




Tried and True Native Plants Best Bets to Attract Pollinators

Best Bets: Plants
for Particular Uses
in the Mid-Atlantic

These plants attract myriad beneficial insects. Those included in a [Penn State Extension](#) study show rankings for total pollinator **visits** and pollinator **diversity**.



Perennials	<i>P. muticum</i> ,* <i>Solidago</i> ,** <i>E. hyssopifolium</i> ***	
Columbine (Aquilegia canadensis) attracts hummers, butterflies. Larval host for ~11 lepidopterans.		
Milkweeds (<i>Asclepias</i> spp, Asclepias incarnata , ^{8 17} A. tuberosa) are larval hosts for Monarch butterfly.		
White Turtlehead (Chelone glabra) attracts bees, butterflies, hummers. Larval host for ~3 lepidopterans.		
Coreopsis (<i>Coreopsis tripteris</i> , ^{19 6} C. verticillata ¹⁷) attract bees, wasps, syrphid flies, butterflies.		
Purple Coneflower (Echinacea purpurea) attracts pollinators, goldfinches. Hosts Silvery Checkerspot.		
Thoroughwort, Boneset (Eupatorium hyssopifolium , ^{5 3} <i>E. perfoliatum</i> ^{11 18}) attract diverse beneficial insects.		
Joe-pye-weeds (<i>Eutrochium</i> spp., E. dubium , ⁷ <i>E. fistulosum</i> , ¹¹ <i>E. maculatum</i> ⁹) attract many pollinators.		
Gayfeathers (<i>Liatris microcephala</i> , ^{6 16} L. spicata ²⁵) attract bees, butterflies, and hummingbirds.		
Beebalm, Bergamot (Monarda didyma , <i>M. fistulosa</i> , ⁹ ²² M. punctata ¹⁸) host Orange Mint & ~11 other moths.	Small Trees	
Phlox divaricata and P. paniculata attract butterflies.	Downy Serviceberry (Amelanchier arborea) attracts native bees. Hosts Red-spotted Purple, Eastern Tiger Swallowtail, and ~98 other lepidopterans.	
Short-toothed Mountain-mint (Pycnanthemum muticum ^{1 2}) attracts myriad and diverse beneficial insects and pollinators. Hosts ~4 lepidopterans.	Eastern Redbud (Cercis canadensis) attracts bees. Hosts Spicebush Swallowtail, Io moth, Henry's Elfin, and ~22 other lepidopterans.	
Goldenrods (<i>Solidago</i> spp., <i>S. rigida</i> , ^{2 1} S. rugosa , ¹³ <i>S. nemoralis</i> ^{4 12}) host ~114 lepidopterans.	Native Dogwoods (formerly <i>Cornus</i> , Benthamidia florida , Swida alternifolia) attract bees, wasps, flies, butterflies. Host Spring and Spring/Summer Azures and ~108 other lepidopterans.	
Asters (Symphyotrichum cordifolium , <i>S. laeve</i> , ^{10 8} S. novae-angliae ²⁰) attract myriad pollinators.	Vines	
Blue Vervain (Verbena hastata) attracts wasps, bees, butterflies, hummers. Hosts ~10 lepidopterans.	Trumpet Honeysuckle (Lonicera sempervirens) attracts bees, butterflies, moths, hummingbirds. Hosts Hummingbird and Snowberry Clearwing moths and ~29 other lepidopterans.	
New York Ironweed (Vernonia noveboracensis) serves as larval host to ~24 lepidopterans.	Learn More about These Plants	
Shrubs	For detailed plant fact sheets, use Latin name hyperlinks or visit Tried & True Native Plants: Mid-Atlantic on mgmv.org .	
Buttonbush (Cephalanthus occidentalis) attracts bees, butterflies, hummers. Hosts ~25 lepidopterans.	Pollinators: *Orange Mint Moth **Wasps ***Honey Bees, Red-banded Hairstreak	
Sweet Pepperbush (Clethra alnifolia) attracts bees, wasps, flies, butterflies, hummingbirds.		

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