

PLANTS AND POLLINATORS

Since our plants are native to Virginia's Shenandoah Valley, they all play a vital role in our local ecology. But some of our plants are scientifically recognized as especially hard-hitters when it comes to pollinators such as native bees, butterflies, moths, wasps, beetles, and hummingbirds. If your goal is to provide suitable nectar and resources for these creatures, try to include some of the following species in your pollinator garden. For maximum wildlife value, try to provide continuous blooms from April to October.

| Species | Pollinators | Bloom Time |
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| Allium cernuum (Nodding Onion) *short garden plant | bumble bees, solitary bees | June - early August |
| Amelanchier canadensis (Serviceberry) *small tree | solitary bees | April - May |
| Aquilegia canadensis (Wild Columbine) *short to medium garden plant | bumble bees, caterpillars, hummingbirds | Apr.-May |
| Asclepias incarnata (Rose Milkweed, or Swamp Milkweed) *4-5 ft. tall | bumble bees, solitary bees, butterflies, moths, caterpillars, wasps, beetles, hummingbirds | June-July |
| Asclepias syriaca (Common Milkweed) *2-3 ft. tall | bumble bees, solitary bees, butterflies, moths, caterpillars, wasps, beetles, hummingbirds | June-August |
| Asclepias tuberosa (Butterfly Milkweed) *1-3 ft. tall | bumble bees, solitary bees, butterflies, moths, caterpillars, wasps, beetles, hummingbirds | June-July |
| Asclepias verticillata (Whorled Milkweed) *1-2.5 ft. tall | bumble bees, solitary bees, butterflies, moths, caterpillars, wasps, beetles, hummingbirds | June-July |
| Baptisia australis (Blue Wild Indigo, or Blue False Indigo) *tall garden plant | bumble bees, solitary bees, butterflies, moths | May-June |
| Baptisia tinctoria (Yellow Wild Indigo) *medium height garden plant | bumble bees, solitary bees, butterflies, moths | May-June |
| Blephilia ciliata (Downy Wood Mint) *short to medium | bumble bees, solitary bees, butterflies, moths, wasps | May-Aug. |
| Ceanothus americanus (New Jersey Tea) | bumble bees, solitary bees, butterflies, moths, caterpillars, wasps, beetles | |

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| Clematis virginiana (Woodbine) | bumble bees, solitary bees, butterflies, moths, wasps, beetles | |
| Conoclinium coelestinum (Blue Mistflower) *short to medium garden plant | bumble bees, solitary bees, butterflies, moths, caterpillars | Aug.-Sept |
| Eryngium yuccifolium (Rattlesnake Master) *tall garden plant | bumble bees, solitary bees, butterflies, moths, caterpillars, wasps, beetles | June-Sept. |
| Eurybia macrophylla (Big-Leaved Aster) *2-4 ft. tall | bumble bees, solitary bees, specialist bees, caterpillars, wasps, beetles | Sept.-Oct. |
| Eutrochium purpureum (Sweet Joe Pye Weed) *5-7 ft. tall | bumble bees, solitary bees, butterflies, moths, caterpillars | July-Sept. |
| Eutrochium maculatum (Spotted Joe Pye Weed) 3-5 ft. tall | bumble bees, solitary bees, butterflies, moths, caterpillars | July-Aug. |
| Fragaria virginiana (Wild Strawberry) *short naturalizer; may overtake other plants | bumble bees, solitary bees, moths, butterflies, caterpillars, wasps, beetles | Apr.-May |
| Geranium maculatum (Wild Geranium) *short naturalizer | bumble bees, solitary bees, specialist bees, caterpillars, beetles | April - May |
| Helenium autumnale (Dog-toothed Daisy, or Sneezeweed) *3-5 ft. tall | bumble bees, solitary bees, butterflies, moths, wasps, beetles | August - October |
| Hibiscus moscheutos (Swamp Rose Mallow) *5-7 ft. tall | bumble bees, solitary bees, specialist bees, butterflies, moths, caterpillars, wasps | August - October |
| Hypericum prolificum (Shrubby St. John's Wort) *1-5 ft. (short shrub) | bumble bees, solitary bees, beetles | June - August |
| Liatris scariosa (Savanna Blazing Star) *2-4 ft. (tall) | butterflies, moths, caterpillars | August - October |
| Liatris spicata (Dense Blazing Star) *2-4 ft. (tall) | butterflies, moths, caterpillars | June - July |
| Liatris squarrosa (Scaly Blazing Star) *1-2 ft. tall (short) | butterflies, moths, caterpillars | July - August |
| Lobelia cardinalis (Cardinal Flower) | hummingbirds | August – September |

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| *2-5 ft. tall (shorter in dry areas, taller with more moisture) | | |
| <i>Lobelia siphilitica</i> (Great Blue Lobelia) *2-3 ft. (medium size garden plant) | bumblebees, solitary bees, caterpillars, beetles | July - September |
| <i>Monarda fistulosa</i> (Wild Bergamot) *3-5 ft. (medium to tall garden plant) | bumbles, solitary bees, specialist bees, butterflies, moths, caterpillars, wasps, beetles, hummingbirds | June-July |
| <i>Monarda punctata</i> (Spotted Beebalm, or Horsemint) *1.5-2 ft. tall (short garden plant) | bumblebees, solitary bees, specialist bees, butterflies, moths, caterpillars, wasps, beetles | June-July |
| <i>Parthenium integrifolium</i> (Wild Quinine) *2-4 ft. tall | bumblebees, solitary bees, butterflies, moths, wasps, beetles | May-Aug. |
| <i>Penstemon pallidus</i> (Pale Beardtongue) *1.5-2.5 ft. (small to medium garden plant) | benefits bumblebees, solitary bees | May-June |
| <i>Physostegia virginiana</i> (Obedient Plant) *naturalizer; may overtake other plants | bumblebees, solitary bees, butterflies, moths, caterpillars | June-Sept |
| <i>Polemonium reptans</i> (Jacob's Ladder) *short garden plant | bumblebees, solitary bees, beetles, caterpillars | Apr.-June |
| <i>Pycnanthemum incanum</i> (Hoary Mountain Mint) | bumblebees, solitary bees, butterflies, moths, wasps, beetles | July-Sept. |
| <i>Pycnanthemum muticum</i> (Short Toothed Mountain Mint) *2-3 ft. | bumblebees, solitary bees, butterflies, moths, wasps, beetles | Aug.-Sept. |
| <i>Pycnanthemum tenuifolium</i> (Narrow Leaved Mountain Mint) *2-3 ft. | bumblebees, solitary bees, butterflies, moths, wasps, beetles | July-Sept. |
| <i>Pycnanthemum verticillatum</i> (Whorled Mountain Mint) *3 ft. | bumblebees, solitary bees, butterflies, moths, wasps, beetles | July-Aug. |

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| <i>Pycnanthemum virginianum</i> (Virginia Mountain Mint) *2-3 ft. garden plant | bumblebees, solitary bees, butterflies, moths, wasps, beetles, caterpillars | July-Sept. |
| <i>Rhexia virginica</i> (Meadow Beauty) *short groundcover; fill between other plants | butterflies, moths, caterpillars | July-Sept. |
| <i>Rudbeckia fulgida</i> (Orange Coneflower) | solitary bees, beetles | July-Aug |
| <i>Rudbeckia hirta</i> (Black Eyed Susan) *2-3 ft. garden plant | bumblebees, solitary bees, specialist bees, butterflies, moths, wasps, beetles, caterpillars | June-Sept. |
| <i>Rudbeckia triloba</i> (Brown Eyed Susan) *2-3 ft. garden plant | bumblebees, solitary bees, specialist bees, butterflies, moths, wasps, beetles | July-Oct. |
| <i>Ruellia humilis</i> (Wild Petunia) (!) naturalizer; may overtake other plants | solitary bees, beetles | July-Oct. |
| <i>Solidago bicolor</i> (White Goldenrod) *1-3 ft. | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Jul-Sept. |
| <i>Solidago caesia</i> (Blue Stemmed Goldenrod) *1.5-3 ft. | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Aug.-Sept. |
| <i>Solidago flexicaulis</i> (Zig Zag Goldenrod) *1-3 ft. (short to medium garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | July-Sept. |
| <i>Solidago juncea</i> (Early Goldenrod) 2-4 ft. | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | July-Aug. |
| <i>Solidago nemoralis</i> (Grey Goldenrod) *6 inches to 2 ft. (short garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Aug.-Sept. |
| <i>Solidago odora</i> (Sweet Goldenrod) *2-3 ft. | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Sept.-Oct. |

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| <i>Solidago rigida</i> (Stiff Goldenrod) 2-5 ft. | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Sept.-Oct. |
| <i>Solidago rugosa</i> (Rough Goldenrod) 2-4 ft. | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Sept.-Oct. |
| <i>Solidago speciosa</i> (Showy Goldenrod) 2-3 ft. (medium garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | July-Sept. |
| <i>Symphotrichum cordifolium</i> (Blue Wood Aster) *2-5 ft. (tall garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Aug.-Sept., |
| <i>Symphotrichum laeve</i> (Smooth Aster) *2-4 ft. (tall garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Sept.-Oct. |
| <i>Symphotrichum lateriflorum</i> (Calico Aster) *2-3 ft. (medium garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Sept.-Oct. |
| <i>Symphotrichum oblongifolium</i> (Aromatic Aster) *1-3 ft. (short to medium garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Aug.-Sept. |
| <i>Symphotrichum prenanthoides</i> (Crooked Stem Aster) *1-3 ft. (short to medium garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | Aug.-Oct. |
| <i>Tradescantia virginiana</i> (Virginia Spiderwort) *naturalizer | caterpillars | |
| <i>Verbena hastata</i> (Blue Vervain) *2-6 ft. (tall) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | July-Aug. |
| <i>Vernonia noveboracensis</i> (New York Ironweed) *grows up to 8 feet tall! | bumblebees, native bees, moths, butterflies, wasps, beetles, caterpillars | July-Oct. |
| <i>Yucca filamentosa</i> (Adam's Needle) | butterflies, moths, caterpillars | June-July |

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| 4-8 ft. (tall garden plant) | | |
| <i>Zizia aptera</i> (Heart Leaved Golden Alexanders) 1-3 ft. (short to medium garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | May |
| <i>Zizia aurea</i> (Golden Alexanders) 1.5-3 ft. (short to medium garden plant) | bumblebees, solitary bees, specialist bees, moths, butterflies, wasps, beetles, caterpillars | May |