

Perennials for Pollinators

Botanical Name	Common Name	Bloom Time	Pollinators	Larval Host **
<i>Achillea</i>	Yarrow	Spr-Sum		
<i>Agastache</i>	Anise Hyssop	Sum	 	
<i>Ajuga reptans</i>	Bugleweed	Spr		
<i>Alcea</i>	Hollyhock	Sum	 	Checkered Skipper Northern Cloudy Wing
<i>Allium</i>	Garlic	Spr-Sum	 	
<i>Amsonia</i> *	Blue Star	Spr		
<i>Anaphalis</i> *	Pearly Everlasting	Sum	 	American Lady
<i>Andropogon gerardi</i> ++	Big Bluestem	Sum-Fall	wind	Cobweb Skipper
<i>Anemone spp.</i> *	Anemone	Spr or Fall		
<i>Antennaria</i> *	Pussytoes	Spr		American Lady
<i>Aquilegia canadensis</i> ++	Wild Columbine	Spr	 	Columbine Duskywing
<i>Arabis</i>	Rock Cress	Spr	 	Falcate Orangetip
<i>Aralia racemosa</i> ++	Spikenard	Sum		Spring Azure
<i>Arctostaphylos uva-ursi</i> ++	Bearberry	Spr		Hoary Elfin Spring Azure
<i>Aristolochia</i> ++	Dutchman's Pipe	Spr		Pipevine Swallowtail
<i>Armeria maritima</i> †	Sea Thrift			
<i>Artemisia ludoviciana</i> ++	Wormwood	Sum	wind	American Lady Painted Lady
<i>Aruncus dioicus</i> ++	Goatsbeard	Spr	 	
<i>Asclepias</i> ++	Milkweed	Sum	 	Monarch
<i>Aster</i> *	Aster	Sum-Fall	 	Pearl Crescent Silvery Checkerspot
<i>Astilbe</i>	Astilbe	Sum	 	
<i>Aubretia</i>	Rock Cress	Spr		
<i>Aurenia</i>	Basket of Gold	Spr		
<i>Baptisia spp.</i> †	False Indigo	Spr		Hoary Edge
<i>Boltonia asteroides</i> ++	Bolt's Aster	Sum	 	
<i>Campanula</i>	Bell Flower	Spr-Sum	 	
<i>Campsis</i> †	Trumpet Vine	Sum		
<i>Carex</i>	Sedge	Spr	wind	Appalachian Brown Eyed Brown
<i>Carex stricta</i> ++	Tussock Sedge	Spr	Wind	Black Dash Mulberry Wing
<i>Caryopteris</i>	Blue Mist Shrub	Sum	 	

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<i>Centaurea</i>	Mountain Mint	Spr	 	
<i>Centranthus rubra</i>	Jupiter's Beard	Spr-Sum		
<i>Chelone glabra</i> ++	White Turtlehead	Sum-Fall		Baltimore Checkerspot Buckeye
<i>Chrysogonum virginianum</i> †	Goldenstar	Spr	 	
<i>Cimicifuga racemosa</i> ++	Bug Bane	Sum	 	
<i>Coreopsis</i> ++	Tickseed	Spr-Sum	 	
<i>Dalea spp.</i> †	Purple Prairie Clover	Sum		
<i>Dendranthemum</i>	Perennial Mum	Fall	 	Spring Azure
<i>Deschampsia cespitosa</i> ++	Tufted Hair Grass		wind	Skippers
<i>Dianthus</i>	Pinks	Spr-Sum		
<i>Dicentra</i> *	Bleeding Heart	Spr		
<i>Dictamnus</i>	Gas Plant	Spr		
<i>Digitalis</i>	Foxglove	Sum		
<i>Echinacea</i> †	Purple Coneflower	Sum	 	
<i>Echinops</i>	Thistle	Sum	 	
<i>Eragrostis spectabilis</i> ++	Lovegrass	Fall	wind	Zabulon Skipper
<i>Erigeron glaucus</i> †	Fleabane	Spr-Sum		
<i>Eryngium yuccifolium</i> †	Rattlesnake Master	Spr-Sum		
<i>Erythronium</i> ++	Trout Lily	Spr		
<i>Eupatorium</i> *	Joe Pye Weed	Sum	 	
<i>Gaillardia</i> †	Blanketflower	Sum		
<i>Gentiana</i> †	Gentian	Sum		
<i>Geranium maculatum</i> ++	Perennial Geranium	Spr-Sum	 	
<i>Helenium autumnale</i> ++	Sneezeweed	Sum-Fall		
<i>Helianthus</i> †	Perennial Sunflower	Sum-Fall	 	Spring Azure
<i>Heliopsis</i> †	Oxeye	Sum	 	
<i>Hemerocallis</i>	Daylily	Sum		
<i>Hepatica acutiloba</i> ++	Liverwort	Spr	 	
<i>Heuchera</i>	Alumroot	Spr		
<i>Hibiscus</i> †	Hibiscus	Sum	 	Checkered Skipper Gray Hairstreak

†Native to North America ++Native to New England * Some species of genus are native

 Butterflies  Hummingbirds  Bees  Beneficial Insects

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<i>Hosta</i>	Hosta	Sum		
<i>Iberis</i>	Candytuft	Spr	 	
<i>Iris spp.</i>	Iris	Spr-Sum		
<i>Iris versicolor</i> ++	Blue Flag Iris	Sum		Two Spotted Skipper
<i>Kniphofia</i>	Red Hot Poker	Sum		
<i>Lavendula</i>	Lavender	Spr	 	
<i>Leontopodium</i>	Edelweiss	Spr		Painted Lady
<i>Leucanthemum</i>	Shasta Daisy	Sum	 	Spring Azure
<i>Liatris</i> †	Blazing Star	Sum	 	
<i>Lilium</i>	Lily	Sum		
<i>Linum perenne</i>	Flax	Sum	 	Variegated Fritillary
<i>Lobelia</i> ++	Cardinal Flower	Sum-Fall	 	
<i>Lonicera sempervirens</i> †	Honeysuckle	Sum	 	Spring Azure
<i>Lupinus perennis</i> ++	Wild Lupine	Spr	 	Frosted Elfin Spring Azure
<i>Lychnis</i>	Campion	Sum	 	
<i>Malva</i>	Mallow	Sum		Checkered Skipper Gray Hairstreak Painted Lady
<i>Mertensia virginica</i> ++	Virginia Bluebells	Spr	 	
<i>Monarda</i> †	Bee Balm	Spr-Sum	 	
<i>Nepeta</i>	Catmint	Spr-Sum		
<i>Nipponanthemum</i>	Montauk Daisy	Fall	 	
<i>Oenothera spp.</i> †	Evening Primrose	Sum	 	
<i>Panicum virgatum</i> ++	Switch Grass	Sum-Fall	wind	Northern Cloudy Wing Skippers
<i>Parthenocissus quercifolia</i> ++	Virginia Creeper	Spr		
<i>Penstemon</i> *	Beard Tongue	Spr-Sum	 	Spring Azure
<i>Phlox spp.</i> *	Phlox	Spr-Fall	 	
<i>Physostegia</i> †	Obedient Plant	Sum		
<i>Platycodon</i>	Balloon Flower	Sum	 	
<i>Podyphyllum peltatum</i> ++	Mayapple	Spr		Variegated Fritillary
<i>Polemonium reptans</i> ++	Jacob's Ladder	Spr	 	

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<i>Polygonatum commutatum</i> ++	Solomon's Seal	Spr		
<i>Pycnanthemum</i> †	Mountain Mint	Sum	 	Spring Azure
<i>Ratibida</i> †	Mexican Hat	Sum	 	
<i>Rudbeckia</i> †	Black-Eyed Susan	Sum	 	Silvery Checkerspot
<i>Salvia</i>	Sage	Spr-Sum	 	
<i>Sanguinaria Canadensis</i> ++	Bloodroot	Spr	 	
<i>Scabiosa</i>	Pincushion Flower	Sum	 	
<i>Schizachyrium scoparium</i> ++	Little Bluestem	Sum-Fall	wind	Wood Nymph Skippers
<i>Sedum</i>	Stonecrop	Sum-Fall	 	
<i>Sidalcea</i>	Mini Hollyhock	Sum		
<i>Silphium</i> †	Rosinweed	Sum	 	
<i>Sisyrinchium angustifolium</i> ++	Blue Eyed Grass	Spr		
<i>Smilacina racemosa</i> ++	False Solomon's Seal	Spr	 	
<i>Solidago</i> †	Goldenrod	Sum-Fall	 	Spring Azure
<i>Sorghastrum nutans</i> ++	Indian Nut Grass	Fall	wind	Pepper & Salt Skipper
<i>Spigelia marilandica</i> †	Indian Pink	Sum-Fall		
<i>Stokesia laevis</i> †	Stoke's Aster	Sum	 	
<i>Stylophorum diphyllum</i> †	Celandine Poppy	Spr	 	
<i>Thermopsis</i> *	Carolina lupine	Sum	 	
<i>Thymus</i>	Thyme	Spr-Sum	 	
<i>Tiarella cordifolia</i> ++	Foamflower	Spr	 	
<i>Tradescantia</i> †	Spiderwort	Sum		
<i>Vaccinium angustifolium</i> ++	Lowbush Blueberry	Spr		Brown Elfin
<i>Verbena hastata</i> ++	Blue Vervain	Sum	 	Buckeye
<i>Vernonia</i> *	Ironweed	Sum-Fall	 	
<i>Veronica</i>	Veronica	Sum	 	
<i>Veronicastrum virginicum</i> ++	Culver's Root	Sum	 	Buckeye
<i>Viola</i> *	Violet	Spr	 	Fritillaries
<i>Zizia</i> †	Golden Alexanders	Spr	 	Black Swallowtail

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