

Native Perennials and Shrubs that Support Bees and Beneficial Insects

Common Name	Scientific Name	Natural enemies	Bees	April	May	June	July	August	Sept	Oct	Nov
Wild Strawberry	<i>Fragaria virginiana</i>	**	*	White							
American Plum	<i>Prunus americana</i>	**	**	White							
Penstemons	<i>Penstemon ssp</i>	**	**	White							
Golden Alexanders	<i>Zizia aurea</i>	***	***	Yellow							
Dogwoods (native)	<i>Cornus spp</i>	**	**	White							
Lanceleaf Coreopsis	<i>Coreopsis lanceolata</i>	***	*	Yellow							
Elderberry	<i>Sambucus nigra-canadensis</i>	***	**	White							
Blue Baptisia	<i>Baptisia australis</i>	**	**	Blue							
Swamp Milkweed	<i>Asclepias incarnata</i>	**	**	Pink							
Culver's Root	<i>Veronicastrum virginicum</i>	**	***	White							
Anise Hyssop	<i>Agastache foeniculum</i>	***	***	White							
Beebalm	<i>Monarda fistulosa</i>	***	**	Purple							
Butterfly Milkweed	<i>Asclepias tuberosa</i>	***	**	Orange							
Spotted Beebalm	<i>Monarda punctata</i>	***	**	White							
Narrowleaf Mountain Mint	<i>Pycnanthemum tenuifolium</i>	***	***	White							
Black-eyed Susan	<i>Rudbeckia fulgida</i>	**	***	Yellow							
Ox-eye Sunflower	<i>Helopsis helianthoides</i>	**	**	Yellow							
Buttonbush	<i>Cephalanthus occidentalis</i>	**	**	White							
Ironweed	<i>Vernonia gigantea</i>	**	**	Purple							
Joe Pyeweed	<i>Eutrochium spp</i>	***	***	Pink							
Cup Plant	<i>Silphium perfoliatum</i>	***	***	Yellow							
Bonaset	<i>Eupatorium perfoliatum</i>	***	**	White							
Blue Lobelia	<i>Lobelia siphilitica</i>	***	***	Blue							
Sunflowers (perennials)	<i>Helianthus spp</i>	***	**	Yellow							
Goldenrods	<i>Solidago spp.</i>	***	***	Yellow							
New England Aster	<i>Symphyotrichum novae-angliae</i>	***	**	Blue							
Smooth Aster	<i>Symphyotrichum laevis</i>	**	**	Blue							
Aromatic Aster	<i>Symphyotrichum oblongifolium</i>	**	**	Blue							

Bars indicates approximate bloom color and bloom time

Key:
 * = good
 ** = better
 *** = best

Make sure you limit or eliminate your use of pesticides in and around flowering plants. Systemic pesticides like neonicotins are taken up in the nectar and pollen of treated plants and can be lethal to pollinators and beneficial insects.

