- native bees and bumble bees



***Monarda punctata*- Spotted Bee Balm**

- Pollinator value- high
- Bloom time- July to August
- Flower color- pink/white
- Height- 1 to 3 feet
- Wetland Indicator- UPL
- Light requirements- full sun
- Habitat- prairies, meadows, pastures
- Soil moisture- dry
- **Value to Beneficial Insects**- honeybees, bumblebees, Miner bees and Plasterer bees and butterflies



***Oenothera biennis*- Evening Primrose**

- 🌻 Pollinator value- medium
- 🌻 Bloom time- June to Aug
- 🌻 Flower color- yellow
- 🌻 Height- 4 to 5 feet
- 🌻 Wetland Indicator- FACU
- 🌻 Light requirements- full sun
- 🌻 Habitat- disturbed areas, roadsides, abandoned fields, ditches, vacant lots
- 🌻 Soil moisture- dry , moist
- 🌻 **Value to Beneficial Insects**- Ruby-Throated Hummingbirds, honeybees, bumblebee and moths

[Return to Table of Contents Page](#)



***Penstemon digitalis*- Tall White Beardtongue**

- 🌼 Pollinator value- high
- 🌼 Bloom time- May to July
- 🌼 Flower color- White
- 🌼 Height- 2 to 5 feet
- 🌼 Wetland Indicator- FAC
- 🌼 Light requirements- full sun to part sun
- 🌼 Habitat- low moist areas, prairies, open woodlands
- 🌼 Soil moisture- dry, moist, wet
- 🌼 **Value to Beneficial Insects**- native long- tongued bees

[Return to Table of Contents Page](#)



***Penstemon hirsutus*- Hairy Beardtongue**

- Pollinator value- high
- Bloom time- July to August
- Flower color-pale violet
- Height- 2 to 4 feet
- Wetland Indicator- FACU
- Light requirements- full sun to shade
- Habitat- dry woods, rocky fields, bluffs
- Soil moisture- dry
- **Value to Beneficial Insects-** native bees, bumble bees, and Baltimore Checkerspot



Pycnanthemum virginianum- Virginia Mountain Mint

- 🌱 Pollinator value- very high
- 🌱 Bloom time- July to Aug
- 🌱 Flower color- white
- 🌱 Height- 2-3ft
- 🌱 Wetland indicator- FACW
- 🌱 Light requirements- full sun to partial sun
- 🌱 Habitat- wet prairies, stream edges
- 🌱 Soil moisture- moist
- 🌱 **Value to Beneficial Insects-** honeybees, Cuckoo bees, Halictid bees, Sphecic wasps, Eumenine wasps, bee flies, Tachinid flies, Wedge-shaped beetles, and Pearl Cresecent butterflies.

[Return to Table of Contents Page](#)



Rudbeckia hirta- Black Eyed Susan

- 🌻 Pollinator value- medium to low
- 🌻 Bloom time- June to Sept
- 🌻 Flower color- Yellowish orange
- 🌻 Height- 2 to 3 feet
- 🌻 Wetland Indicator- FACU
- 🌻 Light requirements- full sun to part sun
- 🌻 Habitat- prairies, plains, meadows, roadsides, wood edges
- 🌻 Soil moisture- dry, moist
- 🌻 **Value to Beneficial Insects-** Bordered Patch, Gorgone Checkerspot, Little Carpenter bees, Leaf-Cutting bees, Green Metallic and other Halictine bees, Andrenid bees, Syrphid flies, Bee flies, and Tachinid flies.



***Ratibida pinnata*- Gray-headed Coneflower**

- 🌻 Pollinator value- medium
- 🌻 Bloom time- July to August
- 🌻 Flower color- yellow
- 🌻 Height- 3 to 5 feet
- 🌻 Wetland Indicator- FAC
- 🌻 Light requirements- full sun to part sun
- 🌻 Habitat-prairies, thickets, wooded borders, roadsides,
- 🌻 Soil moisture- dry to moist
- 🌻 **Value to Beneficial Insects**- native bees



***Senna hebecarpa*- Wild Senna**

- 🌱 Pollinator value- medium
- 🌱 Bloom time- July to Aug
- 🌱 Flower color- yellow
- 🌱 Height- 4 to 6 feet
- 🌱 Wetland Indicator- FAC
- 🌱 Light requirements- full sun to part sun
- 🌱 Habitat- moist meadows near rivers, savannas, fens, pastures, roadsides
- 🌱 Soil Moisture- dry, moist
- 🌱 **Value to Beneficial Insects-** Cloudless Sulphur, bumble bees, native bees



***Solidago caesia*- Bluestem Goldenrod**

- 🌻 Pollinator value- high
- 🌻 Bloom time- Aug to Oct
- 🌻 Flower color- Yellow
- 🌻 Height- 1 to 4 feet
- 🌻 Wetland Indicator- FACU
- 🌻 Light Requirements- full sun to part sun
- 🌻 Habitat- rich, open woods, wood borders, clearings
- 🌻 Soil Moisture- dry
- 🌻 **Value to Beneficial Insects**- short-tongued bees, wasps, and flies



***Solidago juncea*- Early Goldenrod**

- Pollinator value- high
- Bloom time- July to September
- Flower color- yellow
- Height- 3 to 5 feet
- Wetland Indicator- UPL
- Light requirements- full sun to part sun
- Habitat- prairies, open areas, abandoned fields
- Soil moisture- dry to moist
- **Value to Beneficial Insects**- long-tongued and short-tongued bees, wasps, flies, butterflies, moths, and beetles



***Solidago nemoralis*- Gray Goldenrod**

- 🌻 Pollinator value- very high
- 🌻 Bloom time- August to October
- 🌻 Flower color- yellow
- 🌻 Height- 1 to 3 feet
- 🌻 Wetland Indicator- UPL
- 🌻 Light requirements- full sun
- 🌻 Habitat-meadows, dry open woods, upland prairies, pastures, fallow fields, roadsides, sand dunes
- 🌻 Soil moisture- dry
- 🌻 **Value to Beneficial Insects**- long-tongued bees, short-tongued bees, Sphecid and Vespid wasps, flies, butterflies, moths, and beetles, honey bees, little carpenter bees Halictid bees, plasterer bees, and Andrenid bees



***Solidago patula*- Rough-leaved Goldenrod**

- 🌻 Pollinator value- high
- 🌻 Bloom time- Sept to Oct
- 🌻 Flower color- yellow
- 🌻 Height- 4 to 5 feet
- 🌻 Wetland Indicator- OBL
- 🌻 Light requirements- full sun to part sun
- 🌻 Habitat- wet meadows, swamps, marshes
- 🌻 Soil Moisture- wet
- 🌻 **Value to Beneficial**- long-tongued bees, short-tongued bees, wasps, flies, beetles, and other insects.



***Solidago speciosa*- Showy Goldenrod**

- 🌻 Pollinator value- high
- 🌻 Bloom time- August to September
- 🌻 Flower color- yellow
- 🌻 Heights- 3 to 6 feet
- 🌻 Wetland Indicator- UPL
- 🌻 Light requirements- full sun to part sun
- 🌻 Habitat- open woods, prairies
- 🌻 Soil moisture- dry to moist
- 🌻 **Value to Beneficial Insects-** honeybees, bumblebees, ants, beetles, moths and butterflies.



***Symphyotrichum laeve*- Smooth Blue Aster**

- 🌸 Pollinator value- high
- 🌸 Bloom time- August to October
- 🌸 Flower color- blue/purple
- 🌸 Height- 2 to 5 feet
- 🌸 Wetland Indicator- FACU
- 🌸 Light requirements- full sun
- 🌸 Habitat- fields, open woods, roadsides
- 🌸 Soil moisture- dry to moist
- 🌸 **Value to Beneficial Insects-** long-tongued and short-tongued bees, Syrphid flies, bee flies. Green metallic bees and Silvery Checkerspot.



Symphyotrichum laterifolium- Calico Aster

- ❖ Pollinator value- High
- ❖ Bloom time- August to September
- ❖ Flower color-purple (center changes)
- ❖ Height- 3 to 5 feet
- ❖ Wetland Indicator- FACW-
- ❖ Light requirements- part sun to light shade
- ❖ Habitat- fields, thickets, swamps, moist woods, flood plains
- ❖ Soil moisture- moist
- ❖ **Value to Beneficial Insects-** short-tongued bees, wasps, and flies, and long-tongued bees, small butterflies, skippers, beetles, and plant bugs



Symphotrichum novae-angliae- New England Aster

- Pollinator value- high
- Bloom time- August to October
- Flower color- purple
- Height- 3 to 6 feet
- Wetland Indicator- FACW
- Light requirements- full sun to part shade
- Habitat- prairie swales, wet meadows, thickets, along stream banks
- Soil moisture- moist
- **Value to Beneficial Insects**- long-tongued bees (bumblebees, honeybees, Miner bees, large Leaf-Cutting bees), bee flies, butterflies, skippers, Short-tongued bees and Syrphid flies



Symphyotrichum novi-belgii- New York Aster

- 🌱 Pollinator value- high
- 🌱 Bloom time- Aug to Oct
- 🌱 Flower Color- purple
- 🌱 Height- 3 to 5 feet
- 🌱 Wetland Indicator- FACW
- 🌱 Light requirements- full sun
- 🌱 Habitat- shorelines, damp thickets, meadows
- 🌱 Soil Moisture- moist
- 🌱 **Value to Beneficial Insects-** native bees



Symphyotrichum prenanthoides- Zigzag Aster

- Pollinator value- high
- Bloom time- July to September
- Flower color- pink/purple
- Height- 2 to 4 feet
- Wetland Indicator- FAC
- Light requirements- full sun to part shade
- Habitat- forest edge, riparian areas
- Soil moisture- dry, moist
- **Value to Beneficial Insects**- native bees



***Tradescantia ohiensis*- Ohio Spiderwort**

- 🌱 Pollinator value-high
- 🌱 Bloom time-late May to July
- 🌱 Flower color- purple
- 🌱 Height- 2-3 feet
- 🌱 Wetland Indicator- FAC
- 🌱 Light requirements- full sun to part sun
- 🌱 Habitat requirements- moist meadows, prairies, thickets
- 🌱 Water use- low
- 🌱 Soil moisture- dry, moist
- 🌱 **Value to Beneficial Insects-** long-tongued bees, especially bumblebees, Halictine bees and Syrphid flies



***Verbena hastata*- Blue Vervain**

- 🌱 Pollinator value- medium
- 🌱 Bloom time- June to Aug
- 🌱 Flower color- purple
- 🌱 Height- 2 to 5 feet
- 🌱 Wetland Indicator-FACW+
- 🌱 Light Requirements- full sun to part sun
- 🌱 Habitat- moist prairie, streambanks
- 🌱 Soil moisture- moist, wet
- 🌱 **Value to Beneficial Insects**- long-tongued and short-tongued bees, and butterflies



***Verbena stricta*- Hoary vervain**

- 🌸 Pollinator Value- medium
- 🌸 Bloom Time- July to Aug
- 🌸 Flower color- purple
- 🌸 Height- 4 to 6 feet
- 🌸 Wetland Indicator- FACU
- 🌸 Light requirements- full sun
- 🌸 Habitat- upland prairies, gravel prairies, abandoned fields, roadsides
- 🌸 Soil Moisture- dry, moist
- 🌸 **Value to Beneficial Insects-** green metallic bees, thread-waisted wasps, bee flies, thick-headed flies, butterflies, skippers, long-tongued bees, such as honeybees, bumblebees, little carpenter bees, cuckoo bees, miner bees, and leaf-cutting bees

[Return to Table of Contents Page](#)

Verbena urticifolia- White Vervain



- 🌻 Pollinator Value- medium
- 🌻 Bloom Time- June to Aug
- 🌻 Flower color- white
- 🌻 Height- 3 to 5 feet
- 🌻 Wetland Indicator- FACU
- 🌻 Light requirements- full sun to part sun
- 🌻 Habitat- disturbed woodlands, damp meadows, abandoned fields, right of ways
- 🌻 Soil Moisture-dry, moist
- 🌻 **Value to Beneficial Insects**- long-tongued bees, honeybees, bumblebees, Carpenter bees, Cuckoo bees, Digger bees, Large Leaf-Cutting bees, short-tongued bees, Halictid bees, and Dagger bees, Syrphid flies, Bee flies, small butterflies, and wasps.



Verbesina alternifolia- Wingstem

- 🌸 Pollinator value- high
- 🌸 Bloom time- July to Sept
- 🌸 Flower color- yellow
- 🌸 Height- 3 to 7 feet
- 🌸 Wetland Indicator- FACW
- 🌸 Light requirements- full sun to part sun
- 🌸 Habitat- meadows, prairies, woodlands, floodplain forests, roadside ditches
- 🌸 Soil Moisture- moist, wet
- 🌸 **Value to Beneficial Insects**- long-tongued bees, especially bumblebees. Some short-tongued bees, butterflies, and skippers

[Return to Table of Contents Page](#)



***Vernonia noveboracensis*- New York Ironweed**

- Pollinator value- high
- Bloom time-August to September
- Flower color- purple/dark pink
- Height- 4 to 6 feet
- Wetland Indicator- FACW+
- Light requirements- full sun to part shade
- Habitat- moist meadows, pastures, and roadsides, wet fields
- Soil moisture- moist
- **Value to Beneficial Insects-** butterflies and native bees



Veronicastrum virginicum- Culver's Root

- Pollinator value- high
- Bloom time- July to August
- Flower color- white
- Height- 2 to 5 feet
- Wetland Indicator- FAC
- Light requirements- full sun to shade
- Habitat- moist prairies, upland woods, stream banks
- Soil moisture- moist to wet
- **Value to Beneficial Insects**- short-tongued bees, honeybees, bumblebees, Mason bees, Green Metallic bees, Masked bees, Sphecid wasps, butterflies, moths, and Syrphid flies.

***Zizia aurea*- Golden Alexanders**



- 🌻 Pollinator value- medium
- 🌻 Bloom time- April to June
- 🌻 Flower color- yellow
- 🌻 Height- 1 to 2 feet
- 🌻 Wetland Indicator- FAC
- 🌻 Light requirements- full sun to part sun
- 🌻 Habitat- opening in moist woods, savannas, thickets, right of ways, abandoned fields
- 🌻 Soil Moisture- moist
- 🌻 **Value to Beneficial Insects**- wasps, flies, beetles, short-tongued bees such as Green Metallic bees, Masked bees, and Andrenid bees, long-tongued bees as bumblebees, cuckoo bees butterflies and true bugs.

Resources for Information on Plants and Pollinators

[Return to Table of Contents Page](#)

[Xerces Society](#)

[USDA NRCS](#)

[US Fish and Wildlife](#)

[US Forest Service](#)

[USDA ARS](#)

[NY Sustainable Agriculture Group](#)

[Midwest Pollinator Conservation](#)

[Pollinator Partnership](#)

[Northeast SARE](#)

[Penn State University](#)

[USDA PLANTS Database](#)

[Illinois Wildflowers](#)

[Rutgers University](#)

[Lady Bird Johnson Wildflower Center](#)

[UC Davis](#)

[Cornell University](#)

[Wildflower Information](#)

[Bug Guide: Your key to identification of insects](#)

[North Carolina Cooperative Extension](#)

[USDA NRCS- Technical Publications](#)

[Montana NRCS](#)

[Michigan State University](#)

[Nature Serve](#)

[Status of Pollinators in North America](#)

[NY Flora Atlas](#)

[USDA NRCS Farm Bill Programs for Pollinator Conservation](#)

[Native Plants Journal](#)

Native Plant Suppliers

[American Meadows](#)

[American Native Nursery](#)

[Ernst Conservation Seeds](#)

[Pinelands Nursery](#)

[Seedland](#)

[Gardens of the Blue Ridge](#)

[Ag Marketing Resource Center](#)

[List of Seed Suppliers](#)-Northeast

[List of Nurseries](#)- Northeast

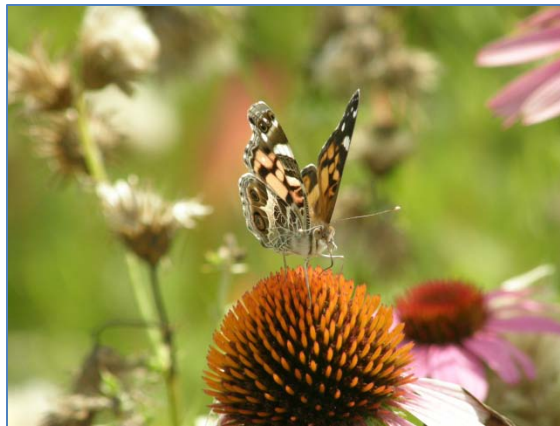
[List of Consultants](#)- Northeast

[List of Suppliers for US](#)

[National Nursery and Seed Directory](#)

[Native Seed Network](#)

[PA Native Plant Suppliers](#)



[Return to Table of Contents Page](#)