

Pollinator-Friendly Plants for the Northeast United States



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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 well 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

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***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.

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***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.

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***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

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***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



***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.

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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



***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

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***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.

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***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, Sphecids 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

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***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

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***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

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***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

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***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

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***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



***Pycnanthemum virginianum*- Virginia Mountain Mint**

- Pollinator value- very high
- Bloom time- July to Aug
- Flower color- white
- Height- 2-3ft
- 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, Sphecicid wasps, Eumenine wasps, bee flies, Tachinid flies, Wedge-shaped beetles, and Pearl Cresecent 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

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***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

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***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.



***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
- **Value to Beneficial Insects-** long-tongued and short-tongued bees, Syrphid flies, bee flies. Green metallic bees and Silvery Checkerspot.



***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



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

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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.

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***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



***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, Sphecids 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

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[Xerces Society](#)

[USDA NRCS](#)

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[US Forest Service](#)

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[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

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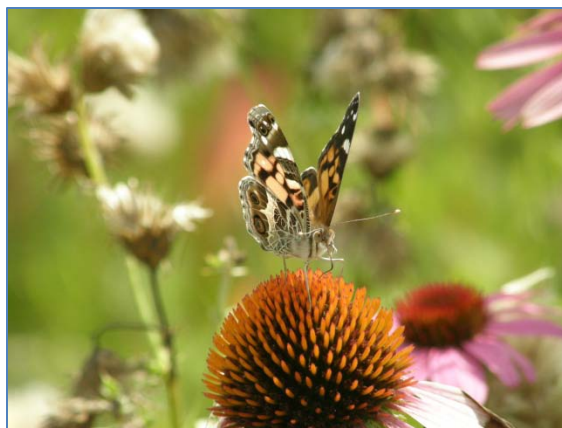
[List of Consultants](#)- Northeast

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