



This list of pollinator plants for the Southeast Region was produced by the Xerces Society. For more information about pollinator conservation, please visit www.xerces.org.

Max. Height**

Water Needs

Flower Color

Scientific Name

Common Name

Bloom Period

Notes

	Forbs	Common Name	Scientific Name	Flower Color	Max. Height** (Feet)	Water Needs (L: low; M: medium; H: high)	Notes
1	Golden Alexanders		<i>Zizia aurea</i>	yellow	3	H	All species are perennials, unless otherwise noted. **Max. Height is an average, individual plants may vary.
2	White wild indigo		<i>Baptisia alba</i>	white	4	L	
3	Butterfly milkweed		<i>Asclepias tuberosa</i>	orange	3	L	Host plant for monarch and queen butterflies, and the unexpected cyenia tiger moth; fantastic nectar source for many insects
4	Clasping coneflower		<i>Dracopis amplexicaulis</i>	yellow/ red	3	M-H	This showy annual coneflower is relatively low cost and establishes easily from seed; excellent for mass plantings
5	Eastern smooth penstemon		<i>Penstemon laevigatus</i>	lavender	3	M	Attracts bumble bees and mason bees, who squeeze into its beautiful tubular flowers. <i>P. digitalis</i> and <i>P. smallii</i> are also excellent
6	Lanceleaf coreopsis		<i>Coreopsis lanceolata</i>	yellow	2	L	Extended bloom period makes coreopsis a valuable addition to pollinator gardens; host plant for the common tan wave moth
7	Black-eyed Susan		<i>Rudbeckia hirta</i>	yellow	3	L	Supports bees and birds with nectar and seed; host for the gorgone checkerspot and bordered patch butterfly; easy to grow
8	Rattlesnake master		<i>Eryngium yuccifolium</i>	white	6	M	Supports a huge diversity of bees, butterflies, wasps, and more; host plant for the twirler moth. <i>E. aquaticum</i> good for wet sites
9	Wild bergamot		<i>Monarda fistulosa</i>	purple	4	M	Along with dotted mint (<i>M. punctata</i>), is excellent for bees, butterflies, moths, and hummingbirds
10	Eastern rosemallow		<i>Hibiscus moscheutos</i>	white/ pink/ red	8	H	Showy flowers offer nectar to many insects; a host for the specialist hibiscus bee, gray hairstreak, and Io and other moths
11	Joe Pye weed		<i>Eutrochium fistulosum</i>	pink	7	H	Excellent late-season nectar source for bees, hummingbird moths, and other insects; host for common pug and arctiid moths
12	Marsh blazing star		<i>Liatris spicata</i>	purple	4	M	A butterfly magnet that is also wonderful for bees late in the season. <i>L. squarrosa</i> is good for drier sites
13	Narrowleaf mountain mint		<i>Pycnanthemum tenuifolium</i>	white	2.5	M	Mountain mints (<i>Pycnanthemum</i> spp.) have fragrant foliage and are visited by blue and copper butterflies, bees, wasps, and flies
14	New York ironweed		<i>Vernonia noveboracensis</i>	purple	7	H	Attracts many butterflies and bees, including <i>Melissodes denticulata</i> , a specialist longhorn bee. <i>V. gigantea</i> is also recommended
15	Wingstem		<i>Verbesina alternifolia</i>	yellow	6	M	Supports a great diversity of bees and wasps; host plant for the silvery checkerspot, the summer azure, and the gold moth
16	Narrowleaf sunflower		<i>Helianthus angustifolius</i>	yellow	6	M-H	Supports many longhorned bees that are sunflower specialists; host plant for numerous butterflies and moths
17	Wrinkleleaf goldenrod		<i>Solidago rugosa</i>	yellow	6	M-H	Goldenrods support a huge diversity of bees, butterflies, moths, wasps, and flies; vital resource for fall-migrating monarchs
Shrubs and Trees							
18	Cockspur hawthorn		<i>Crataegus crus-galli</i>	white	35	L	An important early spring nectar source for bees; supports a large number of moths, butterflies and other insects
19	Eastern redbud		<i>Cercis canadensis</i>	pink	30	L	An important spring nectar source for bees; host plant for many butterflies and moths; leafcutter bees use leaves for nesting
20	Highbush blueberry		<i>Vaccinium corymbosum</i>	white/ pink	12	M	Supports the southeastern blueberry bee, mining bees, and bumble bees, plus many butterflies and moths; brilliant fall color
21	New Jersey tea		<i>Ceanothus americanus</i>	white	3	L-M	An excellent early spring pollen and nectar source for bees; host plant for many butterflies and moths
22	Pasture rose		<i>Rosa carolina</i>	pink	3	L	Provides nectar and pollen for bees and is a host for a wide diversity of butterflies and moths; edible petals and rosehips
23	Buttonbush		<i>Cephalanthus occidentalis</i>	white	12	H	Blooms are butterfly magnets, vital in mid-season when little else is in flower; hosts many butterflies and moths
24	Purple passionflower, maypop		<i>Passiflora incarnata</i>	purple	vine	L-M	Attracts bees and hosts gulf and variegated fritillaries, the Plebeian sphinx moth, and the zebra longwing; fruits are edible