

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>	**	*	█							
American Plum	<i>Prunus americanus</i>	**	**	█							
Penstemons	<i>Penstemon ssp</i>	**	**	█	█						
Golden Alexanders	<i>Zizia aurea</i>	***	***	█	█						
Dogwoods (native)	<i>Cornus spp</i>	**	**	█	█						
Lanceleaf Coreopsis	<i>Coreopsis lanceolata</i>	***	*		█	█	█				
Elderberry	<i>Sambucus nigra-canadensis</i>	***	**		█	█					
Blue Baptisia	<i>Baptisia australis</i>	**	**		█	█					
Swamp Milkweed	<i>Aesclepias incarnata</i>	**	**		█	█					
Culver's Root	<i>Veronicastrum virginicum</i>	**	***			█	█				
Anise Hyssop	<i>Agastache foeniculum</i>	***	***			█	█	█			
Beebalm	<i>Monarda fistulosa</i>	***	**			█	█				
Butterfly Milkweed	<i>Asclepias tuberosa</i>	***	**			█	█	█			
Spotted Beebalm	<i>Monarda punctata</i>	***	**			█	█	█			
Narrowleaf Mountain Mint	<i>Pycnanthemum tenuifolium</i>	***	***			█	█	█			
Black-eyed Susan	<i>Rudbeckia fulgida</i>	**	***			█	█	█			
Ox-eye Sunflower	<i>Heliopsis helianthoides</i>	**	**			█	█	█			
Buttonbush	<i>Cephalanthus occidentalis</i>	**	**				█	█			
Ironweed	<i>Vernonia gigantea</i>	**	**					█	█		
Joe Pyeweed	<i>Eutrochium spp</i>	***	***					█	█		
Cup Plant	<i>Silphium perfoliatum</i>	***	***					█	█		
Boneset	<i>Eupatorium perfoliatum</i>	***	**					█	█		
Blue Lobelia	<i>Lobelia silphilitica</i>	***	***					█	█		
Sunflowers (perennials)	<i>Helianthus spp</i>	***	**					█	█	█	
Goldenrods	<i>Solidago spp.</i>	***	***					█	█	█	
New England Aster	<i>Symphyotrichum novae-angliae</i>	***	**						█	█	█
Smooth Aster	<i>Symphyotrichum laevis</i>	**	**							█	█
Aromatic Aster	<i>Symphyotrichum oblongifolium</i>	**	**								█

Bars indicates approximate bloom color and bloom time

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