

Native Plants for Bee Forage

Compiled by Debbie Roos, North Carolina Cooperative Extension

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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.



Common Name	Scientific Name	Origin
<u>Perennials</u>		
Anise hyssop	Agastache spp.	some species native
Nodding onion	Allium cernuum	native
Sandhills bluestar	Amsonia ciliata	native
Arkansas bluestar	Amsonia hubrechtii	native
Eastern bluestar	Amsonia tabernaemontana	native
Columbine	Aquilegia canadensis	native
Swamp milkweed	Asclepias incarnata	native
Butterfly weed	Asclepias tuberosa	native
Common milkweed	Asclepias syriaca	native
Aster	Aster spp.	native
Wild indigo	Baptisia spp.	native
Gray-leaved conradina	Conradina canescens	native
Lobed tickseed	Coreopsis auriculata	native
Lance-leaf tickseed	Coreopsis lanceolata	native
Greater tickseed	Coreopsis major	native
Tickseed	Coreopsis pubescens	native
Tall tickseed	Coreopsis tripteris	native
Coreopsis	Coreopsis verticillata	native
American dittany	Cunila origanoides	native
Purple coneflower	Echinacea purpurea	native
Fleabane	Erigeron spp.	native
Rattlesnake master	Eryngium yuccafolium	native
Joe-pye weed	Eupatorium dubium	native
Boneset	Eupatorium perfoliatum	native
White snakeroot	Eupatorium rugosum	native
Lanceleaf blanketflower	Gaillardia aestivalis	native
Beeblossom	Gaura spp.	native
Common sneezeweed	Helenium autumnale	native
Purple-head sneezeweed	Helenium flexuosum	native
Swamp sunflower	Helianthus angustifolius	native
Oxeye daisy	Heliopsis helianthoides	native
Rose mallow	Hibiscus spp.	native
Seashore mallow	Kosteletzkya virginica	native
Blazing star	Liatris spp.	native
Cardinal flower	Lobelia cardinalis	native
Great blue lobelia	Lobelia siphilitica	native
Bee balm	Monarda didyma	native
Eastern horsemint	Monarda punctata	native
Evening primrose	Oenothera fruticosa	native
Wild quinine	Parthenium integrifolium	native
Beardtongue	Penstemon spp.	native
Eastern gray beardtongue	Penstemon canescens	native
Phlox	Phlox spp.	native
Obedient plant	Physostegia virginiana	native
Hoary mountain mint	Pycnanthemum incanum	native
Clustered mountain mint	Pycnanthemum muticum	native
Narrow-leaf mountain mint	Pycnanthemum tenuifolium	native
Virginia mountain mint	Pycnanthemum virginianum	native
Prairie coneflower	Ratibida columnifera	native

Common Name	Scientific Name	Origin
Orange coneflower	Rudbeckia fulgida	native
Black-eyed susan	Rudbeckia hirta	native
Green-head coneflower	Rudbeckia laciniata	native
Brown-eyed susan	Rudbeckia triloba	native
Lyre-leaf sage	Salvia lyrata	native
Elderberry	Sambucus canadensis	native
Hoary skullcap	Scutellaria incana	native
Large-flowered skullcap	Scutellaria integrifolia	native
Woodland stonecrop	Sedum ternatum	native
Axillary goldenrod	Solidago caesia	native
Anise-scented goldenrod	Solidago odora	native
Rough-leaf goldenrod	Solidago rugosa	native
Showy goldenrod	Solidago speciosa	native
Stokes' aster	Stokesia laevis	native
Aster	Symphyotrichum spp.	native
Foamflower	Tiarella wherryi	native
Verbena	Verbena canadensis	native
Swamp verbena	Verbena hastata	native
Ironweed	Vernonia noveboracensis	native
Culver's root	Veronicastrum virginicum	native

Trees and Shrubs

Maple	Acer spp.	some species native
Red buckeye	Aesculus pavia	native
Serviceberry	Amelanchier arborea	native
New Jersey Tea	Ceanothus americanus	native
Buttonbush	Cephalanthus occidentalis	native
Redbud	Cercis canadensis	native
Pepperbush	Clethra alnifolia	native
Eastern persimmon	Diospyrus virginiana	native
Fothergilla	Fothergilla major	native
Carolina silverbell	Halesia carolina	native
Witch hazel	Hamamelis virginiana	native
Oak-leaf hydrangea	Hydrangea quercifolia	native
St. John's Wort	Hypericum frondosum	native
Possumhaw	Ilex decidua	native
Inkberry	Ilex glabra	native
American holly	Ilex opaca	native
Yaupon	Ilex vomitoria	native
Virginia sweetspire	Itea virginica	native
Tulip poplar	Liriodendron tulipifera	native
Southern magnolia	Magnolia grandiflora	native
Sweetbay	Magnolia virginiana	native
Sourwood	Oxydendrum arboreum	native
Ninebark	Physocarpus opulifolius	native
Carolina cherry laurel	Prunus caroliniana	native
Sumac	Rhus spp.	native
Blackberry	Rubus spp.	most species native
Willow	Salix spp.	some species native
Elderberry	Sambucus canadensis	native
Sassafras	Sassafras officinale	native
Hardhack	Spiraea tomentosa	native
Blueberry	Vaccinium spp.	native
Viburnum	Viburnum spp.	native
Adam's needle	Yucca filamentosa	native

Vines

Climbing aster	Ampelaster carolinianus	native
Honeysuckle	Lonicera sempervirens	native
Passionflower	Passiflora spp.	native