

## Native Plants for Bee Forage\*

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*A complete list of plants with accompanying photos and cultural information is under construction on Cooperative Extension's Growing Small Farms website.*

*For more information,  
visit the Growing Small Farms website at [www.protectpollinators.org](http://www.protectpollinators.org).*

| Common Name             | Scientific Name                | Origin              |
|-------------------------|--------------------------------|---------------------|
| <b>Perennials</b>       |                                |                     |
| Anise hyssop            | <i>Agastache</i> spp.          | some species native |
| Nodding onion           | <i>Allium cerneum</i>          | native              |
| Sandhills bluestar      | <i>Amsonia ciliata</i>         | native              |
| Arkansas bluestar       | <i>Amsonia hubrechtii</i>      | native              |
| Eastern bluestar        | <i>Amsonia tabernaemontana</i> | native              |
| Columbine               | <i>Aquilegia canadensis</i>    | native              |
| Swamp milkweed          | <i>Asclepias incarnata</i>     | native              |
| Butterfly weed          | <i>Asclepias tuberosa</i>      | native              |
| Common milkweed         | <i>Asclepias syriaca</i>       | native              |
| Aster                   | <i>Aster</i> spp.              | native              |
| Wild indigo             | <i>Baptisia</i> spp.           | native              |
| Gray-leaved conradina   | <i>Conradina canescens</i>     | native              |
| Lobed tickseed          | <i>Coreopsis auriculata</i>    | native              |
| Lance-leaf tickseed     | <i>Coreopsis lanceolata</i>    | native              |
| Greater tickseed        | <i>Coreopsis major</i>         | native              |
| Tickseed                | <i>Coreopsis pubescens</i>     | native              |
| Tall tickseed           | <i>Coreopsis tripteris</i>     | native              |
| Coreopsis               | <i>Coreopsis verticillata</i>  | native              |
| American dittany        | <i>Cunila organoides</i>       | native              |
| Purple coneflower       | <i>Echinacea purpurea</i>      | native              |
| Fleabane                | <i>Erigeron</i> spp.           | native              |
| Rattlesnake master      | <i>Eryngium yuccifolium</i>    | native              |
| Joe-pye weed            | <i>Eupatorium dubium</i>       | native              |
| Boneset                 | <i>Eupatorium perfoliatum</i>  | native              |
| White snakeroot         | <i>Eupatorium rugosum</i>      | native              |
| Lanceleaf blanketflower | <i>Gaillardia aestivalis</i>   | native              |
| Beeblossom              | <i>Gaura</i> spp.              | native              |
| Common sneezeweed       | <i>Helenium autumnale</i>      | native              |
| Purple-head sneezeweed  | <i>Helenium flexuosum</i>      | native              |

| Common Name               | Scientific Name                 | Origin              |
|---------------------------|---------------------------------|---------------------|
| Swamp sunflower           | <i>Helianthus angustifolius</i> | native              |
| Oxeye daisy               | <i>Heliopsis helianthoides</i>  | native              |
| Rose mallow               | <i>Hibiscus</i> spp.            | native              |
| Seashore mallow           | <i>Kosteletzkya virginica</i>   | native              |
| Blazing star              | <i>Liatris</i> spp.             | native              |
| Cardinal flower           | <i>Lobelia cardinalis</i>       | native              |
| Great blue lobelia        | <i>Lobelia siphilitica</i>      | native              |
| Bee balm                  | <i>Monarda didyma</i>           | native              |
| Eastern horsemint         | <i>Monarda punctata</i>         | native              |
| Evening primrose          | <i>Oenothera fruticosa</i>      | native              |
| Wild quinine              | <i>Parthenium integrifolium</i> | native              |
| Beardtongue               | <i>Penstemon</i> spp.           | native              |
| Eastern gray beardtongue  | <i>Penstemon canescens</i>      | native              |
| Phlox                     | <i>Phlox</i> spp.               | native              |
| Obedient plant            | <i>Physostegia virginiana</i>   | native              |
| Hoary mountain mint       | <i>Pycnanthemum incanum</i>     | native              |
| Clustered mountain mint   | <i>Pycnanthemum muticum</i>     | native              |
| Narrow-leaf mountain mint | <i>Pycnanthemum tenuifolium</i> | native              |
| Virginia mountain mint    | <i>Pycnanthemum virginianum</i> | native              |
| Prairie coneflower        | <i>Ratibida columnifera</i>     | native              |
| Orange coneflower         | <i>Rudbeckia fulgida</i>        | native              |
| Black-eyed susan          | <i>Rudbeckia hirta</i>          | native              |
| Green-head coneflower     | <i>Rudbeckia laciniata</i>      | native              |
| Brown-eyed susan          | <i>Rudbeckia triloba</i>        | native              |
| Lyre-leaf sage            | <i>Salvia lyrata</i>            | native              |
| Elderberry                | <i>Sambucus canadensis</i>      | native              |
| Hoary skullcap            | <i>Scutellaria incana</i>       | native              |
| Large-flowered skullcap   | <i>Scutellaria integrifolia</i> | native              |
| Stonecrop                 | <i>Sedum</i> spp.               | some species native |
| Woodland stonecrop        | <i>Sedum ternatum</i>           | native              |
| Axillary goldenrod        | <i>Solidago caesia</i>          | native              |
| Anise-scented goldenrod   | <i>Solidago odora</i>           | native              |
| Rough-leaf goldenrod      | <i>Solidago rugosa</i>          | native              |
| Showy goldenrod           | <i>Solidago speciosa</i>        | native              |
| Stokes' aster             | <i>Stokesia laevis</i>          | native              |
| Aster                     | <i>Symphyotrichum</i> spp.      | native              |
| Foamflower                | <i>Tiarella wherryi</i>         | native              |
| Verbena                   | <i>Verbena canadensis</i>       | native              |
| Swamp verbena             | <i>Verbena hastata</i>          | native              |
| Ironweed                  | <i>Vernonia noveboracensis</i>  | native              |
| Speedwell                 | <i>Veronica</i> spp.            | some species native |
| Culver's root             | <i>Veronicastrum virginicum</i> | native              |
| Adam's needle             | <i>Yucca filamentosa</i>        | native              |

| Common Name            | Scientific Name               | Origin |
|------------------------|-------------------------------|--------|
| <b>Annual Flowers*</b> |                               |        |
| Summer snapdragon      | <i>Angelonia angustifolia</i> | exotic |
| Spiderflower           | <i>Cleome</i> spp.            | exotic |
| Cosmos                 | <i>Cosmos</i> spp.            | exotic |
| Sunflower              | <i>Helianthus annuus</i>      | native |
| Mexican sunflower      | <i>Tithonia rotundifolia</i>  | exotic |
| Zinnia                 | <i>Zinnia</i> spp.            | exotic |

\* These non-native flowers are included because they provide excellent forage for bees

| Common Name             | Scientific Name               | Origin |
|-------------------------|-------------------------------|--------|
| <b>Perennial Herbs*</b> |                               |        |
| Onion/chives            | <i>Allium</i> spp.            | exotic |
| Calamint                | <i>Calamintha</i> spp.        | exotic |
| Bronze fennel           | <i>Foeniculum rubrum</i>      | exotic |
| Hyssop                  | <i>Hyssopus officinalis</i>   | exotic |
| Lavender                | <i>Lavendula</i> spp.         | exotic |
| Catmint                 | <i>Nepeta</i> spp.            | exotic |
| Oregano                 | <i>Origanum</i> spp.          | exotic |
| Mountain mint           | <i>Pycnanthemum</i> spp.      | native |
| Rosemary                | <i>Rosmarinus officinalis</i> | exotic |
| Sage                    | <i>Salvia</i> spp.            | exotic |
| Comfrey                 | <i>Symphytum peregrinum</i>   | exotic |
| Thyme                   | <i>Thymus</i> spp.            | exotic |

\* These non-native herbs are included because they provide excellent forage for bees

| Common Name          | Scientific Name           | Origin |
|----------------------|---------------------------|--------|
| <b>Annual Herbs*</b> |                           |        |
| Dill                 | <i>Anethum graveolens</i> | exotic |
| Borage               | <i>Borago officinalis</i> | exotic |
| Cilantro             | <i>Coriandrum sativum</i> | exotic |
| Basil                | <i>Ocimum</i> spp.        | exotic |
| Clary sage           | <i>Salvia sclarea</i>     | native |

\* These non-native herbs are included because they provide excellent forage for bees

| Common Name             | Scientific Name                  | Origin      |
|-------------------------|----------------------------------|-------------|
| <b>Trees and Shrubs</b> |                                  |             |
| Maple                   | <i>Acer</i> spp.                 | native      |
| Red buckeye             | <i>Aesculus pavia</i>            | native      |
| Serviceberry            | <i>Amelanchier arborea</i>       | native      |
| New Jersey Tea          | <i>Ceanothus americanus</i>      | native      |
| Buttonbush              | <i>Cephalanthus occidentalis</i> | native      |
| Redbud                  | <i>Cercis canadensis</i>         | native      |
| Pepperbush              | <i>Clethra alnifolia</i>         | native      |
| Eastern persimmon       | <i>Diospyrus virginiana</i>      | native      |
| Fothergilla             | <i>Fothergilla major</i>         | native      |
| Carolina silverbell     | <i>Halesia carolina</i>          | native      |
| Witch hazel             | <i>Hamamelis virginiana</i>      | native      |
| Oak-leaf hydrangea      | <i>Hydrangea quercifolia</i>     | native      |
| St. John's Wort         | <i>Hypericum frondosum</i>       | native      |
| Possumhaw               | <i>Ilex decidua</i>              | native      |
| Inkberry/Winterberry    | <i>Ilex glabra</i>               | native      |
| American holly          | <i>Ilex opaca</i>                | native      |
| Yaupon                  | <i>Ilex vomitoria</i>            | native      |
| Virginia sweetspire     | <i>Itea virginica</i>            | native      |
| Tulip poplar            | <i>Liriodendron tulipifera</i>   | native      |
| Southern magnolia       | <i>Magnolia grandiflora</i>      | native      |
| Sweetbay                | <i>Magnolia virginiana</i>       | native      |
| Sourwood                | <i>Oxydendrum arboreum</i>       | native      |
| Ninebark                | <i>Physocarpus opulifolius</i>   | native      |
| Carolina cherry laurel  | <i>Prunus caroliniana</i>        | native      |
| Sumac                   | <i>Rhus</i> spp.                 | native      |
| Blackberry              | <i>Rubus</i> spp.                | naturalized |
| Willow                  | <i>Salix</i> spp.                | native      |
| Elderberry              | <i>Sambucus canadensis</i>       | native      |
| Sassafras               | <i>Sassafras officinale</i>      | native      |
| Hardhack                | <i>Spiraea tomentosa</i>         | native      |
| Blueberry               | <i>Vaccinium</i> spp.            | native      |
| Viburnum                | <i>Viburnum</i> spp.             | native      |
| <b>Common Name</b>      |                                  |             |
| <b>Scientific Name</b>  |                                  |             |
| <b>Origin</b>           |                                  |             |
| <b>Vines</b>            |                                  |             |
| Climbing aster          | <i>Ampelaster carolinianus</i>   | native      |
| Honeysuckle             | <i>Lonicera</i> spp.             | native      |
| Passionflower           | <i>Passiflora</i> spp.           | native      |

| Common Name        | Scientific Name             | Origin |
|--------------------|-----------------------------|--------|
|                    |                             |        |
| <b>Cover Crops</b> |                             |        |
|                    |                             |        |
| Canola             | <i>Brassica napus</i>       | exotic |
| Buckwheat          | <i>Fagopyrum esculentum</i> | exotic |
| Clovers            | <i>Trifolium</i> spp.       | exotic |
| Vetch              | <i>Vicia</i> spp.           | exotic |
|                    |                             |        |

\* The plants on this list are native to the Piedmont region of North Carolina unless otherwise indicated. A few non-native plants are included if they are known for being bee magnets!











