

List of Native Perennials for Pollinator Gardens

N – nectar P-Pollen H-Habitat

Early – Apr-June Mid – June-Aug Late – Aug – Oct

Grass-Like Species

Tradescantia ohiensis – Spiderwort – high value for N, P – Early-Mid

Schizachyrium scoparium – Little Bluestem – High value H - Mid

Lilium superbum – Turk's Cap – medium value – N - Mid

Allium cernuum – Nodding Onion – high value N, P - Mid-Late

Herbaceous Species

Aquilegia canadensis - Columbine – low value N - Early

Asclepias incarnata – Swamp Milkweed – very high value N, P - Mid

Asclepias syriaca – Common Milkweed – vary high value N, P - Mid

Asclepias tuberosa – Butterfly Weed – very high value N, P - Mid

Aster divaricatus – Wood Aster – very high value – N, P – Late

Aster laevis – Smooth Aster – very high value -N, P – Late

Aster lateriflorum – Calico Aster – very high value -N, P - Late

Aster novae-angliae – New England Aster – very high value N, P - Late

Aster oblongifolius – Aromatic Aster – very high value N, P - late

Baptisia australis – Blue False Indigo – med value N – Mid

Boltonia asteroides – White Doll Daisy – high value N, P – Late

* *Chelone glabra* – Turtlehead – med value N – mid-late – (catapol reduces parasites) in bumblebee populations. *Alba* - white likes wet, moist soil taproot - doesn't like to be moved

Coreopsis grandiflora – med value N, P– Mid

Coreopsis verticillata – Whorled Coreopsis – Med value N, P – Mid

Echinacea pallida – Pale Coneflower – high value – N, P Mid

Echinacea purpurea – Purple Coneflower – very high N, P – Mid-Late

Eryngium yuccifolium – Rattlesnakemaster – very high N, P - Mid
Eupatorium coelestinum – Mistflower – very high N, P– Late
Eupatorium fistulosum – Joe Pye Weed – very high N, P – Late
Eupatorium maculatum – Spotted Joe Pye - high N, P – Late
Eupatorium perfoliatum – Boneset – very high N, P – Mid thru very Late
Eupatorium purpureum – Purple Joe Pye – high N, P – Mid-Late
Gallardia aristata – Blanketflower – medium N– Mid
Helenium autumnale – Sneezeweed – very high N, P – Late
Helenium flexuosum – Purplehead Sneezeweed – very high N, P– Mid
Helianthus angustifolius – Swamp Sunflower – very high N, P – late
Helianthus giganteus – Giant Sunflower – very high N, P – Late
Heliopsis helianthoides – Oxeye Sunflower – med N, P – Mid-Late
Hibiscus moscheutos – Rosemallow – low N Med P – Mid
Liatris aspera – Rough Blazing Star – high N, P – Late
Liatris spicata – Blazing Star – high N, P – Late
Lobelia cardinalis – Cardinal Flower – high N, P – Mid to Late
Lobelia siphilitica – Great Blue Lobelia – high N, P – Late
Monarda fistulosa – Wild bergamot – high – N, P – Mid
Monarda punctata – Spotted Beebalm – high N, P – Mid
Oenothera speciose – Evening Primrose – low – N – Mid
Penstemon digitalis – White Beardtongue – high N, P – Early-Mid
Penstemon hirsutus – Hairy beardtongue – high N, P – Early
Pycnanthemum incanum – Hoary Mountainmint - very high N, P – Mid
Pycnanthemum virginianum – Virginia Mountainmint – very high N, P – Mid
Pycnanthemum muticum – Bigleaf Mountainmint – very high N, P – Mid
Ratibida pinnata – Grey Headed Coneflower – med P – Mid
Rudbeckia fuldiga fuldiga – Orange coneflower – med N, P – Mid-Late

Rudbeckia hirta – Blackeyed Susan – med N, P – Mid-Late

Rudbeckia triloba – Browneyed Susan – med P, N – Mid-Late

Saururus cernus – Lizard’s Tail – med N, P – mid

Silphium asteriscus angustatum – Rosinweed – high N, P – Mid

Silphium perfoliatum – Cup Plant – high N, P – Mid-Late

Solidago canadensis – Canada Goldenrod – very high –Late

Solidago rigida – Stiff Goldenrod – very high – Late

Solidago rugose – Rough Leaved Goldenrod – very high – Late

Solidago sempervirens – Seaside Goldenrod – very high – Mid-Late

Verbena hastate – Blue vervain – high N, P – Mid-Late

Verbena stricta – Hoary Vervain – high N, P – Mid

Vernonia giganta – Giant Ironweed – high N, P – Late

Vernonia noveboracensis – New York Ironweed – high N, P – Late

Veronicastrum virginicum – Culver’s Root - very high P, N – Mid

Zizia aurea – Golden Aleander’s – med – P – Early

Amsonia ciliate – Fringed Bluestar – high P - Early