



Pollinator Pathway Cape Cod

New England Native Plants for Pollinators

Pollinators need continuous bloom. This list is broken down by spring (April – June); summer (July – August); and fall (September – November). Bloom time can vary depending on your Cape Zone 6- 7a and the microclimate of your garden.

Perennials – Herbaceous Spring Blooming

Aquilegia canadensis

Baptisia australis

Caltha palustris

Coreopsis lanceolata

Dicentra eximia

Geranium maculatum

Iris cristata

Lupinus perennis

Penstemon digitalis

Phlox paniculata

Polygonatum biflorum

Tiarella cordifolia

Viola pedata

Eastern red columbine

Blue false indigo

Marsh marigold

Lanceleaf coreopsis

Wild bleeding heart

Cranesbill / wild geranium

Dwarf iris

Wild lupine

Beardtongue

Garden phlox

King Solomon's seal

Foamflower

Bird-foot violet

Perennials – Herbaceous Summer Blooming

Achillea millefolium

Actaea racemosa

Asclepias syriaca

Asclepias tuberosa

Asclepias verticillata

Asclepias incarnata

Chelone lyonii

Coreopsis verticillata

Eutrochium dubium

Helianthus annuus

Heliopsis helianthoides

Heuchera americana

Hibiscus moscheutos

Liatris spicata

Lobelia cardinalis

Monarda fistulosa

Monarda punctata

Oenothera biennis

Oenothera fruticosa

Pycnanthemum muticum

Rosa carolina

Yarrow

Bugbane

Common milkweed

Butterfly milkweed

Whorled milkweed

Rose milkweed

Pink turtlehead

Threadleaf coreopsis

Joe Pye weed

Common sunflower

Oxeye sunflower

Common alum root / coral bells

Swamp rose mallow /marsh hibiscus

Dense blazing star

Cardinal flower

Wild bergamot

Spotted bee balm

Common primrose

Evening primrose

Mountain mint

Carolina Rose

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Perennials – Herbaceous Summer Blooming continued...

<i>Rosa virginiana</i>	Virginia Rose
<i>Rudbeckia hirta</i>	Black-eyed Susan
<i>Veronicastrum virginicum</i>	Culver's root

Perennials – Herbaceous Fall Blooming

<i>Chelone glabra</i>	White turtlehead
<i>Helenium autumnale</i>	Common sneezeweed
<i>Monarda punctata</i>	Spotted bee balm
<i>Physostegia virginiana</i>	False dragon's head / obedient plant
<i>Solidago sempervirens</i>	Seaside goldenrod
<i>Solidago caesia</i>	Bluestem goldenrod
<i>Solidago odoro</i>	Anise-scented goldenrod
<i>Symphotrichum ericoides</i>	White heath aster
<i>Symphyotrichum novae-angliae</i>	New England aster
<i>Symphyotrichum oblongifolium</i>	Aromatic aster
<i>Vernonia noveboracensis</i>	New York ironweed

Vines

<i>Parthenocissus quinquefolia</i>	Virginia creeper
<i>Lonicera sempervirens</i>	Trumpet honeysuckle
<i>Clematis virginiana</i> L.	Virgin's bower

Grass or Grass-like

<i>Andropogon gerardii</i>	Big bluestem
<i>Carex pensylvanica</i>	Pennsylvania sedge
<i>Deschampsia flexuosa</i>	Wavy hairgrass
<i>Eragrostis spectabilis</i>	Purple lovegrass
<i>Festuca rubra</i>	Red fescue
<i>Panicum virgatum</i>	Switchgrass
<i>Schizachyrium scoparium</i>	Little bluestem
<i>Sorghastrum nutans</i>	Indiangrass
<i>Sporobolus heterolepis</i>	Prairie dropseed

Woody Shrubs

* Denotes native to another region

** Cultivars can be sterile and have no value for pollinators. Example: Annabelle

<i>Amelanchier canadensis</i>	Shadbush / serviceberry
<i>Arctostaphylos uva-ursi</i>	Bearberry
<i>Aronia arbutifolia</i>	Red chokeberry
<i>Aronia melanocarpa</i>	Black chokeberry
<i>Baccharis halimifolia</i>	Groundsel bush

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Woody Shrubs continued...

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<i>Ceanothus americanus</i>	New Jersey tea
<i>Cephalanthus occidentalis</i>	Buttonbush
<i>Chamaedaphne calyculata</i>	Leatherleaf
<i>Clethra alnifolia</i>	Sweet pepperbush
<i>Comptonia peregrina</i>	Sweetfern
<i>Gaylussacia baccata</i>	Black huckleberry
<i>Hamamelis virginiana</i>	Witch hazel
<i>Hydrangea arborescens</i>	Smooth hydrangea – straight species **
<i>Hydrangea quercifolia</i>	Oakleaf Hydrangea *
<i>Hypericum prolificum</i>	Shrubby St. John's wort
<i>Ilex glabra</i>	Inkberry
<i>Ilex verticillata</i>	Winterberry
<i>Itea virginica</i>	Sweetspire
<i>Iva frutescens</i>	Marsh elder
<i>Kalmia angustifolia</i>	Sheep laurel
<i>Kalmia latifolia</i>	Mountain laurel
<i>Leucothoe fontanesiana</i>	Drooping leucothoe
<i>Lindera benzoin</i>	Spicebush
<i>Myrica pensylvanica</i>	Bayberry
<i>Physocarpus opulifolius</i>	Eastern ninebark
<i>Prunus maritima</i>	Beach plum
<i>Rhododendron periclymenoides</i>	Pinxterbloom azalea
<i>Rhododendron arborescens</i>	Sweet azalea
<i>Rhododendron maximum</i>	Rosebay rhododendron
<i>Rhododendron vaseyi</i>	Pinkshell azalea
<i>Rhododendron viscosum</i>	Swamp azalea
<i>Rhus aromatica</i>	Fragrant sumac
<i>Rhus copallina</i>	Shining sumac
<i>Rhus glabra</i>	Smooth sumac
<i>Rhus typhina/Rhus hirta</i>	Staghorn sumac
<i>Salix discolor</i>	Pussy willow
<i>Sambucus canadensis</i>	Elderberry
<i>Spiraea latifolia</i>	Broadleaf meadowsweet
<i>Spiraea tomentosa</i>	Steeplebush
<i>Swida (Cornus) amomum</i>	Silky dogwood
<i>Swida (Cornus) racemosa</i>	Grey dogwood
<i>Vaccinium corymbosum</i>	Highbush blueberry
<i>Viburnum acerifolium</i>	Mapleleaf viburnum
<i>Viburnum alnifolium</i>	Hobblebush
<i>Viburnum cassinoides</i>	Northern wild raisin
<i>Viburnum dentatum</i>	Arrowwood
<i>Viburnum lentago</i>	Nannyberry
<i>Viburnum prunifolium</i>	Blackhaw viburnum
<i>Viburnum trilobum</i>	Highbush cranberry

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Native Trees

With pollinator value for pollen & nectar and/or serve as a host plant

*denotes native to another region

Acer rubrum

Betula alleghaniensis

Betula nigra

Carpinus caroliniana

Cercis canadensis *

Chionanthus virginicus

Cornus alternifolia

Fagus grandifolia

Fraxinus americana

Fraxinus pennsylvanica

Ilex opaca

Liriodendron tulipifera

Magnolia virginiana

Nyssa sylvatica

Prunus serotina

Quercus alba

Quercus bicolor

Quercus rubra

Quercus ilicifolia

Tilia americana

Red maple

Yellow birch

River birch

American hornbeam

Eastern Redbud

Fringetree

Alternateleaf dogwood

American beech

White ash

Green ash

American holly

Tuliptree / Tulip poplar

Sweetbay magnolia

Tupelo

Black cherry

White oak

Swamp oak

Northern red oak

Bear oak / scrub oak

American linden / basswood

Help us build the pollinator pathway for Cape Cod!

For more information and to register your pollinator garden, visit:

<https://www.pollinator-pathway.org/towns/cape-cod>

