

## Native Plants and Herbs to Attract and Support Butterflies, Bees, and Hummingbirds



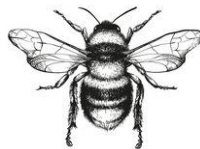
To support beneficial insects in your locale, avoid using pesticides and provide food sources, water, and a safe haven for them to overwinter and to lay their eggs. Allow “weeds”, such as dandelion, plantain, and clover, to grow in your lawn, and set your mower a little higher to avoid killing butterfly larvae and destroying food sources. Leave healthy garden debris in place over winter as shelter for overwintering creatures in various life stages.

Grow a wide variety of plants with a succession of blooms from early spring through late fall. Select plants native to our region; they evolved with native pollinators and provide them with nectar and pollen. Include larval host plants in your landscape. Avoid modern hybrid flowers, especially those with "double" flowers, and choose ones that aren't invasive. Help pollinators find their favorites by planting in groups or drifts, rather than planting single specimens. Some bees and butterfly larvae depend on one particular plant to survive. An asterisk in the bees column indicates a host for specialist native bees. An X in the larval host column indicates a relationship with a native butterfly or moth. Many bees are less selective regarding which flowers they visit, but they do have their favorites, and some are better for them than others. Honeybees, not being native, are less dependent on our native plant species, but still need a wide variety of blooms over a long season in order to thrive. An excellent habitat for native bees and butterflies is also an excellent habitat for honeybees. Those labeled “Superfood” produce nectar that is high in amino acids that bees need to thrive.

### Perennials

Common Name	Notes	Latin Name	Bees	Larval host	Butterflies	Hummingbird
Anise Hyssop	Superfood	<i>Agastache foeniculum</i>	X		X	X
Aster	Supports 112 Lepidoptera species Superfood	<i>Various</i>	*	X	X	X
Beardtongue	Supports 8 Lepidoptera species	<i>Penstemon</i>	X	X	X	X
Bee balms, Bergamots	Supports 7 Lepidoptera species, boosts immunity of native bees Superfood	<i>Monarda spp.</i>	X	X	X	X
Bellwort	Woodland	<i>Uvularia spp</i>	*		X	
Black-eyed Susans	Supports 17 Lepidoptera species	<i>Rudbeckia</i>	X	X	X	
Bleeding Heart, Dutchman's Breeches	Shade, spring	<i>Dicentra spp.</i>	X			X
Black Cohosh	Shade, summer	<i>Actaea racemosa</i>	X	X		
Bloodroot		<i>Sanguinaria canadensis</i>	X	X		
Cardinal Flower, Great Blue Lobelia		<i>Lobelia cardinalis, siphilitica, inflata</i>	X	X	X	X
Clasping Coneflower		<i>Dracopis amplexicaulis</i>	X		X	
Columbine		<i>Aquilegia spp.</i>	X	X	X	X
Coral Bells		<i>Heuchera spp.</i>	X			X
Evening Primrose	Supports 16 Lepidoptera species	<i>Oenothera spp.</i>		X	X	
False Indigo		<i>Baptisia spp.</i>	X	X		
Foamflower	Spring pollinator plant, shade	<i>Tiarella spp.</i>	X		X	

Geraniums	Supports 23 Lepidoptera species	<i>Geranium spp.</i>	*	X	X	
Goat's Beard		<i>Aruncus</i>	X		X	
Goldenrods	Supports 115 Lepidoptera species, Superfood	<i>Solidago</i>	*	X	X	
Iris	Supports 17 Lepidoptera species	<i>Iris spp.</i>	X	X	X	
Ironweed		<i>Vernonia</i>	X	X	X	
Jacob's Ladder	Spring, shade	<i>Polemonium reptans</i>	*		X	
Joe-Pye weed, Boneset	Supports 42 Lepidoptera species, Superfood	<i>Eupatorium spp.</i>	X	X	X	
Blazing Star		<i>Liatris spicata</i>	X	X	X	X
Mallows		<i>Malva spp., Hibiscus spp.</i>	X	X	X	X
Milkweeds	Supports 12 Lepidoptera species	<i>Asclepias spp.</i>	X	X	X	X
Mints		<i>Mentha</i>	X		X	X
Wild Ageratum	Summer, shade	<i>Conoclinium coelestinum</i>	X	X	X	
Mountain Mint		<i>Pycnanthemum spp.</i>	X		X	
Perennial Sunflowers	Supports 73 Lepidoptera species	<i>Helianthus Heliopsis</i>	*	X	X	
Phlox	Supports 8 Lepidoptera species	<i>Phlox spp.</i>	X	X	X	X
Coneflower	Summer	<i>Echinacea sp.</i>	X	X	X	
Salvia, Sage	Summer	<i>Salvia spp.</i>	X	X	X	
Sedge		<i>Carex spp.</i>		X		
Sedum	Spring	<i>Sedum spp.</i>	X		X	
Tickseed		<i>Coreopsis</i>	X	X	X	
Turtlehead	Summer	<i>Chelone glabra</i>	X	X	X	X
Veronica, Vervain	Supports 6 Lepidoptera species	<i>Veronica spp.</i>	*	X	X	X
Violets	Supports 29 Lepidoptera species	<i>Viola spp.</i>	*	X	X	
Virginia Bluebells	Early Spring	<i>Mertensia virginica</i>	X		X	



#### SHRUBS AND TREES

Common Name	Notes	Latin Name	Bees	Larval Host	Butterflies	Hummingbird
Birch	Supports 413 Lepidoptera species	<i>Betula</i>		X		
Black Locust		<i>Robinia pseudoacacia</i>	X	X		X
Blueberry	Supports 288 Lepidoptera species	<i>Vaccinium spp</i>	*	X	X	
Buttonbush		<i>Cephalanthus occidentalis</i>	X	X	X	
Carolina Silverbell	Spring	<i>Halesia carolina</i>	X	X	X	X
Black Cherry	Supports 456 Lepidoptera species	<i>Prunus spp.</i>	X	X	X	X
Coralberry	Berries persistent through winter	<i>S. orbiculatus</i>	X	X	X	
Crabapple	Supports 311 Lepidoptera species	<i>Malus</i>	X	X		X
Dogwood	Flowering dogwood, Pagoda Dogwood, Red-stemmed, many others	<i>Cornus</i>	*	X	X	

Hawthorn		<i>Crataegus</i>	X	X		X
Hickory	Supports 200 Lepidoptera species	<i>Carya</i>		X		
Horse Chestnut		<i>Aesculus spp.</i>	X			X
Leadwort	Superfood	<i>Amorpha fruticosa</i>	X			
Maple	Supports 285 Lepidoptera species	<i>Acer</i>	X	X	X	
Mock orange		<i>Philadelphus coronarius</i>	X		X	X
New Jersey tea		<i>Ceanothus americanus</i>	*	X	X	
Oak	Supports 534 Lepidoptera species	<i>Quercus spp.</i>		X		
Pawpaw	Host plant of Zebra Swallowtail, also produces edible fruit	<i>Asimina triloba</i>	X	X	X	
Pine	Supports 205 Lepidoptera species	<i>Pinus spp.</i>		X		
Redbud		<i>Cercis canadensis</i>	*	X		X
Rose	Supports 139 Lepidoptera species	<i>Rosa carolina</i>	*	X		
Rhododendron Native Azalea		<i>Rhododendron</i>	*	X	X	
Serviceberry	Early Spring, wonderful edible berries	<i>Amelanchier alnifolia</i>	X	X		
Sourwood		<i>Oxydendrum arboreum</i>	X	X		X
Spicebush	Host plant of Spicebush swallowtail, Blooms very early,	<i>Lindera benzoin</i>	X	X		
Summer sweet		<i>Clethra alnifolia</i>	X	X	X	X
Sweet Gum	Host plant of Luna moth	<i>Liquidambar styraciflua</i>		X		
Tulip Poplar		<i>Liriodendron tulipifera</i>	X	X		
Viburnums	Blackhaw	<i>Viburnum</i>	X	X	X	X
Willows	Supports 455 Lepidoptera species	<i>Salix</i>	*	X	X	
Yellowroot	Moist to dry shade, medicinally comparable to goldenseal	<i>Xanthorhizza simplicissima</i>	X			



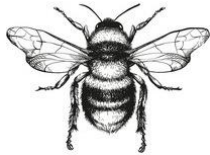
## VINES

Common Name	Notes	Latin Name	Bees	Larval Host	Butterflies	Hummingbird
Clematis		<i>Clematis spp.</i>	X			X
Cross Vine		<i>Bignonia capreolata</i>	X	X		X
Dutchman's pipe	Host plant of Pipevine swallowtail	<i>Aristolochia durior</i>		X		
Honeysuckle	Please use only the native species	<i>Lonicera spp.</i>	X	X	X	X
Passion Flower	Host plant of Gulf fritillary, and of a specialist bee	<i>Passiflora incarnata, P. lutea</i>	X	X	X	
Trumpet Vine		<i>Campsis radicans</i>	X	X	X	X
Virginia Creeper		<i>Parthenocissus quinquefolia</i>		X		
Wisteria	Please use only the native species:	<i>Wisteria frutescens or W. macrostachya</i>	X	X	X	



## GRASSES

Common Name	Notes	Latin Name	Bees	Larval Host	Butterflies	Hummingbird
Bluestem	Big bluestem, splitbeard, broomsedge	<i>Andropogon spp</i>		X		
Buffalograss		<i>Bouteloua dactyloides</i>		X		
Indian Grass		<i>Sorghastrum nutans</i>		X		
Little Bluestem		<i>Schizacrium scoparium</i>		X		
Prairie Dropseed		<i>Sporobolus heterolepis</i>	X			
Purple Lovegrass		<i>Eragrostis spectabilis</i>	X			
Switchgrass		<i>Panicum virgatum</i>		X		



## Herbs to attract bees and butterflies and other beneficial insects

Hyssop	Lovage	Caraway	Clover (superfood)
Parsley	Chervil	Marigolds	Dandelion
Yarrow	Bee's Friend	Sage	Tansy
Zinnia	Basil	Dill	Cosmos
Mint	Oregano	Fennel	Lavender (especially "Provence")

*Want to learn more? These are some of the resources we used to create these lists.*

Bringing Nature Home by Douglas Tallamy.

The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden by Rick Darke and Douglas Tallamy

Our Native Bees by Paige Embry

Pollinators of Native Plants by Heather Holm

"Butterfly Gardening", UT Publication PB1636.

Caterpillars of Eastern North America by David L. Wagner

The Xerces Society, [www.xerces.org](http://www.xerces.org)

The US Fish and Wildlife Service, [www.fws.gov](http://www.fws.gov)

Pollinator Partnership, [www.pollinator.org](http://www.pollinator.org)

Dyck Arboretum, [dyckarboretum.org](http://dyckarboretum.org)

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