

## List of available Plants roughly organized by bloom time

### Please scroll down

We have some more varieties that are not pictured below but are listed here

#### Sunny Spot:

All listed plants with the exception of zig zag goldenrod

Golden Alexander

Foxglove Beardtongue

Dense Blazing Star

Pearly Everlasting

Showy Tick Trefoil

Little Bluestem

#### Woodland Garden:

Yellow Hyssop

Great Blue Lobelia

Zigzag Goldenrod

White snakeroot

#### Rain Garden:

Swamp Milkweed

Joe Pye Weed

Virgin Bower's

Blue Vervain

Blue Flag Iris

Cardinal Flower

Great Blue Lobelia

Obedient Plant

Ironweed

#### Part Shade:

Swamp Milkweed

Hairy Beardtongue

Sweet Oxeye Sunflower

Anise Hyssop

Purple Coneflower

Blue Vervain

Green Headed Coneflower

Joe Pye Weed

Virgin's Bower

Cup Plant

Evening Primrose

Wingstem

Obedient Plant

New England Aster

All Woodland plants

## FOXGLOVE BEARDTONGUE (*Pentstemon digitalis*)



A bee magnet before most prairie plants bloom. The narrow tubular flowers attract hummingbirds, small to medium sized long-tongued bees, and many beneficial insects. Provides pollen to specialist bees.

Huge amounts of tiny seeds feed songbirds in winter.

### Growing conditions:

Full to part sun, medium moisture, clay, loam, sand. Flowers June to July, basal leaves turn purple in fall. Resistant to deer and rabbits. Looks stunning.

**Early Season Nectar  
Specialist Bee Plant  
Seeds for Birds**

## BUTTERFLY WEED (*Asclepias tuberosa*)



Monarch butterfly caterpillars can only eat Milkweed leaves.

The stunning orange flowers provide rich nectar and attract many butterflies, bees and a vast variety of insects.

Goldfinches breed late in the season and use the milkweed floss to line their nests.

### Growing conditions:

Full sun, well-drained soil, drought tolerant, loam, sand.  
Flowers early in summer, doesn't spread.  
Is an excellent addition to any sunny garden.

**Great Nectar Plant**  
**Larval Host Plant**  
**Fluff for Bird Nests**

## SWAMP MILKWEED (*Asclepias incarnata*)



Milkweeds are the only plants the caterpillars of the Monarch butterfly can eat. Swamp milkweed is one of their preferred milkweeds. This Monarch butterfly is laying eggs on the underside of a leaf. The gorgeous flowers provide rich nectar and attract many butterflies, bees and a vast variety of insects.

### Growing conditions:

Full to part sun, medium to moist soil, clay, loam, sand. Beautiful pink flowers in early summer, doesn't spread. One of the most beautiful plants, sweet vanilla-like fragrance. It is an excellent addition to any garden style.

**Great Nectar Plant**  
**Larval Host Plant**  
**Hollow Stems for**  
**Nesting Bees**

## PURPLE CONEFLOWER (*Echinacea purpurea*)



The gorgeous flowers provide rich nectar and attract many different butterflies, and our ruby-throated hummingbird. Long- and short-tongued bees and a wide variety of insects visit the flowers for pollen. Bees overwinter and nest in the hollow stems in spring. Birds devour the big seeds in winter.

Growing conditions: (not native to Ontario)  
Full to part sun, medium moisture, clay, loam, sand.  
Longlasting flowers all summer, medicinal plant.  
It is a great addition to any garden, 1.5 m tall.

**Great Nectar Plant**  
**Hollow Stems**  
**Big Seeds for Birds**

## ANISE HYSSOP (*Agastache foeniculum*)



Spikes of purple flowers provide a huge amount of nectar and pollen all day long. Bumble bees, smaller native bees, butterflies, skippers, and hummingbirds visit for the rich nectar during the day. At night, moths are fueling up on nectar.

Birds love the seeds in winter.

### Growing conditions:

Full to part sun, drought tolerant, any soil, 1.5 m.  
Blooms all summer and is pretty in any garden.  
Crushed leaves have a licorice scent, can be used for tea.

**Great Pollinator Plant  
Even for Night Flying  
Insects**

## YELLOW GIANT HYSSOP (*Agastache nepetoides*)



Yellow flower spikes attract lots of pollinators with ample pollen and nectar. Butterflies love the nectar!

Larval host plant.

Tiny seeds feed songbirds in the winter.

### Growing conditions:

Part sun to part shade, dry to moist soil, clay, loam, sand. Around 2 m tall, yellow flowers in late summer. Great for tough places. Can get aggressive in ideal conditions.

**Great Pollinator Plant**  
**Larval Host Plant**  
**Seeds for Birds**

## BLUE VERVAIN (*Verbena hastata*)



Bumble bees, many different native bees, butterflies, skippers, the ruby-throated hummingbird and a vast variety of other beneficial insects love the abundant nectar. Some caterpillars can eat the leaves. Offers pollen to specialist bees. Songbirds feed on the tiny seeds in winter.

### Growing conditions:

Full to part sun, any moisture including wet, any soil.  
Candelabra-like, long blooming purple flowers all summer.  
It is an excellent addition to any garden.

**Great Nectar Plant**  
**Specialist Bee Plant**  
**Larval Host Plant**

## CUP PLANT (*Silphium perfoliatum*)



Cup plants provide a high wildlife value. Their large leaves form cups and collect water that birds and bees drink. The open form of their flowers invites bees of any size and many beneficial insects, butterflies and skippers. Is a larval host plant. The big seeds provide nutritious food for songbirds in winter.

### Growing conditions:

Sun to part shade, any soil, medium to wet. A big plant up to 3 m tall, blooms in summer. Great for challenging spots. Can get aggressive in ideal conditions.

**Great Nectar Plant**  
**Provides Water**  
**Large Seeds for Birds**

## GREEN-HEADED CONEFLOWER (*Rudbeckia laciniata*)



Many native bees love the pollen and nectar of these beautiful flowers. Different species of Rudbeckia pollen specialist bees use the pollen to make bee bread and provision their brood cells.

Goldfinches and other songbirds feed on the small sunflower-like seeds during winter.

Growing conditions:  
Full to part sun, any moisture, any soil, 2m -3m tall.  
Blooms all summer into fall.  
Stunning plant, is great for part shade and moister areas.

**Larval Host Plant**  
**Specialist Bee Plant**  
**Seeds Feed Birds**

## JOE PYE WEED (*Eutrochium* spp. )



Large flowerheads attract bees and butterflies from far and offer a copious amount of nectar. Bumble bees and long-horned bees visit also for pollen.

Bees overwinter and nest in the hollow stems in spring.

Songbirds devour the seeds in winter.

### Growing conditions:

Full to part sun, medium to wet soil, clay, loam, sand.  
Showy, long-lasting flowers all summer.  
Up to 2.5 meter tall, plant looks stunning in any garden.

**Great Nectar Plant**  
**Larval Host Plant**  
**Hollow Stems**

## PERENNIAL SUNFLOWERS (*Helianthus* spp.)



Native annual and perennial sunflowers are ecological powerhouses. They are larval host plants, supporting many caterpillars (98% become bird food) and offer rich nectar to many pollinators. Hollow stems offer ideal bee houses. Nutritious seeds feed songbirds in winter.

### Growing conditions:

All sunflowers prefer full sun, but some native species grow well in part shade.  
Between 1.3 to 3 m tall, bloom during summer into fall.  
Cheerful yellow flowers make the garden a happy place.

**Rich Nectar**  
**Larval Host Plant**  
**Specialist Bee Plant**  
**Seeds for Birds**

## VIRGIN'S BOWER (*Clematis virginiana*)



Lots of beneficial insects love the nectar from the abundant small white flowers.

Feeds caterpillars, of which 98% become bird food.

The fairly big seeds are an abundant food source for songbirds during the winter.

The long whiskers of the seedheads look stunning during winter.

### Growing conditions:

Sun to shade, any soil, medium to wet. This clematis is a twining vine up to 10 m long. Also perfect as a groundcover. Blooms in July and August.

**Great Nectar Plant  
for Tough Places  
Host Plant**

## IRONWEED (*Veronia* spp.)



Flower clusters offer nectar and pollen to attract bees and butterflies. Ironweed has uniquely evolved relationships with pollen specialist bees and feeds caterpillars as a larval host plant. Bees overwinter and nest in the hollow stems in spring. Birds devour the seeds in the winter.

### Growing conditions:

Full to part sun, medium to wet, clay, loam, sand.

Clusters of long-lasting flowers from mid-summer into fall.

Up to 2 meter tall with gorgeous seed heads all winter.

**Great Nectar Plant**  
**Larval Host Plant**  
**Socialist Bee Plant**

## WHITE SNAKEROOT (*Ageratina altissima*)



Covered in white flowers, snakeroot attracts many pollinators of various sizes, even in the shade. Flowers offer pollen and abundant nectar. The leaves are food for caterpillars which are protein-rich and nutrient-dense food for many birds and mammals. Fluffy seeds feed songbirds in the winter.

### Growing conditions:

Part sun to shade, dry to moist soil, clay, loam, sand. 1 m tall, bountiful white flowers bloom into fall even in the shade. Poisonous to pets if eaten.

**Late Season Nectar**  
**Larval Host Plant**  
**Seeds for Birds**

## NEW ENGLAND ASTER (*Symphyotrichum novae-angliae*)



The abundance and flat shape of the flowers make them a preferred nectar source for moths and butterflies in the fall. Very potent nectar and pollen are accessible to any size bee. The high nutritional value of the pollen and nectar fuels monarchs for their trip to Mexico and prepares bees for their hibernation. Songbirds love the seeds in winter.

### Growing conditions:

Full to part sun, moist or medium, any soil. Hundreds of purple flowers in the fall, aromatic. It is a great addition to any garden and looks beautiful paired with goldenrod.

**Late Season Nectar**  
**Larval Host Plant**  
**Specialist Mining Bee**

**ZIGZAG GOLDENROD (*Solidago flexicaulis*)**  
**BLUE-STEMMED GOLDENROD (*Solidago caesia*)**



Goldenrods provide the highest wildlife value. Support over 100 species of butterflies and moths as larval host plants. Many specialist bees can only use their pollen. Highest quality nectar and pollen help bees to hibernate and strengthen Monarchs for their flight to Mexico. Birds love the seeds.

**Growing conditions:**

Part to full shade, any soil, any moisture.  
Goldenrod does not cause allergies since the pollen is big and sticky and can not be carried by the wind.  
It is the wind-pollinated ragweed that causes the allergies.

**Super-Charged  
Pollen and Nectar  
Larval Host Plant  
Specialist Bee Plant**