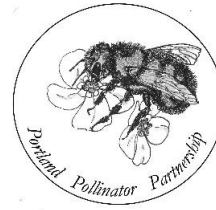


Pollinator Plant Recommendations for the Northeast Urban Garden

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portlandpollinators.org

thewildseedproject.net



Wild Seed Project
Returning native plants
to the Maine landscape

www.wildseedproject.net



This is by no means an exhaustive list, but plants on this list were chosen for their familiarity, diversity and rich benefits for pollinators. We encourage growing and planting native plants to enhance disappearing native habitat that is being crowded out.

When looking for pollinator-friendly plants, look for single (not double) flowers and make sure you can see a yellow center and that the flower is not all petals. An ideal pollinator garden will feature a variety of plants and colors that bloom throughout the seasons. Planting multiple plants in patches will help pollinators locate them.

When you visit your local nurseries, encourage growers to stock native, organically grown, pollinator-friendly plants.

Key: NAT = Native to Eastern U.S. / SHA = Shade / SUN = Sun / SPR = Spring / SUM = Summer / FL = FALL / ssp. = several species

Pollinator Friendly Plant Resources

The Wild Seed Project thewildseedproject.net
Highland Avenue Greenhouse, Scarborough, ME
highlandavegreenhouse.com

Organic Gardening and Landscaping Resources

MOFGA, mofga.org
Ecological Landscaping Alliance, ecolandscaping.org

Annuals

Garden Annual Common Name	Garden Annual Latin Name	NAT	SHA	SUN	SPR	SUM	FL
Borage	<i>Borago officinalis</i>			SUN	SPR	SUM	FL
Breadseed Poppy	<i>Papaver somniferum</i>			SUN		SUM	
Buckwheat	<i>Fagopyrum esculentum</i>			SUN	SPR	SUM	FL
Calendula	<i>Calendula officinalis</i>			SUN		SUM	FL
California Bluebell	<i>Phacelia campanularin</i>	NAT		SUN	SPR	SUM	FL
Chrimsin Clover	<i>Trifolium incarnatum</i>			SUN	SPR	SUM	FL
Cilantro	<i>Coriandrum sativum</i>			SUN	SPR	SUM	FL
Cumin	<i>Cuminum cyminum</i>			SUN		SUM	FL
Dill	<i>Anethum graveolens</i>			SUN		SUM	FL
Lacy Phacelia	<i>Phacelia tanacetifolia</i>	NAT		SUN	SPR	SUM	FL
Lemon Balm	<i>Monarda citodora</i>	NAT		SUN		SUM	FL
Nasturtium	<i>Nasturtium majus</i>		SHA	SUN		SUM	FL
Ornamental Salvia	<i>Salvia spp</i>			SUN		SUM	
Parsley	<i>Petroselinum crispum</i>		SHA	SUN	SPR	SUM	
Pineapple Sage	<i>Salvia elegans</i>			SUN		SUM	FL
Rosemary	<i>Rosmarus officinalis</i>			SUN	SPR	SUM	FL
Summer Savory	<i>Satureja hortensis</i>			SUN		SUM	FL
Sunflower	<i>Helianthus annus</i>	NAT				SUM	FL
Zinnia	<i>Zinnia spp</i>			SUN		SUM	FL

Perennials

Garden Perennial Common Name	Garden Perennial Latin Name	NAT	SHA	SUN	SPR	SUM	FL
Allium, Garlic, Chives, Nodding Wild Onion	<i>Allium schoenoprasum</i> , <i>Allium ceruum</i> , <i>Allium tuberosum</i>	NAT					
Angelica	<i>Angelica atropurpurea</i>	NAT	SHA	SUN	SPR	SUM	

Garden Perennial Common Name	Garden Perennial Latin Name	NAT	SHA	SUN	SPR	SUM	FL
Bergamot	<i>Monarda fistulosa</i>	NAT	SHA	SUN		SUM	
Black Cohosh	<i>Cimicifuga racemosa</i>	NAT	SHA	SUN		SUM	
Black-eyed Susan (Biennial)	<i>Rudbeckia hirta</i>	NAT		SUN		SUM	FL
Blue Wild Indigo	<i>Baptisia australis</i>	NAT		SUN	SPR	SUM	
Butterfly Weed	<i>Asclepia tuberosa</i>	NAT		SUN		SUM	
Cardinal Flower	<i>Lobelia cardinalis</i>		SHA	SUN		SUM	
Catnip	<i>Nepeta ssp</i>			SUN	SPR	SUM	FL
Chamomile	<i>Matricatra chamomilla</i>			SUN	SPR	SUM	
Coneflower	<i>Echinacea pallida or purpurea</i>	NAT		SUN		SUM	
Creeping Phlox	<i>Phlox subulata</i>	NAT		SUN	SPR		
Dwarf Crested Iris	<i>Iris cristata</i>	NAT	SHA	SUN	SPR		
Eastern Shooting Star	<i>Dodecatheon meadia</i>	NAT	SHA	SUN	SPR		
Feverfew	<i>Tanacetum parthenium</i>			SUN		SUM	
Gayfeather	<i>Liatris spp.</i>	NAT		SUN		SUM	
Golden Ragwort	<i>Packera aurea</i>	NAT	SHA		SPR		
Great Blue Lobelia	<i>Lobelia siphilitica</i>	NAT				SUM	FL
Heartleaf Golden Alexanders	<i>Zizia aptera</i>	NAT	SHA	SUN	SPR		
Hyssop	<i>Hyssopus officinalis</i>			SUN		SUM	
Jacob's Ladder	<i>Polemonium reptans</i>	NAT	SHA		SPR		
Joe Pyeweed	<i>Eupatorium maculatum</i>	NAT		SUN		SUM	FL
Lamb's Ear	<i>Stachys ssp.</i>		SHA	SUN	SPR	SUM	FL
Lavender	<i>Lavendula officinalis</i>			SUN	SPR	SUM	
Lavender Giant Hyssop	<i>Agastache foeniculum</i>	NAT		SUN		SUM	FL
Marjoram	<i>Marjorana hortensis</i>			SUN		SUM	
Meadow Alexander	<i>Zizia aurea</i>	NAT		SUN	SPR		
Mint	<u><i>Mentha ssp.</i></u>		SHA	SUN		SUM	
Mullein	<i>Mullein spp.</i>			SUN		SUM	
New England Aster	<i>Aster novae-angliae</i>	NAT		SUN			FL
Oregano	<i>Oregano officinalis</i>		SHA	SUN	SPR	SUM	FL
Purple Poppy Mallow (Winecups)	<i>Callirhoe involucrata</i>	NAT		SUN		SUM	
Sage	<i>Salvia officialis</i>			SUN		SUM	FL
Scarlet Beebalm	<i>Monarda didyma</i>	NAT	SHA	SUN		SUM	
Skullcap	<i>Scutellaria lateriflora</i>	NAT		SUN		SUM	
St. Johnswort	<i>Hypericum perforatum</i>			SUN		SUM	
Sunflower (perennial)	<i>Helianthus decapetalus</i>	NAT		SUN		SUM	
Swamp Milkweed	<i>Asclepias incarnata</i>	NAT		SUN		SUM	
Three-leaved Coneflower	<i>Rudbeckia triloba</i>	NAT		SUN			FL
Thyme	<i>Thymus spp.</i>			SUN		SUM	
Violets	<i>Viola Labradorica</i>	NAT	SHA		SPR		
White Wood Aster	<i>Eurybia divaricata</i>	NAT	SHA	SUN			FL
Wild Columbine	<i>Aquilegia canadensis</i>	NAT	SHA			SPR	
Wild Geranium	<i>Geranium maculatum</i>	NAT	SHA	SUN	SPR		
Wood Phlox	<i>Phlox divaricata/stolonifera</i>	NAT	SHA		SPR		
Yarrow	<i>Achillia millefloium</i>			SUN		SUM	