

# NATIVE PLANTS FOR POLLINATORS & BENEFICIAL INSECTS: Northern Plains



LEFT—Checked skipper butterfly on *Solidago rigida*. RIGHT—Leafcutter and mining bees on *Pycnanthemum virginianum*.

## Plant Selection

These plants are attractive to a diversity of pollinators, providing pollen and nectar to bees, butterflies, flies, beetles, wasps, and moths. Some plants provide additional resources as caterpillar host plants or nesting sites and nesting materials for above-ground nesting bees. Many support specialist bees that require pollen from specific plants to survive and supplement beneficial insects that can help control pests of ornamental and crop plants. These plants are native to this region—determine if a species is native in your area at [plants.usda.gov](http://plants.usda.gov)—and can be used to create or enhance pollinator habitat across rural and urban landscapes.

When purchasing plants, let your local garden center or nursery know you want plant material free of pesticides that may harm pollinators.

## Resources

- ⇒ Pollinator Conservation Resource Center: [xerces.org/pollinator-resource-center](http://xerces.org/pollinator-resource-center)
- ⇒ Bring Back The Pollinators: [BringBackthePollinators.org](http://BringBackthePollinators.org)
- ⇒ Reducing Pesticide Use & Impacts: [xerces.org/pesticides](http://xerces.org/pesticides)

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE	FORM	SUN	SOIL	ADDITIONAL DETAILS ①
<i>Agastache foeniculum</i> ★	Blue giant hyssop	JUL–OCT	P			D	
<i>Amorpha canescens</i> ★	Leadplant	JUN–AUG	P			D	
<i>Anemone canadensis</i>	Canadian anemone	MAY–JUL	P			M–W	
<i>Anemone cylindrica</i> ★	Candle anemone	JUN–JUL	P			D	
<i>Anemone patens</i>	Eastern pasqueflower	MAR–JUN	P			D–M	
<i>Asclepias speciosa</i>	Showy milkweed	MAY–SEP	P			D–M	
<i>Asclepias syriaca</i>	Common milkweed	JUN–AUG	P			D–M	
<i>Asclepias verticillata</i> ★	Whorled milkweed	JUN–SEP	P			D–M	
<i>Asclepias viridiflora</i>	Green comet milkweed	JUN–SEP	P			D	
<i>Astragalus crassicaupus</i>	Groundplum milkvetch	APR–MAY	P			D–M	
<i>Bouteloua gracilis</i>	Blue grama	MAY–JUL	P			D	
<i>Carex breviar</i>	Shortbeak sedge	MAY–JUL	P			D–W	

**KEY**

**LIFE:** Annual  
Biennial  
Perennial

**SOIL:** Dry  
Moist  
Wet

★ **Staff favorite**

**FORM:** Forb Sedge Vine  
 Cactus Shrub  
 Grass Tree

**SUN:** Full sun  
 Partial sun  
 Full shade

**ADD'L. DETAILS:** Larval host (butterfly, moth)  
 Supports specialist bee  
 Attracts beneficial insects

Bumblebee plant  
 Nest site  
 Nest thatch  
 Deer resistant

## Native Plants for Pollinators & Beneficial Insects: Northern Plains *continued*

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE	FORM	SUN	SOIL	ADDITIONAL DETAILS ①
<i>Cirsium flodmanii</i>	Flodman's thistle	JUN-SEP	P			D-M	
<i>Cirsium undulatum</i>	Wavyleaf thistle	JUN-AUG	B / P			D-M	
<i>Coreopsis tinctoria</i>	Plains coreopsis	APR-JUN	A / P			D-M	
<i>Dalea candida</i>	White prairie clover	MAY-SEP	P			D	
<i>Dalea purpurea</i>	Purple prairie clover	JUL-AUG	P			D	
<i>Echinacea angustifolia</i>	Narrowleaf prairie coneflower	MAY-JUL	P			D	
<i>Elymus canadensis</i>	Canada wildrye	JUL-AUG	P			D-M	
<i>Helianthus maximiliani</i>	Maximilian sunflower	AUG-NOV	P			D-M	
<b><i>Helianthus pauciflorus</i>★</b>	Stiff sunflower	JUL-AUG	P			D	
<i>Helianthus petiolaris</i>	Plains sunflower	JUL-SEP	A			D	
<i>Heliopsis helianthoides</i>	Smooth oxeye	JUN-AUG	P			D-M	
<i>Koeleria macrantha</i>	Prairie Junegrass	MAY-JUN	P			D	
<b><i>Liatis ligulistylis</i>★</b>	Rocky Mountain blazing star	JUL-SEP	P			D-W	
<i>Liatis punctata</i>	Dotted blazing star	JUL-SEP	P			D	
<i>Linum lewisii</i>	Lewis flax	MAY-SEP	P			D	
<i>Monarda fistulosa</i>	Wild bergamot	MAY-SEP	P			D-M	
<i>Penstemon albidus</i>	White penstemon	MAY-JUN	P			D	
<b><i>Penstemon angustifolius</i>★</b>	Broadbeard beardtongue	APR-MAY	P			D	
<i>Penstemon grandiflorus</i>	Large beardtongue	JUN-JUL	P			D	
<i>Peritoma serrulata</i>	Rocky Mountain beeplant	JUL-SEP	A			D	
<i>Prunus americana</i>	American plum	APR-MAY	P			D	
<i>Pycnanthemum virginianum</i>	Virginia mountainmint	JUN-AUG	P			M	
<i>Ratibida columnifera</i>	Upright prairie coneflower	MAY-OCT	P			D	
<i>Rhus aromatica</i>	Fragrant sumac	APR-JUN	P			D-M	
<i>Rosa arkansana</i>	Prairie rose	JUN-AUG	P			D-M	
<i>Schizachyrium scoparium</i>	Little bluestem	AUG-SEP	P			D-M	
<b><i>Scrophularia lanceolata</i>★</b>	Lanceleaf figwort	MAY-JUL	P			D-W	
<i>Shepherdia argentea</i>	Silver buffaloberry	MAY-JUN	P			D	
<i>Silphium perfoliatum</i>	Cup plant	JUL-SEP	P			M	
<i>Solidago missouriensis</i>	Missouri goldenrod	JUL-SEP	P			D	
<i>Solidago rigida</i>	Stiff goldenrod	AUG-SEP	P			D	
<i>Sporobolus heterolepis</i>	Prairie dropseed	AUG-SEP	P			M	
<i>Symphotrichum ericoides</i>	White heath aster	AUG-OCT	P			D-M	
<i>Symphotrichum laeve</i>	Smooth blue aster	AUG-SEP	P			D	
<i>Symphotrichum novae-angliae</i>	New England aster	AUG-OCT	P			M-W	
<i>Verbena stricta</i>	Hoary verbena	JUN-SEP	A / P			D	
<b><i>Vernonia fasciculata</i>★</b>	Prairie ironweed	JUL-SEP	P			M	
<i>Vicia americana</i>	American vetch	MAY-JUN	P			D-M	

KEY	LIFE: Annual	SOIL: Dry	★ Staff favorite	FORM:  Forb	Sedge	Vine	SUN:  Full sun	ADD'L:  Larval host (butterfly, moth)	Bumble bee plant	Nest materials
	Biennial	Moist		Cactus	Shrub		Partial sun		Supports specialist bee	Nest thatch
	Perennial	Wet		Grass	Tree	Full shade	Attracts beneficial insects	Nest site	Deer resistant	

### Acknowledgments

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We make the commitment to you that we will work every day to protect pollinators and their habitat. Will you support our work?  
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