

Pollen and Nectar Plants Table (adapted from *Attracting Native Pollinators: Protecting North America's Bees and Butterflies* by The Xerces Society):

Plant Name	Exposure	Bloom Time	Flower Colour	Insects
Asters (e.g., white heath aster and smooth aster (<i>Symphyotrichum ericoides</i> & <i>S. laeve</i>))	Sun or part shade	Late summer	White/blue	Bees active in fall, including bumblebee queens building up reserves for winter dormancy; other bees and butterflies
Beardtongue (<i>Penstemon</i> spp., including <i>P. procerus</i>)	Sun or part shade	Late spring to summer	Blue/mauve	Various native bees, honey bees; sphinx moths
Monarda or beebalm (<i>Monarda fistulosa</i>)	Sun or part shade	Midsummer	Mauve	Bumblebees, small black sweat bees; (host/forage plant for a sphinx moth sp.)
Blazingstars (<i>Liatris</i> spp.)	Sun	Summer	Mauve or purple	Long- and short-tongued bees; swallowtail, sulphur and monarch butterflies; host/forage for a moth species
Fireweed (<i>Chamerion angustifolium</i>)	Sun to part shade	Summer	Pink or purple	Various bees
Giant hyssop (<i>Agastache</i> spp.; <i>A. foeniculum</i>)	Sun to part shade	Summer	Purple	Various bees and butterflies
Goldenrods (<i>Solidago</i> spp. & <i>Oligoneuron rigidum</i>)	Sun or part shade	Summer	Yellow	Honey bees (nectar provision for winter); other bees use pollen ; solitary wasps; beetles
Joe Pye weed (<i>Eutrochium maculatum</i>)	Sun or part shade	Summer	Pink or purple	Butterflies, solitary bees, bumblebees, other insects.
Low milkweed (<i>Asclepias ovalifolia</i>)	Sun	Summer	White	Butterflies, bees, wasps, flies. Forage plant for monarch, milkweed tussock moth
Purple prairie clover (<i>Dalea purpurea</i>)	Sun	Summer	Purple	Bees, honey bees, bumblebees. Host plant for various sulphur butterflies
Sunflowers (<i>Helianthus</i> spp.)	Sun or part shade	Late summer	Yellow	Bees, wasps, flies, butterflies, pollen-eating beetles. Specialist bees include the sunflower leafcutter bee, <i>Megachile pugnata</i> .
Geranium spp. (<i>G. richardsonii</i> , <i>G. viscosissium</i>)	Shade or part shade	Spring	White, purple	Various bees, including bumblebees.
Roses (<i>Rosa</i> spp.)	Sun or part shade	Late spring	Pink	Pollen-collecting bees
Saskatoon (<i>Amelanchier alnifolia</i>)	Sun or part shade	Spring	White	Various bee species
<i>Spiraea</i> spp. (<i>S. alba</i>)	Sun to part shade	Late spring	White	Butterflies, flies, small bees; forage plants for various azure butterflies
Willows (<i>Salix</i> sp., e.g. pussy willow, <i>S. discolor</i>)	Sun or part shade	Early spring	Yellow	Bees; forage plants for various butterflies and moths
<i>Hedysarum</i> spp. (<i>H. alpinum</i>)	Sun	Late spring, early summer	Purple	Various bees
Golden bean (<i>Thermopsis rhombifolia</i>)	Sun	Spring	Yellow	Common host/forage plant for silvery blue butterfly

<i>Viola</i> spp.	Sun or part shade	Spring	Blue/violet	Host to fritillary butterflies
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Codes: tall plants in blue; medium in white; low plants in green; shrubs = pink

Butterfly plants - nectar sources

Dalea purpurea (**purple prairie-clover**)

Gaillardia aristata

Liatris ligulistylis (**meadow blazingstar**): also nectar for bees; goldfinches eat seeds

Monarda fistulosa

Oligoneuron rigidum (*Solidago rigida*) (**stiff goldenrod**): also nectar source for bees

Rudbeckia hirta (**brown-eyed Susan**)

Symphotrichum laeve (*Aster laevis*; **smooth aster**); also larval food for various butterflies

Amelanchier alnifolia (**saskatoon**)

Elaeagnus commutata (**wolf willow**)

Prunus virginiana (**chokecherry**): also larval food source for certain butterflies

Spiraea alba (**white meadowsweet**)

Top plants for native pollinator gardens (according to Xerces book):

Early: Penstemons

Summer bloomers: Monarda, Meadow Blazingstar, Purple Prairie Clover, Gaillardia

Fall bloomers: Asters (purple and white-flowered prairie aster); goldenrods

Trees & shrubs: Roses, Saskatoon, chokecherry, pin cherry, willows