Pollinator-Friendly Plants for the Northeast United States

for more information on pollinators and outreach, please click here
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.
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**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

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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.

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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 will 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

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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.
**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
**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

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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

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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

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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

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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.
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

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**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

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**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
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.
**Helenium 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

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**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

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**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

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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
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

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**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
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
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
**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

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**Pycnanthemum virginianum** - Virginia Mountain Mint

- **Pollinator value**: very high
- **Bloom time**: July to Aug
- **Flower color**: white
- **Height**: 2-3 ft
- **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, Sphecid wasps, Eumenine wasps, bee flies, Tachinid flies, Wedge-shaped beetles, and Pearl Crescent butterflies.

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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

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**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.

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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
**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

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**Symphyotrichum 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

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**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
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.

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**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

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**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

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

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