

High Impact Habitat Gardening

To support beneficial insects in your landscape, follow these suggestions:

- Avoid using pesticides, and limit herbicide use to very targeted applications (painting on fresh stumps).
- Provide food sources, water, and a safe haven for them to overwinter and to lay their eggs
- Allow “weeds” such as dandelion, plantain, lyre leaf sage, violets, and clover, to grow in your lawn. Mow less and set your mower higher to avoid killing larvae and destroying food sources
- Leave healthy garden debris in place as shelter for overwintering creatures in various life stage, and utilize native grasses throughout the landscape.
- When you do clean up your garden in early to mid April, cut residual plant stems back to around 12 inches tall, to provide tubes for nesting bees
- Grow a wide variety of plants with a succession of blooms from early spring through late fall.
- Plant natives. Focus on low maintenance, high quality forage plants (superfoods), and specialist bee plants to get the greatest diversity of visitors to the landscape.
- Include larval host plants in your landscape, as well as berry and seed producers.
- Avoid modern hybrid flowers, especially those with "double" flowers.
- Help pollinators find their favorites by planting in groups or drifts.
- An excellent habitat for native bees and butterflies is also an excellent habitat for birds, amphibians and other desirable wildlife.
- Limit use of outdoor lighting to support a healthy firefly population, and limit use of plastic landscape fabrics to allow habitat for ground dwelling beneficial bees and other creatures.



Perennials

Common Name	Latin Name	Notes
Anise Hyssop	<i>Agastache foeniculum</i>	Superfood
Aster	<i>Various</i>	Supports 112 Lepidoptera species Superfood
Beardtongue	<i>Penstemon spp</i>	Supports 8 Lepidoptera species
Bee balms, Bergamots	<i>Monarda spp</i>	Supports 7 Lepidoptera species, boosts immunity of native bees Superfood
Black-eyed Susans	<i>Rudbeckia spp</i>	Supports 17 Lepidoptera species
Cardinal Flower, Great Blue Lobelia	<i>Lobelia cardinalis, siphilitica, inflata</i>	Its flowers are attractive to hummingbirds, butterflies and other pollinators.
Evening Primrose	<i>Oenothera spp.</i>	Supports 16 Lepidoptera species
False Indigo	<i>Baptisia spp.</i>	B.umblebees love it
Goldenrods	<i>Solidago</i>	Supports 115 Lepidoptera species, Superfood, Regionally diverse genus with a number of landscape worthy members
Iris	<i>Iris spp.</i>	Supports 17 Lepidoptera species
Ironweed	<i>Vernonia</i>	Attracts butterfly, bees, birds, and hummingbirds
Joe-Pye weed, Boneset, Threadleaf Boneset	<i>Eupatorium spp.</i>	Supports 42 Lepidoptera species, Superfood, Boneset is very attractive to Blue Winged Hornets, which parasitize Japanese Beetles.
Milkweeds	<i>Asclepias spp.</i>	Supports 12 Lepidoptera species
Mountain Mint	<i>Pycnanthemum spp.</i>	Attracts a diverse number of beneficial insects
Perennial Sunflowers	<i>Helianthus Heliopsis</i>	Supports 73 Lepidoptera species
Phlox	<i>Phlox spp.</i>	Supports 8 Lepidoptera species
Coneflower	<i>Echinacea sp. (9)</i>	Attracts hummingbirds, honey bees, bumblebees, butterflies. birds love the seeds.
Tickseed	<i>Coreopsis spp (11)</i>	Nectar source for butterflies and other pollinators. Its seeds are eaten by songbirds.
Vervain	<i>Verbena hastata and stricta</i>	Supports 6 Lepidoptera species as a host, birds eat the seeds, good nectar source
Violets	<i>Viola spp.</i>	Supports 29 Lepidoptera species

SHRUBS AND TREES

Blueberry	<i>Vaccinium spp</i>	Supports 288 Lepidoptera species, specialist bumblebee plant
Buttonbush	<i>Cephalanthus occidentalis</i>	Flowers are attractive to hummingbirds, butterflies, and bees. Songbirds and waterfowl eat seeds.
Coralberry	<i>Symphoricarpos orbiculatus</i>	Berries persistent through winter
Elder	<i>Sambucus canadensis</i>	Excellent pollinator plant and birds clean up the berries quickly. It makes an excellent nesting site for birds and provides cover for quail and pheasants. Good for firefly habitat.
Leadwort	<i>Amorpha fruticosa</i>	Superfood
New Jersey tea	<i>Ceanothus americanus</i>	larval host plant for 3 butterfly species, highly attractive for their nectar to butterflies, bees including two specialists, moths, predatory wasps and other insects. Its seeds are eaten by songbirds.
Pawpaw	<i>Asimina triloba</i>	Host plant of Zebra Swallowtail, also produces edible fruit
Plum	<i>Prunus americana</i>	Butterfly host plant. The fruits are eaten by songbirds, wild turkeys, quail, white-tailed deer, and small mammals.
Redbud	<i>Cercis canadensis</i>	larval host plant for 12 species of lepidoptera.
Rose	<i>Rosa carolina</i>	Supports 139 Lepidoptera species
Serviceberry	<i>Amelanchier alnifolia</i>	Early Spring, wonderful edible berries
Sourwood	<i>Oxydendrum arboreum</i>	High quality nectar source. Natural hollows in these trees are refuge for climbing reptiles and amphibians, bats and other small wildlife.
Spicebush	<i>Lindera benzoin</i>	Host plant of Spicebush swallowtail, Blooms very early,
Summer sweet	<i>Clethra alnifolia</i>	Hummingbirds are attracted to the tiny pollinators in the spires of blooms
Viburnums	<i>Viburnum</i>	Several very ornamental species supportive of pollinators and birds
Yellowroot	<i>Xanthorhizya simplicissima</i>	Moist to dry shade, medicinally comparable to goldenseal

VINES

Dutchman's pipe	<i>Aristolochia durior</i>	Host plant of Pipevine swallowtail
Trumpet Honeysuckle	<i>Lonicera spp.</i>	Please use only the native species- hummingbird magnet.
Passion Flower	<i>Passiflora incarnata</i>	Host plant of Gulf fritillary
Wisteria	<i>Wisteria</i>	Please use only the native species: <i>W.frutescens</i> or <i>macroctachya</i>

Grasses

Split-Beard Bluestem	<i>Andropogon ternarius</i>
Northern River Oats	<i>Chasmanthium latifolium</i>
Little Bluestem	<i>Schizacryium scoparium</i>
Purple Lovegrass	<i>Eragrostis spectabilis</i>
Bottlebrush Grass	<i>Hystrix patula</i>
Switchgrass	<i>Panicum virgatum</i>
Pink Muhly	<i>Muhlenbergia capillaris</i>

Generally, native grasses provide excellent cover year- round for fireflies and solitary nesting native bees. They are larval hosts for many Lepidoptera species. Birds and small mammals eat their seeds for winter sustenance. Native grasses require no cutting back over winter, and their decaying leaves are used for nest building by birds, and small mammals. They provide texture, movement, and winter interest to the landscape.

Bringing Nature Home by Douglas Tallamy, Our Native Bees by Paige Embry

The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden by Rick Darke and Douglas Tallamy, Pollinators of Native Plants by Heather Holm, Caterpillars of Eastern North America by David L. Wagner

"Butterfly Gardening", UT Publication PB1636.

The Xerces Society, www.xerces.org

The US Fish and Wildlife Service, www.fws.gov

pollinator.org, firefly.org, <https://plants.ces.ncsu.edu/>

Shy Valley Farm Studio & Garden

"Where nature and the garden meet." Since 2001

Christy Shivell and Family

www.shyvalleyfarm.com

email shyvalley@aol.com

text 423/348-6570