

NATIVE PLANTS FOR POLLINATORS & BENEFICIAL INSECTS: Midwest



LEFT—Yellow bumble bee (*Bombus fervidus*) collects pollen from a *Cirsium discolor* flower. RIGHT—Monarch butterfly (*Danaus plexippus*) on *Liatris pycnostachya*.

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—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
- ⇒ Bring Back The Pollinators: BringBackthePollinators.org
- ⇒ Reducing Pesticide Use & Impacts: xerces.org/pesticides

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE	FORM	SUN	SOIL	ADDITIONAL DETAILS ⓘ
<i>Amorpha canescens</i>	Leadplant	JUN–AUG	P			D–M	
<i>Aquilegia canadensis</i>	Red columbine	APR–MAY	P			D–W	
<i>Asclepias incarnata</i>	Swamp milkweed	JUN–SEP	P			M–W	
<i>Asclepias syriaca</i>	Common milkweed	JUN–AUG	P			D–M	
<i>Asclepias tuberosa</i>★	Butterfly milkweed	JUN–AUG	P			D–M	
<i>Baptisia alba</i>	White wild indigo	MAY–JUL	P			D–M	
<i>Ceanothus americanus</i>	New Jersey tea	JUN–JUL	P			D	
<i>Cephalanthus occidentalis</i>	Common buttonbush	JUN–AUG	P			M–W	
<i>Chamaecrista fasciculata</i>	Partridge pea	JUL–SEP	A			D–M	
<i>Cirsium discolor</i>★	Field thistle	AUG–OCT	B / P			M	
<i>Dalea candida</i>	White prairie clover	MAY–SEP	P			D–M	
<i>Dalea purpurea</i>	Purple prairie clover	JUL–AUG	P			D–M	

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

Native Plants for Pollinators & Beneficial Insects: Midwest *continued*

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE	FORM	SUN	SOIL	ADDITIONAL DETAILS ①
<i>Echinacea pallida</i> ★	Pale purple coneflower	JUN–AUG	P			D–M	
<i>Elymus hystrix</i>	Eastern bottlebrush grass	JUN–AUG	P			D–M	
<i>Eryngium yuccifolium</i> ★	Rattlesnake master	JUL–SEP	P			D–W	
<i>Eupatorium perfoliatum</i>	Common boneset	JUN–OCT	P			M–W	
<i>Gentiana andrewsii</i>	Bottle gentian	AUG–OCT	P			M	
<i>Geranium maculatum</i> ★	Spotted geranium	APR–MAY	P			D–M	
<i>Helenium autumnale</i>	Common sneezeweed	SEP–NOV	P			M–W	
<i>Heliopsis helianthoides</i>	Smooth oxeye	JUN–AUG	P			D–M	
<i>Hydrophyllum virginianum</i>	Eastern waterleaf	MAY–JUN	P			M–W	
<i>Hypericum prolificum</i>	Shrubby St. Johnswort	MAY–JUN	P			D–M	
<i>Impatiens capensis</i>	Jewelweed	JUN–OCT	A			M–W	
<i>Iris virginica</i>	Virginia iris	APR–MAY	P			W	
<i>Koeleria macrantha</i>	Prairie Junegrass	JUN–JUL	P			D–M	
<i>Lespedeza capitata</i>	Round-headed bush clover	JUL–SEP	P			D–M	
<i>Liatris pycnostachya</i> ★	Prairie blazing star	JUL–SEP	P			D–W	
<i>Lobelia siphilitica</i>	Great blue lobelia	JUN–AUG	P			M–W	
<i>Monarda fistulosa</i> ★	Wild bergamot	MAY–SEP	P			D–M	
<i>Penstemon digitalis</i> ★	Foxglove beardtongue	JUN–JUL	P			D–M	
<i>Phlox pilosa</i>	Prairie phlox	MAR–MAY	P			D–M	
<i>Physocarpus opulifolius</i>	Common ninebark	APR–JUN	P			M	
<i>Physostegia virginiana</i>	Obedient plant	AUG–SEP	P			M–W	
<i>Polygonatum biflorum</i>	Smooth Solomon's seal	MAY–JUN	P			D–M	
<i>Prunus americana</i>	American plum	APR–MAY	P			D–M	
<i>Pycnanthemum virginianum</i>	Virginia mountainmint	JUN–AUG	P			M	
<i>Ratibida pinnata</i>	Gray-headed coneflower	JUN–AUG	P			D–M	
<i>Rhus aromatica</i>	Fragrant sumac	APR–JUN	P			D–M	
<i>Rudbeckia hirta</i>	Black-eyed Susan	JUN–AUG	A / B / P			M	
<i>Rudbeckia laciniata</i>	Cutleaf coneflower	JUL–SEP	P			D–M	
<i>Salix humilis</i>	Prairie willow	MAR–MAY	P			D–M	
<i>Schizachyrium scoparium</i>	Little bluestem	JUL–SEP	P			D–M	
<i>Solidago rigida</i> ssp. <i>rigida</i>	Stiff goldenrod	JUL–SEP	P			D–M	
<i>Solidago speciosa</i>	Showy goldenrod	AUG–SEP	P			D–M	
<i>Sporobolus heterolepis</i>	Prairie dropseed	AUG–OCT	P			M	
<i>Symphyotrichum laeve</i>	Smooth blue aster	AUG–SEP	P			D	
<i>Symphyotrichum novae-angliae</i>	New England aster	AUG–OCT	P			M–W	
<i>Vernonia fasciculata</i>	Prairie ironweed	JUL–SEP	P			M–W	
<i>Veronicastrum virginicum</i> ★	Culver's root	JUN–AUG	P			M–W	
<i>Zizia aurea</i> ★	Golden Alexanders	APR–JUN	P			D–W	

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

Acknowledgments

This list was developed with funding from the Church and Dwight Philanthropic Foundation, CS Fund, Disney Conservation Fund, General Mills, Karyn & David Ries Charitable Fund, Practical Farmers of Iowa, and USDA Natural Resources Conservation Service. **PHOTOS:** Xerces Society / Sarah Foltz Jordan. For more information on installing pollinator habitat, see the list of Resources on front page.

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

Make a tax-deductible donation to the Xerces Society today! Visit xerces.org/donate to learn more.