SEEDS Pollinator Plant List

(Created by George Maha Fall 2014)

Common Name	Scientific Name	Flower Color	Light Tolerance	Moisture Preference	Height	Width	Soil PH	Nectar, Pollen	March	April	May	June	July	August	September	October	November	Bee Types	Recommended by/ Source
Anise Sage	*Salvia guaranitica*	Blue	Sun-Partial Shade	Average	24in-48in	24in-36in	6.1-7.8	U										Pollinators	NC Botanical Gardens
Azure Sage	*Salvia azurea*	Blue	Sun-Partial Shade	Dry	36in-48in	24in-36in	6.1-7.8	U										Pollinators	NC Botanical Gardens
Blue mist Spirea	*Caryopteris x clandonensis 'Dark Night'*	Blue	Sun-Partial Shade	Average-Dry	24in-36in	24in-36in	6.1-7.8	N										Apis, Bombus	Web Source
Boneset	*Eupatorium perfoliatum*	White	Full Sun	Moist	36in-48in	18in-24in	6.1-7.8	NP										Pollinators	NC Botanical Gardens (Matt Gocke)
Butterfly Lavender	*Lavandula stoechas subsp. pedunculata*	Light Purple	Full Sun-Partial Shade	Average	24in-36in	24in-36in	6.1-8.5	N										Apis, Bombus, Megachile	(Deters Verona mites)
Butterfly Milkweed	*Asclepias tuberosa 'Hello Yellow'*	Yellow	Full Sun	Average-Moist	24in-36in	15in-18in	5.6-7.5	N										Apis, Bombus	Niche Gardens (Lauri Lawson)
Catmint	*Nepeta x faassenii 'Walkers Low'*	Purple	Full Sun-Partial Shade	Average-Moist	18in-36in	24in-36in	6.1-7.8	NP										Apis, Osmia	Niche Gardens (Lauri Lawson), NC cooperative extension (Debbie Roos)
Chives	*Allium schoenoprasum*	Purple	Full Sun-Partial Shade	Moist	12in-18in	6in-9in	6.1-7.8	NP										Apis, Bombus, Osmia, Ceratina, Megachile	Web Source
Clasping Aster	*Symphyotrichum patens*	Purple	Full Sun-Light Shade	Average	36in-48in	24in-36in	5.1-6.5	U										Pollinators	Web Source
Climbing Aster	*Ampelaster carolinianus*	Purple-pink	Sun-Partial Shade	Moist	10ft-12ft	3ft-4ft	5.1-6.5	NP										Apis	Niche Gardens (Lauri Lawson), NC cooperative extension (Debbie Roos)
Clustered Mountain Mint	*Pycnanthemum muticum*	White	Sun-Partial Shade	Average	24in-36in	12in-15in	U	N										Pollinators	Niche Gardens (Lauri Lawson)
Culvers Root	*Veronicastrum Virginicum*	Purple-White	Full Sun-Partial Shade	Moist	4ft-6ft	18in-24in	6.6-7.8	N										Apis, Bombus, Halictus, Osmia	Niche Gardens (Lauri Lawson), NC cooperative extension (Debbie Roos)
Donkey's Ears Snowdrops	*Galanthus nivalis 'Scharlockii Group'*	White	Sun-Partial Shade	Average-Dry	<6in	3in-6in	U	NP										Apis	Web Source
Downy Goldenrod	*Solidago puberula*	Yellow	Full Sun-Partial Shade	Average	12in-36in	12in-24in	5.6-7.8	NP										Apis, Halictus, Ceratina	NC Botanical Gardens (Matt Gocke)
Eastern Baccharis	*Baccharis halimifolia*	White	Full Sun-Partial Shade	Moist	4ft-10ft	4ft-10ft	6.6-8.5	N (Males)										Pollinators	Web Source
Eastern Gray Beardtongue	*Penstemon canescens*	Light Purple	Sun-Partial Shade	Dry	1ft-3ft	12in-15in	U	NP										Apis, Bombus, Osmia, Ceratina	NC cooperative extension (Debbie Roos)
Eastern Purple Coneflower	*Echinacea purpurea*	Purple	Full Sun-Partial Shade	Dry	24in-36in	24in-36in	6.1-7.8	N										Apis, Bombus, Halictus	Niche Gardens (Lauri Lawson), NC cooperative extension (Debbie Roos)
Foxglove Beardtongue	*Penstemon digitalis*	White	Full Sun	Average	24in-36in	18in-24in	6.1-7.8	U										Pollinators	NC Botanical Gardens
Frost Aster	*Symphyotrichum pilosum*	White	Full Sun-Partial Shade	Average	36in-48in	12in-15in	5.1-6.5	U										Pollinators	NC Botanical Gardens
Gay feather	*Liatris spicata*	Purple	Full Sun-Partial Shade	Moist	18in-24in	18in-24in	6.1-7.8	NP										Apis, Megachile	Niche Gardens (Lauri Lawson)
Gay feather	*Liatris spicata alba*	Purple	Sun-Partial Shade	Moist	18in-24in	18in-24in	6.1-7.8	NP										Apis, Megachile	Niche Gardens (Lauri Lawson)
Georgia Aster	*Symphyotrichum georgianum*	Purple	Full Sun-Partial Shade	Average-Dry	36in-48in	4ft-6ft	5.1-7.8	U										Pollinators	NC Botanical Gardens
Giant Hyssop	*Agastache x 'blue fortune'*	Blue	Full Sun-Partial Shade	Average-Dry	24in-36in	18in-24in	U	N										Apis, Bombus,Osmia, Ceratina	Niche Gardens (Lauri Lawson)
Glossy Abelia	*Abelia 'Edward Goucher'*	Purple-pink	Full Sun	Average	6ft-8ft	4ft-6ft	6.1-7.8	U										Pollinators	NC Botanical Gardens (Matt Gocke)
Greater Salad Burnet	*Sanguisorba officinalis*	Purple-Red	Full Sun	Moist	24in-36in	18in-24in	6.1-7.8	NP										Pollinators	Web Source
Hoary Skullcap	*Scutellaria incana*	Purple	Sun-Partial Shade	Average-Moist	24in-36in	18in-24in	5.1-7.8	NP										Pollinators	Niche Gardens (Lauri Lawson)
Hummingbird Mint	*Agastache 'Black Adder'*	Blue	Full Sun-Partial Shade	Dry	36in-48in	24in-36in	6.6-7.8	U										Pollinators	Web Source
Hyssop	*Hyssopus officinalis*	Purple	Full Sun	Average-Dry	18in-24in	18in-24in	6.6-8.5	N										Apis, Bombus,Osmia, Ceratina	Web Source
Joe Pye Weed	*Eutrochium dubium 'Little Joe'*	Purple	Sun-Partial Shade	Moist	36in-48in	24in-36in	6.1-7.8	NP										Pollinators	NC cooperative extension (Debbie Roos)
Joe Pye Weed	*Eutrochium fistulosum*	Purple	Full Sun- Partial Shade	Moist	5ft-10ft	24in-36in	6.1-7.8	NP										Pollinators	NC Botanical Gardens (Matt Gocke)
Joe Pye Weed	*Eutrochium maculatum 'Gateway'*	Light Purple	Full Sun-Partial Shade	Moist	6ft-8ft	4ft-6ft	6.1-7.8	NP										Pollinators	Web Source
Lacy blue Russian Sage	*Perovskia atriplicifolia 'Lissilv'*	Blue	Full Sun-Partial Shade	Average-Dry	12in-18in	24in-36in	6.1-8.4	NP										Apis,Ceratina	Web Source
Lanceleaf Blanket Flower	*Gallardia 'torchlight'*	Yellow-Red	Full Sun	Average-Dry	24in-36in	24in-36in	6.1-7.8	NP										Apis, Bombus, Halictus, Osmia, Megachile	Niche Gardens (Lauri Lawson)
Lobed Tickseed	*Coreopsis auriculata*	Yellow	Full Sun	Average	12in-18in	12in-15in	U	U										Pollinators	NC Botanical Gardens
New England Aster	*Aster novae-angliae 'Barr's Violet'*	Purple	Full Sun-Light Shade	Moist	36in-48in	36in-48in	5.1-6.5	NP										Apis	Web Source
New Jersy Tea	*Ceanothus americanus*	White	Sun-Partial Shade	Average	36in-48in	36in-48in	6.6-7.5	U										Pollinators	NC Botanical Gardens
New York Ironweed	*Vernonia noveboracensis*	Purple	Sun-Partial Shade	Moist	6ft-8ft	18in-24in	5.1-7.5	NP										Pollinators	Web Source
Oregano	*Origanum vulgare*	Light Purple	Full Sun	Average	12in-24in	12in-18in	U	U										Pollinators	Web Source
Oregano	*Origanum 'Herrenhausen'*	Purple	Full Sun	Average-Dry	18in-24in	18in-24in	7.6-9	N										Apis	Niche Gardens (Lauri Lawson)
Passion Flower	*Passiflora incarnata*	Purple	Full Sun-Partial Shade	Average	15ft-20ft	6ft-8ft	6.1-7.8	NP										Pollinators	Niche Gardens (Lauri Lawson), NC cooperative extension (Debbie Roos)
Rattlesnake Master	*Eryngium yuccifolium*	Blue/Green	Full Sun	Average-Moist	36in-48in	15in-18in	6.6-7.5	U										Pollinators	NC Botanical Gardens
Rosemary	*Rosmarinus officinalis*	Blue	Full Sun	Dry	4ft-6ft	18in-24in	6.6-8.5	NP										Pollinators	Web Source
Rough-Leaf Goldenrod	*Solidago rugosa 'Fire Works'*	Bright Yellow	Full Sun-Partial Shade	Moist	24in-36in	18in-24in	5.6-7.8	NP										Apis, Halictus, Ceratina	Niche Gardens (Lauri Lawson)
Russian Sage	*Perovskia atriplicifolia 'Blue Spire'*	Purple	Full Sun-Partial Shade	Moist	36in-48in	24in-36in	6.1-8.5	NP										Apis,Ceratina	Web Source
Sandhill St. Johnswort	*Hypericum lloydii*	Yellow	Sun- Partial Shade	Average-Dry	24in-36in	24in-36in	U	U										Pollinators	NC Botanical Gardens (Matt Gocke)
Shrubby Germander	*Teucrium fruticans*	Purple	Full Sun	Dry	4ft-6ft	4ft-6ft	6.1-7.8	P										Apis, Bombus	Web Source
Shrubby St. John's Wort	*Hypericum frondosum 'Sunburst'*	Bright Yellow	Sun- Partial Shade	Average	36in-48in	36in-48in	U	N										Pollinators	Niche Gardens (Lauri Lawson)
Silver Rod	*Solidago bicolor*	White	Full Sun-Light Shade	Dry	24in-48in	12in-15in	U	U										Pollinators	NC Botanical Gardens
Slender Mountain Mint	*Pycnanthemum tenuifolium*	White	Full Sun- Partial Shade	Average-Moist	12in-36in	18in-36in	5.1-7.8	N										Pollinators	NC Botanical Gardens
Small headed sunflower	*Helianthus microcephalus*	Yellow	Full Sun-Light Shade	Average	4ft-6ft	4ft-6ft	6.1-7.8	NP										Apis, Bombus, Halictus, Osmia, Megachile	NC Botanical Gardens
Small's Beard tongue	*Penstemon smallii*	Purple-Red	Full Sun	Moist	18in-24in	18in-24in	6.1-7.9	NP										Apis, Bombus, Osmia, Ceratina	Niche Gardens (Lauri Lawson), NC cooperative extension (Debbie Roos)
Smooth Aster	*Symphyotrichum laeve*	Blue	Full Sun-Partial Shade	Average	36in-48in	24in-36in	5.1-6.5	U										Pollinators	NC Botanical Gardens
Spiderwort	*Tradescantia virginiana*	Blue	Sun-Partial Shade	Moist	18in-24in	6in-9in	6.6-7.5	U										Pollinators	NC Botanical Gardens
Stokes' Aster	*Stokesia laevis*	Purple	Full Sun-Partial Shade	Moist	18in-24in	18in-24in	5.6-7.5	NP										Apis	Niche Gardens (Lauri Lawson), NC cooperative extension (Debbie Roos)
Sunchoke	*Helianthus tuberosus*	Yellow	Full Sun	Moist	8ft-10ft	24in-36in	6.6-7.5	NP										Apis, Bombus, Halictus, Osmia, Megachile	Web Source
Swamp Sunflower	*Helianthus angustifolious*	Yellow	Full Sun	Moist	6ft-8ft	9in-12in	6.1-7.8	NP										Apis, Bombus, Halictus, Osmia, Megachile	NC Botanical Gardens (Matt Gocke)
Sweet Goldenrod	*Solidago odora*	Yellow	Full Sun-Partial Shade	Moist	4ft-6ft	12in-15in	5.6-7.8	NP										Apis, Halictus, Ceratina	Web Source
Sweet Pepper Bush	*Clethra alnifolia*	White	Sun-Partial Shade	Moist	6ft-8ft	4ft-6ft	5.1-7.5	NP										Pollinators	NC Botanical Gardens
Tommasini's Crocus	*Crocus tommasinianus 'Lilac Beauty'*	Purple-White	Full Sun- Partial Shade	Average	<6in	3in-6in	6.1-7.8	P										Apis, Halictus	Web Source
White Thoroughwort	*Eupatorium album*	White	Full Sun- Partial Shade	Average	24in-48in	18in-24in	6.1-7.8	NP										Pollinators	NC Botanical Gardens (Matt Gocke)
Whorled Mountain Mint	*Pycnanthemum pilosum*	White	Sun-Partial Shade	Average-Moist	4ft-6ft	9in-12in	U	N										Pollinators	Web Source
Woodland Stonecrop	*Sedum ternatum*	White	Full Sun-Full Shade	Moist	<6in	3in-6in	U	N										Apis, Ceratina, Megachile	Web Source

Column Key **Blue = In SEEDS Garden** **Color = Flower C Red = more sun** **Darker blue = more mois** **Imperial Units** **PH Scale N= Nectar** **Months of bloom; spring to fall** **Types of bees attracted to plant** **Where information was found**

U = Unknown **Yellow = less sun** **Lighter blue = less moisture** **P= Pollen** ***= in bloom**

***All Plants above are (unless otherwise noted): Perennials, Shrubs, or herbs, non-toxic, prefer well draining soils, suitable for growing in Piedmont region of NC, and are attractive to Pollinators**