

## **PLANTS FOR BIRDS, NATIVE BEES AND BENEFICIAL INSECTS**

Local native plants best serve insects' needs and should be your first choice. There are native plants for all soils including clay and sand. This list is a starting point. Observe which plants insects are using in your area and add those to your garden. Plant for continuous bloom from early spring to late fall.

It is important to find out the conditions each plant likes (sun? shade? damp soil? dry? sandy soil? clay?) so as to limit the amount of maintenance. When native plants are established in the proper location and soil, they should require watering only during extreme dry spells.

**A note on dandelions.** Dandelions are considered invasive and weedy; however, their flowers serve a purpose as an early season nectar and pollen source for native bees. A few dandelions never really hurt anyone!

This list is provided courtesy of Pat Thomas, DAS member and wildlife gardening specialist.

### **NATIVE WILDFLOWERS**

Yarrow (*Achillea millefolium*)  
Red baneberry (*Actaea rubra*)  
Anise Hyssop (*Agastache foeniculum*)  
Nodding wild onion (*Allium ceruum*)  
Prairie onion (*A. stellatum*)  
Wild leek (*Allium tricoccum*)  
Leadplant (*Amorpha canescens*)  
Canada anemone (*Anemone canadensis*)  
Red columbine (*Aquilegia canadensis*)  
Swamp milkweed (*Asclepias incarnata*) best choice for the average garden as it remains in clumps  
Common milkweed (*A. syriaca*) very aggressive. needs lots of room to spread. highly fragrant  
Butterfly weed/ flower (*Asclepias tuberosa*) does not always overwinter in the north  
Whorled milkweed (*Asclepias verticillata*)  
Note: milkweeds host monarch caterpillars. The leaves of common milkweed are large, but other milkweeds have smaller leaves, meaning caterpillars eat them quickly. You may have to find a patch of common milkweed to supplement feeding.  
Aster -there are many beautiful species. Please consult the native nurseries listed  
Heath or many-flowered aster (*Aster ericoides*)  
New England Aster (*Aster nova-angliae*) good for fall insects  
Wild indigo (*Baptista alba*)  
Marsh marigold (*Caltha palustris*)  
Harebell (*Campanula rotundifolia*)  
Turtlehead (*Chelone glabra*)  
Bunchberry (*Cornus canadensis*) ground cover  
Pale purple coneflower (*Echinacea pallida*)  
Purple coneflower (*Echinacea purpurea*)  
Fireweed (*Epilobium angustifolium*)  
Joe Pye Weed (*Eupatorium maculatum*)  
Sweet Joe-Pye weed (*Eupatorium purpureum*)  
Boneset (*Eupatorium perfoliatum*)  
Wild strawberry (*Fragaria virginiana*)  
Wild geranium (*Geranium maculatum*)  
Blanketflower (*Gaillardia species*)  
Sunflowers (*Helianthus species*) many species -consult nurseries  
Oxeye daisy/Early sunflower (*Heliopsis helianthoides*)

Cow parsnip (*Heracleum maximum*)  
Virginia waterleaf (*Hydrophyllum virginicum*)  
Blue-flag iris (*Iris versicolor*)  
Meadow Blazingstar (*Liatris ligulistylis*) excellent for Fall migrating butterflies  
Prairie Blazingstar (*Liatris pycnostachya*) consult nurseries for many other liatris species  
Great blue lobelia (*Lobelia siphilitica*)  
Pale lobelia (*L. spicata*)  
Northern lungwort/bluebells (*Mertensia paniculata*)  
Scarlet bergmot, Beebalm (*Monarda didyma*)  
Wild bergmot (*Monarda fistulosa*)  
Evening primrose (*Oenothera*)  
Downy sweet cicily (*Osmorhiza claytonia*)  
Woodland phlox (*Phlox divaricata*)  
Sweet wildwilliam (*P. maculata*)  
Prairie phlox (*P. pilosa*)  
Prairie rose (*Rosa arkansana*)  
Meadow rose (*R. blanda*)  
Black-eyed Susan (*Rudbeckia hirta*)  
Green-headed coneflower (*R. laciniata*)  
Thimbleberry (*Rubus parviflorus*)  
Cup plant (*Silphium perfoliatum*)  
Blue-eyed grass (*Sisyrinchium angustifolium*)  
Goldenrods (*Solidago* species) there are many beautiful goldenrods. See native nurseries for selection  
Stiff goldenrod (*S. rigida*) excellent fall plant for insects  
Common dandelion (*Taraxacum officinale*) excellent early nectar source despite being non-native  
Spiderwort (*Tradescantia occidentalis*)  
Blue vervain (*Verbena hastata*)  
Ironweed (*Vernonia fasciculata*)  
Canadian white violet (*Viola canadensis*)  
Yellow violet (*Viola pubescens*) Fritillary caterpillars will use violets  
Golden Alexanders (*Zizia aurea*) Black Swallowtail caterpillars use this plant

### **ANNUAL FLOWERS**

Borage (self seeds)  
Sweet William (*Dianthus barbatus*)  
Sunflowers  
Cosmos  
Single petaled/French marigolds (*Tagetes* spp.)  
Edging lobelia "Crystal Palace"  
Verbenas  
Sweet alyssum  
Zinnia  
Cleome  
Johnny Jump-ups (*Viola tricolor*)  
Nasturtium  
Annual Pinks (*Dianthus chinensis*)

### **VINES**

American bittersweet (*Celastrus scandens*)  
Western blue virgin's bower (*Clematis occidentalis*)  
Virgin's bower (*C. virginiana*)  
Wild Cucumber (*Echinocystis lobata*)  
Twinnflower (*Linnaea borealis*)  
Virginia creeper (*Parthenocissus inserta*)  
Riverbank grape (*Vitis riparia*)

## **BULBS FOR EARLY POLLEN**

Crocus (Crocus species)  
Snowdrops (Galanthus spp)  
Grape hyacinth (Muscari spp)  
Squill (Scilla) Allium species

## **SHRUBS AND TREES the following are native unless marked \* \***

Try and include evergreens/conifers in your garden.

Please consult the native nursery closest to you for appropriate species of plants

Balsam fir (*Abies balsamea*)  
Serviceberry (*Amelanchier* species)  
Maples (*Acer* species)  
Birches (*Betula* species)  
New Jersey Tea (*Ceanothus americanus*)  
Ash (*Fraxinus* species)  
Winterberry (*Ilex verticillata*)  
Old field juniper (*Juniperus communis*)  
Red cedar (*J. virginiana*)  
Labrador tea (*Ledum palustre*)  
Crabapples (*Malus* species) \* \*  
Ninebark (*Physocarpus opulifolius*)  
White spruce (*Picea glauca*)  
Red Pine (*Pinus resinosa*)  
White pine (*P. strobus*)  
Poplars (*Populus* spp)  
Shrubby cinquefoil (*Potentilla fruticosa*)  
Wild plum (*Prunus americanus*)  
Wild black cherry (*P. serotina*)  
Pin cherry (*P. pensylvanica*)  
Chokecherry (*Prunus virginiana*)  
Bur oak (*Quercus macrocarpa*)  
Red oak (*Q. rubra*)  
Smooth Sumac (*Rhus glabra*)  
Staghorn sumac (*Rhus hirta* (syn. *typhina*))  
Prairie rose (*Rosa arkansana*)  
Meadow rose (*R. blanda*)  
Thimbleberry (*Rubus parviflorus*)  
Pussy willow -male plants (*Salix discolor*)  
American Elderberry (*Sambucus canadensis*)  
Red-berried elder (*S. pubens*) these berries are eaten by birds, not people  
American Mt. Ash (*Sorbus americana*)  
Meadowsweet (*Spirea alba*)  
Steeplebush (*S. tomentosa*)  
Common lilac (*Syringia vulgaris*) \* \*  
Snowberry (*Symphoricarpos albus*)  
Basswood, American linden (*Tilia americana*)  
White cedar (*Thuja occidentalis*)  
Blueberry (*Vaccinium* species)  
Nannyberry (*Viburnum lentago*)  
High-bush cranberry (*V. trilobum*)  
Blackberries, raspberries, dewberries (*Rubus* spp)

## **HERBS**

Herbs are the second best choice for your plantings, in my opinion. Some choices include:

Angelica

Basil (if allowed to flower)

Borage

Chives

Cilantro (if allowed to flower)

Mint - many varieties (these can be aggressive)

Oregano

Sage

Thyme

Rosemary (will not overwinter outside)

Lavender (some varieties may not overwinter well)

Catmint (do not use if cats are in your area)

2011, Pat Thomas.