



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 odora</i>	Anise-scented goldenrod
<i>Symphyotrichum 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>	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

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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>

