

Native Plants for Bee Forage*

Compiled by Debbie Roos, North Carolina Cooperative Extension

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.growingsmallfarms.org and type "pollinator" into the search engine.

Common Name	Scientific Name	Origin
Perennials		
Anise hyssop	<i>Agastache</i> spp.	some species native
Nodding onion	<i>Allium cerneum</i>	native
Sandhills bluestar	<i>Amsonia ciliata</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
Turtlehead	<i>Chelone</i> spp.	native
Lobed tickseed	<i>Coreopsis auriculata</i>	native
Lance-leaf tickseed	<i>Coreopsis lanceolata</i>	native
Greater tickseed	<i>Coreopsis major</i>	native
Tall tickseed	<i>Coreopsis tripteris</i>	native
Purple coneflower	<i>Echinacea purpurea</i>	native
Fleabane	<i>Erigeron</i> spp.	native
Rattlesnake master	<i>Eryngium yuccafolium</i>	native
Boneset	<i>Eupatorium perfoliatum</i>	native
White snakeroot	<i>Eupatorium rugosum</i>	native
Joe-pye weed	<i>Eutrochium fistulosum</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
Swamp sunflower	<i>Helianthus angustifolius</i>	native
Rose mallow	<i>Hibiscus</i> spp.	native
Blazing star	<i>Liatris</i> spp.	native
Cardinal flower	<i>Lobelia cardinalis</i>	native

Common Name	Scientific Name	Origin
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
Obedient plant	<i>Physostegia virginiana</i>	native
Phlox	<i>Phlox</i> spp.	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
Azure blue sage	<i>Salvia azurea</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
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
Annual Flowers*		
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
Perennial Herbs*		
Onion/chives	<i>Allium</i> spp.	exotic
Calamint	<i>Calamintha</i> spp.	exotic
Bronze fennel	<i>Foeniculum vulgare</i>	exotic
Hyssop	<i>Hyssopus officinalis</i>	exotic
Lavender	<i>Lavandula angustifolia</i>	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
Annual Herbs*		
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

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Common Name	Scientific Name	Origin
Trees and Shrubs		
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
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
Inkberry/Winterberry	<i>Ilex glabra</i>	native
Tulip poplar	<i>Liriodendron tulipifera</i>	native
Sourwood	<i>Oxydendrum arboreum</i>	native
Ninebark	<i>Physocarpus opulifolius</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
Blackhaw	<i>Viburnum prunifolium</i>	native
Viburnum	<i>Viburnum</i> spp.	native
Common Name		
Scientific Name		
Origin		
Vines		
Climbing aster	<i>Ampelaster carolinianus</i>	native
Clematis	<i>Clematis</i> spp.	some species native
Honeysuckle	<i>Lonicera</i> spp.	native
Passionflower	<i>Passiflora</i> spp.	native

Common Name	Scientific Name	Origin
Cover Crops		
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!