

# Tried and True Native Plants

## Best Bets to Attract Pollinators

Best Bets: Plants  
for Particular Uses  
in the Mid-Atlantic

These plants attract myriad beneficial insects. Those included in a [Penn State Extension](#) study show rankings for total pollinator **visits** and pollinator **diversity**.



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Perennials
Columbine ( <a href="#">Aquilegia canadensis</a> ) attracts hummers, butterflies. Hosts Columbine Duskywing skipper.
Milkweeds ( <i>Asclepias</i> spp, <a href="#">Asclepias incarnata</a> , <sup>8</sup> <sup>17</sup> <a href="#">A. tuberosa</a> ) are larval hosts for Monarch butterfly.
White Turtlehead ( <a href="#">Chelone glabra</a> ) attracts bees, butterflies, hummers. Hosts Baltimore Checkerspot.
Coreopsis ( <i>Coreopsis</i> tripteris, <sup>19</sup> <sup>6</sup> <a href="#">C. verticillata</a> <sup>17</sup> ) attracts bees, wasps, syrphid flies, butterflies.
Purple Coneflower ( <a href="#">Echinacea purpurea</a> ) attracts pollinators, goldfinches. Hosts Silvery Checkerspot.
Thoroughwort/Boneset ( <a href="#">Eupatorium hyssopifolium</a> , <sup>5</sup> <sup>3</sup> <a href="#">E. perfoliatum</a> <sup>11</sup> <sup>18</sup> ) attracts diverse beneficial insects.
Joe-pye-weeds ( <i>Eutrocium</i> spp., <a href="#">E. dubium</a> , <sup>7</sup> <a href="#">E. fistulosum</a> , <sup>11</sup> <a href="#">E. maculatum</a> <sup>9</sup> ) attract many pollinators.
Gayfeathers ( <i>Liatris microcephala</i> , <sup>6</sup> <sup>16</sup> <a href="#">L. spicata</a> <sup>25</sup> ) attract bees, butterflies, and hummingbirds.
Beebalm/Bergamot ( <a href="#">Monarda didyma</a> , <a href="#">M. fistulosa</a> , <sup>9</sup> <sup>22</sup> <a href="#">M. punctata</a> <sup>18</sup> ) host Orange Mint & other moths.
<a href="#">Phlox divaricata</a> and <a href="#">P. paniculata</a> attract butterflies.
Short-toothed Mountain-mint ( <a href="#">Pycnanthemum muticum</a> <sup>1</sup> <sup>2</sup> ) attracts myriad and diverse beneficial insects and pollinators.
Goldenrod ( <i>Solidago</i> spp., <a href="#">S. rigida</a> , <sup>2</sup> <sup>1</sup> <a href="#">S. rugosa</a> , <sup>13</sup> <a href="#">S. nemoralis</a> <sup>4</sup> <sup>12</sup> ) hosts numerous moth species.
Asters ( <a href="#">Symphyotrichum cordifolium</a> , <a href="#">S. laeve</a> , <sup>10</sup> <sup>8</sup> <a href="#">S. novae-angliae</a> <sup>20</sup> ) attract myriad pollinators.
Blue Vervain ( <a href="#">Verbena hastata</a> ) attracts wasps, bees, butterflies, hummers. Hosts Verbena moth.
New York Ironweed ( <a href="#">Vernonia noveboracensis</a> ) serves as larval host to American Lady butterfly.

### Shrubs

Buttonbush ( <a href="#">Cephalanthus occidentalis</a> ) attracts bees, butterflies, hummers. Hosts several moths.
Sweet Pepperbush ( <a href="#">Clethra alnifolia</a> ) attracts bees, wasps, flies, butterflies, hummingbirds.

*P. muticum*,\* *Solidago*,\*\* *E. hyssopifolium*\*\*\*



### Small Trees

Downy Serviceberry ( <a href="#">Amelanchier arborea</a> ) attracts native bees. Larval host for Red-spotted Purple butterfly and some moth species.
Eastern Redbud ( <a href="#">Cercis canadensis</a> ) attracts bees. Larval host for Henry's Elfin butterfly and the lo and other moths.
Native Dogwoods ( <i>Cornus</i> spp., <a href="#">C. alternifolia</a> , <a href="#">C. florida</a> ) attract bees, wasps, flies, butterflies. Larval hosts for Spring and Spring/Summer Azure butterflies and some moth species.

### Vines

Trumpet Honeysuckle ( <a href="#">Lonicera sempervirens</a> ) attracts bees, butterflies, moths, hummingbirds. Larval host for the Snowberry Clearwing and Hummingbird Clearwing moths.
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### Learn More about These Plants

For detailed plant fact sheets, use Latin name hyperlinks or visit [Tried & True Native Plants: Mid-Atlantic](#) on [mgnv.org](#).

Pollinators: \*Orange Mint Moth \*\*Wasps  
\*\*\*Honey Bees, Red-banded Hairstreak

developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria

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