# Native Perennials and Shrubs that Support Bees and Beneficial Insects

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Natural enemies</th>
<th>Bees</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
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<tbody>
<tr>
<td>Wild Strawberry</td>
<td>Fragaria virginiana</td>
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<td>American Plum</td>
<td>Prunus americanus</td>
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<td>Penstemons</td>
<td>Penstemon ssp</td>
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<tr>
<td>Golden Alexanders</td>
<td>Zizia aurea</td>
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<tr>
<td>Dogwoods (native)</td>
<td>Cornus spp</td>
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<tr>
<td>Lanceleaf Coreopsis</td>
<td>Coreopsis lanceolata</td>
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<tr>
<td>Elderberry</td>
<td>Sambucus nigra-canadensis</td>
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<td>Blue Baptisia</td>
<td>Baptisia australis</td>
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<tr>
<td>Swamp Milkweed</td>
<td>Aesclepias incarnata</td>
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<tr>
<td>Culver’s Root</td>
<td>Veronicastrum virginicum</td>
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<tr>
<td>Anise Hyssop</td>
<td>Agastache foeniculum</td>
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<tr>
<td>Beebalm</td>
<td>Monarda fistulosa</td>
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<tr>
<td>Butterfly Milkweed</td>
<td>Asclepias tuberosa</td>
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<td>Spotted Beebalm</td>
<td>Monarda punctata</td>
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<td>Narrowleaf Mountain Mint</td>
<td>Pycnanthemum tenuifolium</td>
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<tr>
<td>Black-eyed Susan</td>
<td>Rudbeckia fulgida</td>
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<tr>
<td>Ox-eye Sunflower</td>
<td>Heliopsis helianthoides</td>
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<tr>
<td>Buttonbush</td>
<td>Cephalanthus occidentalis</td>
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<td>Ironweed</td>
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<td>Joe Pyeweed</td>
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<tr>
<td>Cup Plant</td>
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<td>Boneset</td>
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<td>Blue Lobelia</td>
<td>Lobelia silphilitica</td>
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<td>Sunflowers (perennials)</td>
<td>Helianthus spp</td>
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<tr>
<td>Goldenrods</td>
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<tr>
<td>New England Aster</td>
<td>Symphyotrichium novae-angliae</td>
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<tr>
<td>Smooth Aster</td>
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<tr>
<td>Aromatic Aster</td>
<td>Symphyotrichium oblongifolium</td>
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**Bars indicate approximate bloom color and bloom time.**

Make sure you limit or eliminate your use of pesticides in and around flowering plants. Systemic pesticides like neonics are taken up in the nectar and pollen of treated plants and can be lethal to pollinators and beneficial insects.