



## Montclair Bee City USA

# Native Plants + Native Pollinators = Healthy Habitat

Prepared by the Northeast Earth Coalition

## The Native Plants at the Van Vleck Plant Sale Support Pollinators

(Bees, Butterflies, Moths, Even Hummingbirds!)

### Here's How They Help

**Amsonia hubrichtii (Threadleaf Blue Star):** Critical early-season nectar source for butterflies, hummingbirds, and native bees. Host plant for insects like the Snowberry Clearwing moth.

**Agastache foeniculum (Anise Hyssop):** Abundant, high-quality nectar and pollen mid-summer through fall. A magnet for native bees, butterflies, moths, and hummingbirds.

**Aquilegia canadensis (Wild Columbine):** Nectar-rich spring flowers are a magnet for hummingbirds and attract a variety of insects, including bumblebees and butterflies. Host plant for the Columbine duskywing butterfly.

**Aronia melanocarpa (Black Chokeberry):** Attracts butterflies, and small bees. Berries support birds over the winter.

**Aster ericoides (Heath Aster):** Profuse late-season blooms that attract a wide variety of bees and butterflies. Especially beneficial for bumblebee queens and migrating Monarchs; supports several specialized bee species.

**Baptisia australis (False Blue Indigo):** Early season blooms attract bees and butterflies. Host plant for several moth and butterfly species.

**Blephilia ciliata (Downy Wood Mint):** Attracts a wide variety of butterflies and native bees.

**Chelone glabra (White Turtlehead):** Primary host plant for the Baltimore Checkerspot butterfly; a critical late summer pollen and nectar source for bumblebees and hummingbirds.

**Clethra (Sweet Pepperbush):** Critical late-summer nectar and pollen source for bees, butterflies, and hummingbirds, especially attractive to bumblebees and swallowtail butterflies. Host plant for at least 11 moth and butterfly species.

**Conoclinium coelestinum (Blue Mistflower):** Late-season nectar and pollen source for butterflies, native bees, and moths. Critical fuel source for migrating Monarchs and host for several moth species.

**Coreopsis spp:** Nectar-rich and pollen-heavy keystone plant for supporting pollinators, including specialized native bees, long-tongued bees, wasps, flies, butterflies (crescent/checkerspots), and beetles. **Keystone species**

**ECHINACEA spp:** Nectar and pollen create a summer magnet for bees, butterflies, and hummingbirds, supporting diverse insect communities. Host plants for the Silvery Checkerspot butterfly.

**Eutrochium spp:** Late season nectar and pollen source for butterflies, bees (including specialist bees), and moths from mid-summer to early fall. Host plant for over 3 dozen species of moths and butterflies. Attracts predatory insects like ladybugs, lacewings, and parasitic wasps, assisting with natural pest control. **Keystone species.**

**Fern Athyrium filix-femina:** Host plant for several moth species.

**Geranium maculatum (Wild Geranium):** Supports early-season native bees (including specialist bees), butterflies, and syrphid flies. Host plant for over 25 moth and butterfly species.

**Geum triflorum (Prairie Smoke):** Early spring blooms are particularly attractive to bumble bees. Supports additional pollinators, including beetles and wasps.

**Heliopsis helianthoides (False Sunflower):** Vibrant flowers and abundant nectar attract bees, butterflies, and other pollinators, including specialist bees.

**Lonicera sempervirens (Coral Honeysuckle):** Attracts hummingbirds, butterflies, and bees. Host plant for spring azure butterflies and snowberry clearwing moths

**Ilex glabra:** A crucial spring nectar source for native bees (including specialist bees), wasps, beetles, and butterflies. Host for Henry's Elfin butterfly.

**Itea spp:** Nectar and pollen source from late spring to early summer for a wide range of bees and butterflies.

**Lobelia cardinalis (Cardinal Flower):** Extremely attractive to hummingbirds as well as swallowtail butterflies, moths, and native bees in mid-to-late summer. Host for 7 butterfly and moth species.

**Lobelia puberula (Downy Lobelia):** Late summer to fall nectar and pollen source for hummingbirds, butterflies, and native long-tongued bees.

**Lobelia siphilitica (Blue Cardinal Flower):** Late-summer nectar and pollen source for bumblebees, specialized long-tongued bees, and hummingbirds. Host for the Pink-Wash Looper Moth.

**Meehanian cordata (Meehan's Mint):** Attracts bees and other pollinators in shaded locations.

**Monarda punctata (Spotted Beebalm):** Provides special value to native bees, bumblebees and honeybees, and attracts predatory and parasitoid insects that prey on pest insects. Host plant for the gray marvel moth and the snout moth.

**Oenothera spp (Evening Primroses):** Support nocturnal insects like hawkmoths and sphinx moths, as well as specialist bees. Host plant for the Primrose Moth and the White-Lined Sphinx Moth. **Keystone species.**

**Pachysandra procumbens (Alleghany Spurge):** Blooms of this native pachysandra provide early spring pollen and nectar for native pollinators.

**Penstemon spp. (Beardtongues):** A premier early summer pollen and nectar source for native bees (including specialist bees), hummingbirds, butterflies, and moths.

**Phlox divaricata (Wild Blue Phlox):** A critical early spring nectar source for bees, butterflies, and hummingbird moths. Host plant for at least 8 moth and butterfly species.

**Phlox paniculata (Garden Phlox):** Fragrant, tubular flowers attract butterflies, bees, and hummingbirds.

**Prunus maritima (Beach Plum):** Early-spring nectar and pollen source for native bees, bumblebees, and beneficial flies. Host plant for over 400 butterfly and moth species. **Keystone species.**

**Pycnanthemum flexuosum (Appalachian Mountain Mint):** Among the best plants for attracting a wide variety of beneficial insects from July to September, including honeybees, bumblebees, and butterflies. Host plant for the Gray Hairstreak butterfly.

**Rudbeckia spp (Black-Eyed Susans):** Keystone plants for pollinators, supporting 29 specialist bee species and host for over 17–20 butterfly and moth species. **Keystone species.**

**Schizachyrium scoparium (Little Bluestem):** A host plant for various butterfly and moth species, this native grass also provides overwintering habitat for bumblebee queens.

**Sisyrinchium 'Lucerne' (Blue-Eyed Grass):** Spring nectar and pollen source for native bees and beneficial flies.

**Spigelia marilandica (Indian Pink):** Nectar rich red tubular flowers make it a hummingbird magnet. Supports pollinators in late spring and early summer.

**Spirea latifolia (Meadowsweet):** Mid-to-late summer nectar and pollen source for native bees, butterflies, and beneficial insects. Host plant for c. 90 moth and butterfly species.

**Spirea tomentosa (Steeplebush):** Mid-to-late summer nectar and pollen source for native bees, butterflies, and beneficial insects. Host plant for c.90 moth and butterfly species.

**Stokesia spp:** Nectar and pollen source from May through summer attracting bees, butterflies, hummingbirds, and moths.

**Symphotrichum obl. 'Raydon's Favorite' (Aromatic Aster):** Late summer to late fall nectar and pollen source for native bees, butterflies, and other beneficial insects. Provides fuel for pollinators when little else is blooming. Host plant for the Silvery Checkerspot butterfly and various moth species. **Keystone species**

**Verbena hastata (Blue Vervain):** Its extensive nectar and pollen products attract bees, butterflies, and moths from mid to late summer.

**Veronicastrum virginicum (Culver's Root):** Mid to late summer pollen and nectar are especially attractive to long and short tongued bees, Other pollinators include bumblebees, mason bees, green metallic bees, masked bees, butterflies, moths, and syrphid flies.

**Wisteria frutescens 'Amethyst Falls':** Spring nectar and pollen source for bees, butterflies, and hummingbirds. Host plant for caterpillars, including the Long-Tailed Skipper and Zarucco Duskywing. Excellent alternative to invasive non-native wisterias.