

Native Pollinator Plants by Season of Bloom

Extended list of forage and host plants for bees, butterflies and moths



Bloodroot, © Lisa Looke

Very early spring

SHRUBS

American hazelnut, *Corylus americana*,
C. cornuta
American honeysuckle, *Lonicera canadensis*
Pussy willow, *Salix discolor*
Shadbush, *Amerlanthier canadensis*,
A. laevis

PERENNIALS

Bloodroot, *Sanguinaria Canadensis*
Sand/moss phlox, *Phlox bifida* & *P. subulata*



Marsh marigold, © Lisa Looke

Early spring

SHRUBS

Bayberry, *Morella caroliniensis*
Flowering big-bracted dogwood, *Benthamidia florida*
Hobblebush, *Viburnum lanatanoides*
Red elderberry, *Sambucus pubens*
Spicebush, *Lindera benzoin*
Sweet fern, *Comptonia peregrina*
Sweetgale, *Myrica gale*
Wild plums
Beach plum, *Prunus maritima*
Canada plum, *Prunus nigra*
Sand plum, *Prunus pumila*

PERENNIALS

Blue cohosh, *Caulophyllum thalictroides*
Dutchman's breeches, *Dicentra cucullaria*
Crested Iris, *Iris cristata**
Golden groundsel, *Packera aurea*
Marsh marigold, *Caltha palustris*
Pussytoes, *Antennaria spp.*
Rue anemone, *Thalictrum thalictroides*
Violets, *Viola adunca*, *V. cucullaria*
Virginia bluebells, *Mertensia virginica**



Spotted crane's-bill, © Lisa Looke

Mid-spring

SHRUBS

Bearberry, *Arctostaphylos uva-ursi*
Black huckleberry, *Gaylussacia baccata*
Blueberry, *Vaccinium spp.*
Chokeberry, *Aronia arbutifolia* & *Aronia melanocarpa*
Common snowberry, *Symphoricarpos albus*
Fragrant sumac, *Rhus aromatica**
Mountain maple, *Acer spicatum*
Nannyberry, *Viburnum lentago*
Red buckeye, *Aesculus pavia**
Redbud, *Cersis canadensis**
Striped maple, *Acer pennsylvanicum*

PERENNIALS (continued)

Canada wild ginger, *Asarum canadense*
Common golden Alexanders, *Zizia aurea*
Early meadow-rue, *Thalictrum dioicum*
Eastern shooting star, *Dodecatheon meadia**
Foam flower, *Tiarella cordifolia*
Heart-leaved golden Alexanders, *Zizia aptera*
Jacob's ladder, *Polemonium reptans**
King Solomon's-seal, *Polygonatum biflorum*
var. *commutatum*
Large-leaved pussytoes, *Antennaria plantaginifolia*
Nodding onion, *Alium cernuum**
Red baneberry, *Actaea rubra*
Red columbine, *Aquilegia canadensis*
Solomon's plume, *Maianthemum racemosum*
(syn. *Smilacina racemosa*)
Spotted crane's-bill, *Geranium maculatum*
Twinleaf, *Jeffersonia diphylla**
Wild strawberry, *Fragaria virginiana*
Woodland stonecrop, *Sedum ternatum**
Wood phlox, *Phlox divaricata** & *P. stolonifera**

PERENNIALS

Barren strawberry, *Waldsteinia fragarioides*
Bellwort, *Uvularia grandiflora* & *U. sessifolia*
Bird-foot violet, *Viola pedata*
Bluets, *Houstonia caerulea*

*species hardy in Maine but native to southern or western New England

Native Pollinator Plants by Season of Bloom *continued*

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Bleeding heart, © Lisa Looke

Late spring

SHRUBS

Alternate-leaved dogwood, *Cornus alternifolia*
 American mountain ash, *Sorbus americana*
 Arrowwood, *Viburnum dentatum*
 Atlantic ninebark, *Physocarpus opulifolius*
 Bleeding heart, *Dicentra eximia**
 Blueberry, *Vaccinium angustifolium*,
V. corymbosum
 Early azalea, *Rhododendron prinophyllum*
 Hawthorn, *Crataegus* spp.
 Highbush cranberry, *Viburnum opulus s. americanum*
 Maple-leaved viburnum, *Viburnum acerifolium*
 Mountain laurel, *Kalmia latifolia*

PERENNIALS

Blue-eyed grass, *Sisyrinchium monatum* & *S. angustifolium*
 Canadian anemone, *Anemone canadensis*
 Doll's eyes, *Actaea pachypoda*
 Fleabane, *Erigeron* spp.
 Golden star, *Chrysogonum virginianum**
 Hairy beardtongue, *Penstemon hirsutus*
 Jack-in-the-Pulpit, *Arisaema racemosa*
 Sundial lupine, *Lupinus perennis*
 Sundrops, *Oenothera fruticosa*
 Three toothed cinquefoil, *Sibbaldiopsis tridentata*
 Wild bleeding-heart, *Dicentra eximia**
 Wild sarsaparilla, *Aralia nudicaulis*



Bush honeysuckle, © Lisa Looke

Early summer

SHRUBS

Black elderberry, *Sambucus niger s. canadensis*
 Bush-honeysuckle, *Diervilla lonicera*
 New Jersey tea, *Ceanothus americanus*
 Red twig dogwood, *Cornus sericea*
 Shrubby cinquefoil, *Potentilla fruticosa*

PERENNIALS

American spikenard, *Aralia racemosa*
 Blue iris, *Iris virginiana*
 Boneset, *Eupatorium perfoliatum*
 Bowman's root, *Gillenia trifolia**
 Foxglove beardtongue, *Pennstemon digitalis*
 Mad dog skullcap, *Scutellaria laterifolia*
 Purple-stemmed angelica, *Angelica atropurpurea*
 Tall anemone, *Anemone virginiana*
 Water avens, *Geum rivale*
 Yellow wild indigo, *Baptisia tinctoria*



Cardinal flower, © Lisa Looke

Mid-summer

SHRUBS

Clammy azalea, *Rhododendron viscosum*
 Common buttonbush, *Cephalanthus occidentalis*
 Flowering raspberry, *Rubus odoratus*
 Great rosebay, *Rhododendron maximum*
 Rosy meadowsweet, *Spiraea tomentosa*
 Shrubby St. John's-wort, *Hypericum prolificum*
 Smooth hydrangea, *Hydrangea arborescens**
 Sweet-bay magnolia, *Magnolia virginiana**
 White meadowsweet, *Spiraea alba*
 Wild rose, *Rosa Carolina, R. virginiana*
 Winterberry holly, *Ilex verticillata*

PERENNIALS (continued)

Black bugbane, *Actaea racemosa**
 Black-eyed coneflower, *Rudbeckia hirta*
 Blazing-star, *Liatris aspera**, *L. novae-angliae*
 Blue vervain, *Verbena hastata*
 Butterfly milkweed, *Asclepias tuberosa*
 Canada burnet, *Sanguisorba canadensis*
 Cardinal flower, *Lobelia cardinalis*
 Culver's root, *Veronicastrum virginicum**
 Green headed coneflower, *Rudbeckia laciniata*
 Jewelweed, *Impatiens capensis, I. pallida*
 Purple coneflower, *Echinacea purpurea**
 Sunflower-everlasting, *Heliopsis helianthoides*
 Swamp milkweed, *Asclepias incarnata*
 Tall American bellflower, *Campanula americana**
 Virginia meadow-beauty, *Rhexia virginica**
 Wild petunia, *Ruellia virginica**
 Woodland sunflower, *Helianthus divaricatus*

PERENNIALS

American spikenard, *Aralia racemosa*
 Beebalm, *Monarda didyma* & *M. fistulosa*

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Blue lobelia, © Lisa Looke

Late summer

SHRUBS

Pink meadowsweet, *Spiraea tomentosa*
Sweet pepperbush, *Clethra alnifolia*

PERENNIALS

Blue lobelia, *Lobelia siphilitica*
Culver's root, *Veronicastrum virginicum**
Flax-leaved aster, *Ionactis linariifolia*
Jewelweed, *Impatiens capensis*, *I. pallida*
Joe-pye weed, *Eutrochium dubium*,
E. maculatum, *E. fistulosum*

PERENNIALS (continued)

Large leaved wood aster, *Eurybia macrophylla*
Mountain mint, *Pychnanthemum virginianum*,
P. muticum
New York ironweed, *Vernonia noveboracensis**
Pearly everlasting, *Anaphalis margaritacea*
Rough stemmed goldenrod, *Solidago rugosa*
Seaside goldenrod, *Solidago sempervirens*
Spotted beebalm, *Monarda punctata*
Wild clematis, *Clematis virginiana*
Wild cucumber, *Echinocystis lobatata*



Three-lobed coneflower, © Lisa Looke

Early fall

PERENNIALS

Closed gentian, *Gentiana clausa*
Downy goldenrod, *Solidago puberula*
New York aster, *Symphyotrichum novae-belgii*
Obedient plant, *Physostegia virginica**
Smooth blue aster, *Symphyotrichum laeve*
Three-lobed coneflower, *Rudbeckia triloba**
White snakeroot, *Ageratina altissima*
White turtlehead, *Chelone glabra*
White wood aster, *Eurybia divaricata*
Zigzag goldenrod, *Solidago flexicaluis*



New England aster, © Lisa Looke

Late fall

SHRUBS

American witch-hazel, *Hamamelis virginiana*

PERENNIALS

Bluestem goldenrod, *Solidago caesia*
Heart-leaved aster, *Symphyotrichum cordifolium*
New England aster, *Symphyotrichum novae-angliae*

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