

Some Recommended Native New Jersey Plants for Pollinators

Upland: Plants that occur almost always (estimated probability 99%) under natural conditions in non-wetlands.

	Species	Characteristics	Some benefiting species	Bloom time
Perennial flower	Common milkweed (<i>Asclepias syriaca</i>)	Erect perennial with deep green leaves and clusters of lavender-pink flowers. Deer resistant, hardy once established, can reseed. Plant seeds in the fall.	Host plant for monarch	June-August
	Wild bergamot/ beebalm (<i>Monarda fistulosa</i>)	Pink/lavender flowers, grows 2 to 4 feet tall. Grows in thickets and woodland borders, highly drought resistant.	Larval host for hermit sphinx moth, gray marvel moth	June-September
Shrub	New Jersey tea/redroot (<i>Ceanothus americanus</i>)	Small white clusters of flowers at the tip of branches. Prefers full sun to partial shade in dry to medium wet soils. Drought tolerant.	Attractive to hummingbirds and butterflies	March-April

Facultative Upland: Plants that usually occur in non-wetlands (estimated probability 67%-99%), but occasionally found on wetlands (estimated probability 1%-33%).

	Species	Characteristics	Some benefiting species	Bloom time
Perennial flower	Purple coneflower (<i>Echinacea purpurea</i>)	Rose pink flower, 2-4 feet high, tolerates sun to partial shade.	Host plant for silvery checkerspot	June-September
	Black-eyed-susans (<i>Rudbeckia hirta</i>)	Yellow, daisy-like flower heads around a brown central cone. Grows well in poor soils, no flood tolerance.	Host plant for silvery checkerspot	June-September
	Lanceleaf tickseed (<i>Coreopsis lanceolata</i>)	Yellow flower with yellow center. Prefers full sun and dry to medium soils. Deer and drought tolerant.	Attractive to butterflies	April-June
	Blue false indigo (<i>Baptisia australis</i>)	Blue-purple flowers. Hardy, attractive. Tolerates sun to partial shade.	Host plant for hoary edge	May-June
	Butterfly milkweed (<i>Asclepias tuberosa</i>):	Yellow to orange flowers. Very deer resistant, hardy once established, can reseed, attractive flowers. Plant seeds in the fall.	Host plant for monarch	May-August
	Canada goldenrod (<i>Solidago canadensis</i>)	Yellow flowers. Can be used to revegetate disturbed sites. Prefers full sun to partial shade and moist soils.	Host plant for Baltimore checkerspot	June-October
Annual forb	Common sunflower (<i>Helianthus annuus</i>)	Yellow flower, 1-8 feet tall. Requires full sun. Moderately deer resistant.	Host plant for silvery checkerspot	July-October

Warm season grass	Big bluestem (<i>Andropogon gerardii</i>)	Bunchgrass that has red, blue and brown flowers and foliage. It has a distinctive 3 part, finger-like flower cluster. Tolerant of moderate salinity, good for erosion control. Can grow to 7 or more feet tall with roots nearly as deep.	Host plant for Delaware skipper, dusted skipper	August-November
Tree	Redbud (<i>Cercis canadensis</i>)	Magenta pink flowers. Shade tolerant, nitrogen fixer, highly vulnerable to deer browse.	Host plant for Henry's elfin butterfly	March-May

Facultative: Plants that are equally likely to occur in wetlands or non-wetlands (estimated probability 34%-66%).

	Species	Characteristics	Some benefiting species	Bloom time
Perennial flower	Blazing star (<i>Liatriis spicata</i>)	Lavender to rose-purple flowers. Flowers top to bottom, tolerates a variety of soils.	Special value for native bees	July-October
	Wild columbine (<i>Aquilegia canadensis</i>)	Erect, branching plant with red and yellow flowers. Can reseed, drought tolerant.	Host plant for columbine dustywing	April-June
Shrubs	Arrowwood (<i>Viburnum dentatum</i>)	Shrub with white, flat top flower clusters. Tolerates seasonal inundation, somewhat salt tolerant, grows in clay soils, attractive flowers and berries.	Host plant for spring azure	May-June
	Nannyberry (<i>Viburnum lentago</i>)	White flowers with dense, dark green foliage. Shade tolerant, tolerates seasonal inundation, fruits late summer, and tolerates a variety of conditions.	Host plant for spring azure	May-June
Warm-season grass	Switchgrass (<i>Panicum virgatum</i>)	Clump-forming grass with open, lacy sprays with small seeds. Good for erosion control and is drought tolerant.	Host plant for Delaware skipper	August-October

Facultative wetland: Plants that usually occur in wetlands (estimated probability 67%-99%), but occasionally found in non-wetlands.

	Species	Characteristics	Some benefiting species	Bloom time
Perennial flower	Joe-pye weed (<i>Eupatorium maculatum</i>)	Large pinkish-purplish, flat-topped cluster of fuzzy flower heads, 2-7 ft., with narrow, lance-shaped leaves. Plant seeds in the fall.	Host plant for bordered patch and painted lady	July-September
	Ironweed (<i>Vernonia noveboracensis</i>)	Small red, purple flower heads occur in flat-topped, terminal clusters. Tolerates seasonal inundation. Requires cold stratification.	Host plant for painted lady	August-October
	Turk's cap lily (<i>Lilium superbum</i>)	Native lily with drooping, orange flowers with strongly recurved petals. Requires full sun to partial shade and medium to wet soils. Vulnerable to deer browse.	Attracts hummingbirds	July-September
	New England aster (<i>Aster novae-angliae</i>)	Bright, rose-purple flowers with orange-yellow centers. Requires full sun and medium wet soils.	Host plant for pearl crescent caterpillars	August-September

	Cardinal flower (<i>Lobelia cardinalis</i>)	Red or blue-violet flowers. Partial shade tolerant, tolerant of irregular inundation.	Attracts hummingbirds and butterflies	July-September
	Swamp sunflower (<i>Helianthus angustifolius</i>)	Yellow, flower like heads. Plant in partial shade in wet soils.	Native bees	August-October
Shrubs	Elderberry (<i>Sambucus canadensis</i>)	White flowers in broad, flat, conspicuous clusters up to 10 inches or more in diameter. Tolerant of seasonal inundation, good for riparian areas and flood plains, attractive flowers and fruits. Poisonous. Fruits in mid-summer before most other shrubs.	Mason bees, berries are a favored food for birds (e.g. bluebirds)	June-July
	Sweet pepperbush (<i>Clethra alnifolia</i>)	Fragrant flowers are white and are followed by brown capsules which persist through winter. Shade tolerant, tolerates irregular inundation, long bloom time, disease resistant, hardy.	Attractive to butterflies and especially good for native bees	July-August
	Spicebush (<i>Lindera benzoin</i>)	Dense clusters of tiny, pale yellow flowers. Shade tolerant, tolerates seasonal inundation, fruits in late summer, can grow under black walnut.	Host plant for spicebush swallowtail	April
	Cranberry bush (<i>Viburnum opulus</i> var. <i>americanum</i>) (<i>V. trilobum</i>)	White, flat-topped clusters of flowers, followed by persistent red berries. Tolerates irregular inundation, provides fruits for birds in fall and winter (e.g. cedar waxwing).	Host plant for spring azure	May-July

Obligate wetland: Plants that occur almost always (estimated probability 99%) under natural conditions in wetlands.

	Species	Characteristics	Some benefiting species	Bloom time
Perennial flower	Swamp milkweed (<i>Asclepias incarnate</i>)	Deep pink flowers clustered at the top of a tall, branching stem. Very deer resistant, hardy once established, can reseed, attractive flowers.	Host plant for monarch	June-October
	Blueflag iris (<i>Iris versicolor</i>)	Down-curved, violet flowers. Plant in full sun to partial shade, in medium to wet soils. Flood tolerant (18-30 inches), salt tolerant.	Good for rain gardens	June-July
	Pickeralweed (<i>Pontederia cordata</i>)	Deep blue flowers are on a spike about 6 inches long that bloom from the bottom up. Plant in wet soils, in full sun. Flood tolerant (12 inches), salt tolerant.	Attractive to butterflies, good for rain gardens	June-November
Shrub	Buttonbush (<i>Cephalanthus occidentalis</i>)	White or pale-pink blossoms formed into one-inch globes. Shade tolerant, flood tolerant (12 inches), fruits in the fall, and is good for erosion control.	Attractive to butterflies. Good for birds such as wood duck	June-September

Resources:

www.pollinators.org

www.wildflower.org

www.plants.usda.gov