

Pollinators and Native Plants, June 5, 2021, 10 am

Introduction for Bill Dunham, NHA Environmental Committee Chair

Welcome to you all. We are pleased see so many of you interested in this important topic. This program is sponsored by the Nauset Heights Association's Environmental Committee: I am Bill Dunham, Chair. Our members include: Janet Bush, Rigney Cunningham, Duke Duquette, Hank Schumacher, Ann and Richard Thompson, and new members Paul and Debra Soules. We believe this topic is both of interest and great importance.

The Environmental Committee provided you with two hand-outs", one compiled by us with special thanks to **Ann Rickard Thompson** for her hard work in develop the useful plant and resource lists.

The second hand-out is courtesy of the new Pollinator-Pathway Cape Cod Initiative, a regional effort focusing on stemming the loss of pollinators as their habit declines with the rapid development of open space. Many Orleans organizations already participate: in this alliance: Nauset Garden Club, Orleans Conservation Trust, Town of Orleans and the Orleans Improvement Association and is seeking interested volunteers. Visit its website listed in the hand-out.

We are pleased to have two knowledgeable and interesting speakers today: Dave Strickler, former NHA President, is our first speaker. Dave is a serial tech entrepreneur but away from work he is an avid beekeeper with a lifelong interest he was finally able to satisfy on the Cape. While keeping colonies in his backyard, he founded and runs Beeounted, a non-profit that collects information on global honeybee health and shares the data with entomologists in hopes of improving the survival rates of honeybees.

Dave will be followed by NHA member Ann Rickard Thompson, a Master Gardener and Nutritional consultant, specializing in organic gardening. Ann and husband and NHA board member, Richard split their time between Nauset Heights and Hawaii. Pre-pandemic, she shared here expertise and passion for organic gardens at 21 Priscilla Rd with NHA members. She has now created a small garden pollinator program at the foot of her driveway and welcomes you to visit.

I am sure both would welcome your questions, but for the sake of time, please hold your questions till the end of the program

Thank you again for coming today.

Let me introduce Dave

Bill Dunham NHA Environmental Committee

RESOURCES FOR NATIVE PLANT/POLLINATOR INFO

Help Wildlife, Beautify Your Yard & Have Fun too!

BEST NATIVE POLLINATOR PLANTS FOR NAUSET HTS

These tend to be rabbit resistant

Flowers and grasses-

Goldenrod, wild strawberry, sunflower, deer vetch, Joe Pye weed/Boneset family, violet, lupine, clover, milkweeds, little bluestem, bluets, liatris, bee balm, turtlehead, trumpet honeysuckle, wild columbine, yarrow

Trees & shrubs—Native oaks, cherry, beach plum, birch, holly, pussy willow, crabapple, cranberry, blueberry, sweet pepper bush, red maple, bayberry, maple, viburnum, serviceberry

Native plants with rabbit damage at Wellfleet Audubon-

New Jersey tea, Cardinal flower, Black eyed Susan, Asters, Wild lupine, Purple coneflower, Phlox

Invasive Plants to Avoid Buying and Best to Remove

Autumn Olive, Japanese honeysuckle, Norway maple, Burning bush, Glossy buckthorn, English ivy, Vinca, Bamboo

Expert Resource Books

'Nature's Best Hope' Doug Tallamy, NY Times bestseller

'Bringing Nature Home' Doug Tallamy's motivational starter text

'The Living Landscape', Tallamy's collaboration with landscape designer Rick Darke, shows how & why to arrange your garden landscape as a habitat that mimics nature

'The Know Maintenance Perennial Garden' by Roy Diblik

'The Pollinator Victory Garden' by Kim Eierman

'Attracting Native Pollinators' Xerces Society'

Insects and Gardens -In Pursuit of of a Garden Ecology by Eric Grissell

Half Earth-Our Planet's Fight for Life E.O.Wilson

Websites

www.grownativemass.org Grow Native Massachusetts

www.nwf.org The National Wildlife Federation's [native plant finder web tool](#), which allows users to plug in a ZIP code to find trees, shrubs, and plants native to their region.

ChooseNatives.org, a resource to help users find, purchase, and learn about native plants.

www.PollinatorsNativePlants.com

www.nativeplanttrust.org Native Plant Trust, Garden in the Woods

www.pollinator.org National Pollinator Week is June 21-27

<https://www.bumblebeewatch.org>

www.firefly.org Build or enhance firefly habitat

<http://www.xerces.org/community-science> Pollinator conservation

www.capecodbirdclub.org

nhpbs.org Plant a butterfly garden

APCC.org Assoc. to Preserve Cape Cod

www.naba.org Mass. butterflies identification

www.xerces.org Pollinators Conservation

homegrownnationalpark.com promoted by Doug Tallamy for personal yard transformation with native plants for restoring ecosystem productivity

longislandnatives.com

Purchase seed for native wildflowers from catalogs:

www.americanmeadows.com

www.wildflowerfarm.com

www.wildseesfarms.com

A Butterfly magnet 15" container for Full Sun

Dwarf goldenrod, Coreopsis, Purple coneflower (echinacea), annual salvia, lantana, zinnia



Pollinator Pathway Cape Cod

Increasing pollinator-friendly habitats and food sources for bees, butterflies, hummingbirds and other pollinating insects and wildlife across Cape Cod

People are drawn to live on and visit Cape Cod because of its natural beauty, from coastal dunes and tidal ecosystems to lakes and trails through wooded forests. Everyone can help protect this critical Cape Cod environment by planting more native trees, shrubs, and flowers.

Native plants are essential in providing food and habitat for a rich diversity of local pollinators. Since native plants are adapted to local soils and climate, they are the best sources of nectar and pollen for native pollinators. In addition, many of the Cape's native plants are drought and salt tolerant, and accustomed to the poor soils found here. Native pollinators help to maintain healthy, productive wild plant communities, provide food that sustains wildlife, and are necessary for crop production. We can all play a role in improving Cape Cod's environment and ecosystem by adding native pollinator plants to our yards.

A list of some native trees, shrubs, and flowers of the Northeast, created by the Xerces Society, is on the reverse. The websites listed below provide many more examples and helpful information. And another helpful hint: take your smartphone with you when you shop so you can look up a plant to see if it's native.

pollinator-pathway.org
plantfinder.nativeplanttrust.org
wildflower.org
xerces.org
grownativemass.org
grownative.org
APCC.org

MAKE A DIFFERENCE

Add native plants, but also remove any non-native invasive plants on your property. Invasives provide little food or habitat for local insects and they reduce biodiversity by outcompeting natives.

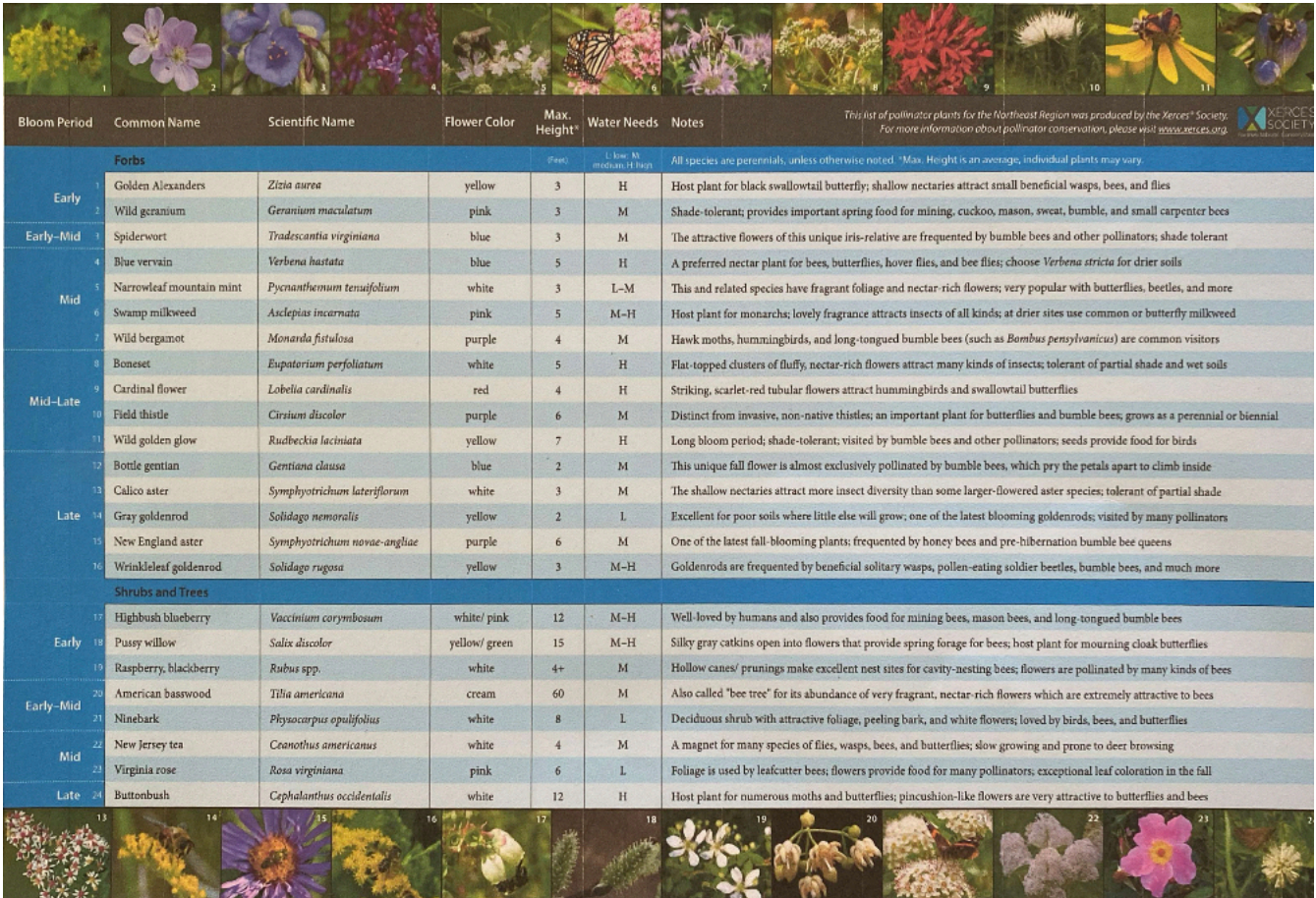
Rethink the lawn! Mow less often and reduce the size (and time it takes to mow!) by adding native plants. And skip the "fall clean-up": leave the leaves until spring – many pollinators overwinter in leaf matter.

Avoid chemical fertilizers; leave grass clippings as lawn fertilizer or consider using slow-release organic fertilizers. Chemical fertilizers can affect the pollen and nectar available to pollinators.

Don't use pesticides! A pesticide-free yard means a healthy yard for your family and pets as well as the pollinators.

There are hundreds of native plants to pick from that will look great in your yard or garden. Every plant has a scientific name that is unique to that plant. To select the right plant, look carefully at the nursery tag. For example, there are hundreds of oaks, but most are not native to North America. *Quercus robur* is NOT native, but *Quercus alba* IS. So, shop carefully!

To learn more about *Pollinator Pathway Cape Cod* visit us at <https://www.pollinator-pathway.org/towns/cape-cod> or contact us at pollinatorpathwaycapecod@gmail.com.



Bloom Period	Common Name	Scientific Name	Flower Color	Max. Height* (feet)	Water Needs (L=Low, M=medium, H=high)	Notes
<p>This list of pollinator plants for the Northeast Region was produced by the Xerces Society. For more information about pollinator conservation, please visit www.xerces.org.</p> <p><small>*Max. Height is an average; individual plants may vary.</small></p>						
Forbs						
Early	1 Golden Alexanders	<i>Zizia aurea</i>	yellow	3	H	Host plant for black swallowtail butterfly; shallow nectaries attract small beneficial wasps, bees, and flies
	2 Wild geranium	<i>Geranium maculatum</i>	pink	3	M	Shade-tolerant; provides important spring food for mining, cuckoo, mason, sweat, bumble, and small carpenter bees
Early-Mid	3 Spiderwort	<i>Tradescantia virginiana</i>	blue	3	M	The attractive flowers of this unique iris-relative are frequented by bumble bees and other pollinators; shade tolerant
	4 Blue vervain	<i>Verbena hastata</i>	blue	5	H	A preferred nectar plant for bees, butterflies, hover flies, and bee flies; choose <i>Verbena stricta</i> for drier soils
Mid	5 Narrowleaf mountain mint	<i>Pycnanthemum tenuifolium</i>	white	3	L-M	This and related species have fragrant foliage and nectar-rich flowers; very popular with butterflies, beetles, and more
	6 Swamp milkweed	<i>Asclepias incarnata</i>	pink	5	M-H	Host plant for monarchs; lovely fragrance attracts insects of all kinds; at drier sites use common or butterfly milkweed
Mid-Late	7 Wild bergamot	<i>Monarda fistulosa</i>	purple	4	M	Hawk moths, hummingbirds, and long-tongued bumble bees (such as <i>Bombus pensylvanicus</i>) are common visitors
	8 Boneset	<i>Eupatorium perfoliatum</i>	white	5	H	Flat-topped clusters of fluffy, nectar-rich flowers attract many kinds of insects; tolerant of partial shade and wet soils
	9 Cardinal flower	<i>Lobelia cardinalis</i>	red	4	H	Striking, scarlet-red tubular flowers attract hummingbirds and swallowtail butterflies
	10 Field thistle	<i>Cirsium discolor</i>	purple	6	M	Distinct from invasive, non-native thistles; an important plant for butterflies and bumble bees; grows as a perennial or biennial
Late	11 Wild golden glow	<i>Rudbeckia laciniata</i>	yellow	7	H	Long bloom period; shade-tolerant; visited by bumble bees and other pollinators; seeds provide food for birds
	12 Bottle gentian	<i>Gentiana clausa</i>	blue	2	M	This unique fall flower is almost exclusively pollinated by bumble bees, which pry the petals apart to climb inside
	13 Calico aster	<i>Symphotrichum lateriflorum</i>	white	3	M	The shallow nectaries attract more insect diversity than some larger-flowered aster species; tolerant of partial shade
	14 Gray goldenrod	<i>Solidago nemoralis</i>	yellow	2	L	Excellent for poor soils where little else will grow; one of the latest blooming goldenrods; visited by many pollinators
Late	15 New England aster	<i>Symphotrichum novae-angliae</i>	purple	6	M	One of the latest fall-blooming plants; frequented by honey bees and pre-hibernation bumble bee queens
	16 Wrinkleleaf goldenrod	<i>Solidago rugosa</i>	yellow	3	M-H	Goldenrods are frequented by beneficial solitary wasps, pollen-eating soldier beetles, bumble bees, and much more
Shrubs and Trees						
Early	17 Highbush blueberry	<i>Vaccinium corymbosum</i>	white/ pink	12	M-H	Well-loved by humans and also provides food for mining bees, mason bees, and long-tongued bumble bees
	18 Pussy willow	<i>Salix discolor</i>	yellow/ green	15	M-H	Silky gray catkins open into flowers that provide spring forage for bees; host plant for mourning cloak butterflies
Early-Mid	19 Raspberry, blackberry	<i>Rubus</i> spp.	white	4+	M	Hollow canes/ prunings make excellent nest sites for cavity-nesting bees; flowers are pollinated by many kinds of bees
	20 American basswood	<i>Tilia americana</i>	cream	60	M	Also called "bee tree" for its abundance of very fragrant, nectar-rich flowers which are extremely attractive to bees
Mid	21 Ninebark	<i>Physocarpus opulifolius</i>	white	8	L	Deciduous shrub with attractive foliage, peeling bark, and white flowers; loved by birds, bees, and butterflies
	22 New Jersey tea	<i>Ceanothus americanus</i>	white	4	M	A magnet for many species of flies, wasps, bees, and butterflies; slow growing and prone to deer browsing
Late	23 Virginia rose	<i>Rosa virginiana</i>	pink	6	L	Foliage is used by leafcutter bees; flowers provide food for many pollinators; exceptional leaf coloration in the fall
Late	24 Buttonbush	<i>Cephalanthus occidentalis</i>	white	12	H	Host plant for numerous moths and butterflies; pincushion-like flowers are very attractive to butterflies and bees

NATIVE PLANTS SUITABLE FOR THE CULTIVATED CAPE COD LANDSCAPE

<u>COMMON NAME</u>	<u>SCIENTIFIC NAME</u>	<u>HABITAT</u>	<u>BLOOM TIME</u>
<u>FLOWERS</u>			
Canada Mayflower	<i>Maianthemum procumbens</i>	Woods	Spring
Star Flower	<i>Trientalis borealis</i>	Woods	Spring
Pipsissewa	<i>Chimaphila maculata</i>	Woods	Summer
Lady's Slipper	<i>Cypripedium acaule</i>	Woods	Spring
Trailing Arbutus	<i>Epigaea repens</i>	Woods	Spring
Milkweed	<i>Asclepias syriaca</i>	Fields	Summer
Butterfly Weed	<i>Asclepias tuberosa</i>	Fields	Summer
Golden Aster	<i>Chrysopsis falcata</i>	Fields	Summer-Fall
Aster	<i>Aster spp.</i>	Fields	Fall
Goldenrod	<i>Solidago spp.</i>	Fields	Fall
Lupine	<i>Lupinus perennis</i>	Fields	Spring
Cardinal Flower	<i>Lobelia cardinalis</i>	Pond Shore	Summer-Fall
Joe Pye Weed	<i>Eupatorium spp.</i>	Pond Shore	Summer-Fall
Bonaset	<i>Eupatorium perfoliatum</i>	Pond Shore	Summer-Fall
Goldenrod	<i>Euthamia tenuifolia</i>	Pond Shore	Summer-Fall
Plymouth Gentian	<i>Sabatia kennedyana</i>	Pond Shore	Summer-Fall
<u>LOW GROWING</u>			
Partridge Berry	<i>Mitchella repens</i>	Woods	May
Tea Berry	<i>Gaultheria procumbens</i>	Woods	May
Bearberry	<i>Arctostaphylos uva-ursi</i>	Dry Sunny	April-May
Sweet Fern	<i>Comptonia peregrina</i>	Dry Sunny	April-May
Lowbush Blueberry	<i>Vaccinium pallidum</i>	Dry Sunny	April-May
Little Bluestem Grass	<i>Schizacharium scoparium</i>	Dry Sunny	
Switch Grass	<i>Panicum virgatum</i>	Fields	
Hay-Scented Fern	<i>Dennstaedtia punctilobula</i>	Woods	
New York Fern	<i>Dryopteris noveboracensis</i>	Moist Woods	
Cinnamon Fern	<i>Osmunda cinnamomea</i>	Swamps	May-June
Royal Fern	<i>Osmunda regalis</i>	Swamps	
<u>SHRUBS</u>			
Cinquefoil	<i>Potentilla fruticosa</i>	Fields	July
Beach Plum	<i>Prunus maritima</i>	Dry Sunny	June
Sumacs (Not Poison)	<i>Rhus typhina</i>	Dry Sunny	July
Pasture Rose	<i>Rosa carolina</i>	Dry Sunny	June
Virginia Rose	<i>Rosa virginiana</i>	Dry Sunny	June
Black Huckleberry	<i>Gaylussacia baccata</i>	Dry Oak-Pine Woods	May
Bayberry	<i>Myrica pensylvanica</i>	Dry Sunny	May-June
Maple-leaved Viburnum	<i>Viburnum acerifolium</i>	Woods	May
Wild Raisin	<i>Viburnum nudum var. cassinoides</i>	Moist Woods	June
Arrowwood	<i>Viburnum dentatum var. lucidum</i>	Woods	June
Highbush Cranberry	<i>Viburnum trilobum</i>	Moist Woods	May
Inkberry	<i>Ilex glabra</i>	Moist Woods	June-July
Sheep Laurel	<i>Kalmia angustifolia</i>	Moist to Dry	May-June
Mountain Laurel	<i>Kalmia latifolia</i>	Moist to Dry	May-June

SHRUBS (CONTINUED)

Silky Dogwood	<i>Cornus amonium</i>	Moist Woods	May-June
Gray Dogwood	<i>Cornus racemosa</i>	Moist Woods	May-June
Red-osier Dogwood	<i>Cornus sericea</i>	Moist Woods	June
Meadowsweet	<i>Spiraea latifolia</i>	Wet Meadows	June-July
Hardhack; Steeplebush	<i>Spiraea tomentosa</i>	Wet Meadows	July
Highbush Blueberry	<i>Vaccinium corymbosum</i>	Swamps; Wet Woods	May
Winterberry	<i>Ilex verticillata</i>	Swamps; Wet Woods	June
Swamp Fetterbush	<i>Leucothoe racemosa</i>	Swamps; Wet Woods	April-May
Spicebush	<i>Lindera benzoin</i>	Swamps; Wet Woods	April-May
Sweet Gale	<i>Myrica gale</i>	Swamps; Wet Woods	May (Catkins)
Mountain Holly	<i>Nemopanthes mucronata</i>	Swamps; Wet Woods	June
Sweet Pepperbush	<i>Clethra alnifolia</i>	Woods	July-August
Swamp Azalea	<i>Rhododendron viscosum</i>	Swamps; Wet Woods	June

TREES

Flowering Dogwood	<i>Cornus florida</i>	Woods	May
American Hazelnut	<i>Corylus americana</i>	Woods	April
Beaked Hazelnut	<i>Corylus cornuta</i>	Woods	April
White Pine	<i>Pinus strobus</i>	Woods	June
Black Cherry	<i>Prunus serotina</i>	Woods	June
White Oak	<i>Quercus alba</i>	Woods	May
Black or Scarlet Oak	<i>Quercus spp.</i>	Woods	May
Eastern Red Cedar	<i>Juniperus virginiana</i>	Dry Sunny	May
Gray Birch	<i>Betula populifolia</i>	Moist Woods	April (Catkins)
Chokeberry, Black	<i>Aronia melanocarpa</i>	Woods	June
Chokeberry, Red	<i>Aronia arbutifolia</i>	Wet Woods	May-June
Serviceberry	<i>Amelanchier arborea</i>	Moist Woods	April-May
Shadbush	<i>Amelanchier canadense</i>	Moist Woods	April-May
Witch-Hazel	<i>Hamamelis virginiana</i>	Moist Woods	August-October
American Holly	<i>Ilex opaca</i>	Moist Woods	June-July
American Beech	<i>Fagus grandifolia</i>	Moist Woods	June
Elderberry	<i>Sambucus canadensis</i>	Swamps	June
Pussy Willow	<i>Salix discolor</i>	Moist Woods	March (Catkins)
Tupelo	<i>Nyssa sylvatica</i>	Moist Woods	June
Red Maple	<i>Acer rubrum</i>	Swamps; Wet Woods	April
Speckled Alder	<i>Alnus incana var. rugosa</i>	Swamps; Wet Woods	April (Catkins)

VINES

Virgin's Bower	<i>Clematis virginiana</i>	Fields	August
Virginia Creeper	<i>Parthenocissus quinquefolia</i>	Woods	June

Mass Audubon Wellfleet Bay Pollinator Garden Plant List 2019

Species	Native	Type	Light	Bloom Time	Butterflies	Bees	Hummingbirds	Songbirds (fruit/seeds)	Rabbits eat?	Notes
Wild Columbine (<i>Aquilegia canadensis</i>)	Y	Perennial	Part	Spring			Y			Hummingbirds visit when in masses - gorgeous in June, long bloom time
Wild Bleeding Heart (<i>Dicentra hybrid 'Luxuriant'</i>)	N	Perennial	Shade	Spring			Y		Y	
Wild Bleeding Heart (<i>Dicentra eximia</i>)	N	Perennial	Shade	Spring		Y	Y		Y	Agway Orleans, straight species, added 2019. Did much better than 'Luxuriant' cultivar
Alum Root/Coral Bells (<i>Huechera americana</i>)	Y*	Perennial	Part	Spring		Y	Y		Y	Rabbits eat flower shoots and new spring growth
Other assorted Heucheras						Y	?			From previous garden, likely hybrids with western and southern species
Goat's Beard (<i>Aruncus dioicus</i>)	Y	Perennial	Shade	Spring		Y				Great with columbine. In my yard it struggles in shade.
Virginia Bluebells (<i>Mertensia virginica</i>)	Y	Perennial	Shade	Spring		Y			Y	Eaten to ground right before bloom 2019 and 2020. Same in my yard. I give up.
Catmint (<i>Nepeta</i>)	N	Perennial	Part	Spring	Y	Y	Y			Leftover from previous garden
Wild Geranium (<i>Geranium maculatum</i>)	Y	Perennial	Part	Spring	Y	Y				Does well in shade
Woodland Phlox (<i>Phlox divaricata</i>)	Y*	Perennial	Shade	Spring	Y				Y	Rabbit food. Not much recovery after fence. Nice at my house with lots of rabbit repellent.
Creeping Phlox (<i>Phlox stolonifera</i> cultivar 'Sherwood Purple')	Y*	Perennial	Shade	Spring					Y	Rabbit food. Not much recovery after fence. Nice at my house with lots of rabbit repellent.
Foamflower (<i>Tiarella cordifolia</i>)	Y	Perennial	Shade	Spring		Y			Y	Rabbits eat flower shoots and new spring growth. Flowered in 2020.
Wild Lupine (<i>Lupinus perennis</i>)	Y	Perennial	Sun	Spring	Y	Y			Y	Rabbit food - none left
Blue Wild Indigo (<i>Baptisia australis</i>)	Y	Perennial	Sun	Spring	Y	Y			Y	Rabbits eat at my house but not at the sanctuary somehow
Trumpet Honeysuckle (<i>Lonicera sempervirens</i>)	Y*	Perennial	Sun	Spring	Y	Y	Y	Y		Liana (woody vine), awesome for hummingbirds
Blue Star (<i>Amsonia tabernaemontana</i>)	Y	Perennial	Sun	Spring	?	?				Leftover from previous garden. Easy but do not notice much pollinator use.
Golden Groundsel (<i>Packera aurea</i>)	Y	Perennial	Part	Spring		Y			Y	Ground cover, finally doing well 2020 with fence in place then deer ate all flower buds.
Golden Alexanders (<i>Zizia aurea</i>)	Y	Perennial	Part	Spring	Y	Y			?	Finally bloomed a bit in 2020.
Barren Strawberry (<i>Geum fragaroides</i>)	Y	Perennial	Part	Spring		Y				Ground cover
Crested Iris (<i>Iris cristata</i>)	Y*	Perennial	Shade	Spring		?	?		Y	Slugs, rabbits, deer all took their share. Some nice but short-lived flower display in May 2020.
Blue-eyed Grass (<i>Sisyrinchium angustifolium</i>)	Y	Perennial	Part	Spring		Y			Y	Deer nibbled in 2020 but recovered.
Canada Anemone (<i>Anemone canadensis</i>)	Y	Perennial	Shade	Spring		Y				Rabbits nibble but don't destroy.
<i>Verbena bonariensis</i>	N	Perennial	Sun	Spring	Y	Y		Y	?	Annual - volunteered. Acts like a perennial in my yard.
White Baneberry (<i>Actaea pachypoda</i>)	Y	Perennial	Shade	Spring		Y	Y			New 2019. Doing very well 2020 but inflorescences small.
Lyre-leaf Sage (<i>Salvia lyrata</i>)	Y*	Perennial	Sun	Spring		Y				A salvia native from CT southwards, one leftover plant by air lock windows. A lawn weed!
Fennel (<i>Foeniculum vulgare</i>)	N	both	Sun	Summer	Y	Y				Leftover from previous garden
Foxglove Beardtongue (<i>Penstemon digitalis</i>)	Y	Perennial	Part	Summer		Y	Y			Easy to grow from seed as well.
American Spikenard (<i>Aralia racemosa</i>)	Y	Perennial	Shade	Summer		Y		Y		Attractive fruits late summer for birds
Swamp Milkweed (<i>Asclepias incarnata</i>)	Y	Perennial	Part	Summer	Y	Y				Best milkweed for gardens - easy, preferred Monarch hostplant. Deer ate a bunch in 2019, oddly.
Butterfly Weed (<i>Asclepias tuberosa</i>)	Y	Perennial	Sun	Summer	Y	Y				Not in fenced garden but here and there around buildings. Sandy soil or normal gardens
Anise Hyssop (<i>Agastache foeniculum</i> Black Adder)	Y*	Perennial	Sun	Summer	Y	Y	Y			Top two along with Mountain Mints
Mountain Mint (<i>Pycnanthemum incanum</i> and <i>P. tenuifolium</i>)	Y	Perennial	Sun	Summer	Y	Y				Top two along with Agastache foeniculum
Culver's Root (<i>Veronicastrum virginicum</i>)	Y	Perennial	Sun	Summer	Y	Y				Bees love, short bloom, some ugly browning and die off annually for some reason.
Purple Coneflower (<i>Echinacea purpurea</i>)	Y*	Perennial	Sun	Summer	Y	Y		Y	Y	Rabbits ate before fence went in, now doing better. Small native bees and butterflies love.
Black-eyed Susan/Orange Coneflower (<i>Rudbeckia fulgida</i>)	Y	Perennial	Sun	Summer	Y	Y		Y	Y	Mainly small native bees, easy garden standard if rabbits leave you any.
Thread-leaf Coreopsis (<i>Coreopsis verticillata</i> 'Zagreb')	Y*	Perennial	Sun	Summer	Y	Y		Y	Y	Easy, long bloom, highly recommended.
Northern Blazing Star (<i>Liatris scariosa</i>)	Y	Perennial	Sun	Summer	Y	Y		Y	Y	Close to the native blazing star in NE, great plant. Bees, monarchs love.
Blazing Star (<i>Liatris spicata</i>)	Y*	Perennial	Sun	Summer	Y	Y		Y	Y	Midwestern, classic garden Liatris. Bugs love flowers. Short bloom.
Bee Balm (<i>Monarda fistulosa</i>)	Y	Perennial	Sun	Summer	Y	Y	Y			Always covered in powdery mildew but still carries on
Oxe-eye Sunflower (<i>Heliopsis helianthoides</i>)	Y	Perennial	Sun	Summer	Y	Y				One volunteer/leftover. Modest bee use.
Garden Phlox (<i>Phlox paniculata</i> 'Jeana')	Y	Perennial	Sun	Summer	Y				Y	The only phlox species or variety that attracts butterflies. Rabbits eat all phlox.
Salvias (various)	N	Perennial	Sun	Summer	Y	Y	Y			Leftover from previous garden.
Calamint (<i>Calamintha nepeta</i>)	N	Perennial	Part	Summer	Y	Y				Leftover from previous garden
Blue Vervain (<i>Verbena hastata</i>)	Y	Perennial	Part	Summer	Y	Y				Usually for wetter places. By bird bath.
Prairie Smoke (<i>Geum triflorum</i>)	Y	Perennial	Part	Summer						CCMNH plant sale. Blooming 2020. Small and subtle.
Threadleaf Bluestar (<i>Amsonia hubrichtii</i>)	Y	Perennial	Part	Summer		Y				Hasn't flowered yet, probably needs more sun.

Mass Audubon Wellfleet Bay Pollinator Garden Plant List 2019

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Hoary Skullcap (<i>Scutellaria incana</i>)	Y	Perennial	Part	Summer	Y	Y				CCMNH plant sale.
Sundrops (<i>Oenothera fruticosa</i> 'Fireworks')	Y	Perennial	Sun	Summer		Y		Y		Deer, I guess, nibbled in 2020.
Siberian Iris (<i>Iris sibirica</i>)	N	Perennial	Part	Summer			Y			Leftover from previous garden . Deer nibble but recovers.
Lavender (<i>Lavandula angustifolia</i>)	N	Perennial	Sun	Summer	Y	Y				Leftover from previous garden
Bugbane (<i>Actaea racemosa</i>)	Y	Perennial	Shade	Summer		Y				Cool looking woodland plant. Trouble free shade plant.
Pink Tickseed (<i>Coreopsis rosea</i>)	Y	Perennial	Sun	Summer		Y				Only native coreopsis, coastal plain ponds. All died over winter.
Tall Coreopsis (<i>Coreopsis tripteris</i>)	Y*	Perennial	Sun	Summer	Y	Y	Y			New in 2019, promising new plant for dry soil. Coming back ok 2020.
Whorled Milkweed (<i>Asclepias verticillata</i>)	Y	Perennial	Sun	Summer	Y	Y				New in 2019, planted late. Some coming back 2020.
New York Ironweed (<i>Vernonia noveboracensis</i>)	Y	Perennial	Sun	Summer	Y	Y		Y		Huge, spready, weedy, but great for bees/butterflies
Helen's Flower/Sneezeweed (<i>Helenium autumnale</i>)	Y	Perennial	Sun	Summer	Y	Y		Y		Straight species - incredible bee attracter. Huge and unruly and water-loving - pinch back and stake. Maybe have to mail order to get any.
Tufted Hairgrass (<i>Deschampsia cespitosa</i>)	Y	Grass	Sun		Y			Y	Y	struggled when rabbits ate
Prairie Dropseed (<i>Sporobolus heterolepis</i>)	Y	Grass	Sun		Y			Y	Y	struggled when rabbits ate
Switchgrass (<i>Panicum virgatum</i>)	Y	Grass	Sun		Y			Y	Y	struggled when rabbits ate
Sedums (various)	N	Perennial	Sun	Late Summer/Fall	Y	Y				Leftover from previous garden
Aromatic Aster (<i>Symphotrichum oblongifolium</i>)	Y	Perennial	Sun	Late Summer/Fall	Y	Y		Y	Y	Rabbit food until fenced, gorgeous now
White Woodland Aster (<i>Eurybia divaricata</i>)	Y	Perennial	Shade	Late Summer/Fall	Y	Y		Y		common in woods, great for shade
Calico Aster (<i>Symphotrichum lateriflorum</i>)	Y	Perennial	Sun	Fall	Y	Y				Rabbit food, did well after fence installed.
Turtlehead (<i>Chelone glabra</i>)	Y	Perennial	Shade	Late Summer/Fall	Y	Y				Bumblebees and some small bees
Great Blue Lobelia (<i>Lobelia siphilitica</i>)	Y	Perennial	Part	Late Summer/Fall	Y	Y				Gorgeous, mainly bumblebees and some small bees, spreading. State protected in W MA.
Obedient Plant (<i>Physostegia virginiana</i>)	Y*	Perennial	Part	Late Summer/Fall	Y	Y				VERY aggressive spreader, maybe best in shade. Have to pull constantly. Saw hummingbirds on at my house in 2020.
Yellow Coneflower (<i>Ratibida pinnata</i>)	Y	Perennial	Sun	Late Summer/Fall	Y	Y		Y	Y	Rabbit food, not really worth effort here or at my house. Best left in midwestern prairies, maybe.
Cut-leaf Coneflower (<i>Rudbeckia laciniata/nitida</i> 'Herbstonne')	Y	Perennial	Sun	Late Summer/Fall	Y	Y		Y		Leftover from previous garden, great plant. Tall. Monarchs like.
Woodland Sunflower (<i>Helianthus divaricatus</i>) – for shadier spot	Y	Perennial	Part	Late Summer/Fall	Y	Y		Y	?	Seedlings still in pots, grown from seed. <i>H. decapetalus</i> also likes shade, spreading at my house.
Lemon Queen' Sunflower (<i>Helianthus x</i>)	Y*	Perennial	Sun	Late Summer/Fall	Y	Y		Y	?	Native hybrid - bees love. Seeds sterile but spreads underground.
Mistflower (<i>Eupatorium coelestinum</i>)	Y*	Perennial	Shade	Late Summer/Fall	Y	Y				Ground cover for shade, can be spready
Goldenrod (<i>Solidago sp</i>)	Y	Perennial	Sun	Late Summer/Fall	Y	Y				Leftover from previous garden
False Aster (<i>Boltonia asteroides</i>)	Y	Perennial	Sun	Late Summer/Fall	Y	Y		Y		Not planted yet - getting from neighbor
Pink Turtlehead (Chelone 'Tiny Tortuga')	Y	Perennial	Sun	Late Summer/Fall	Y	Y				Mainly bumblebees, new in 2019
Late Boneset (<i>Eupatorium serotinum</i>)	Y	Perennial		Late Summer/Fall	Y	Y				Volunteer around parking lot and in garden - flowers attract tons of insects.
Willow-leaf Sunflower (<i>Helianthus salicifolius</i>)	Y*	Perennial	Sun	Fall	Y	Y		Y		Small. Blooms into November.
Bearberry (<i>Arctostaphylos uva-ursi</i>)	Y	Shrub	Sun	Spring	Y	Y		Y		still oooov to spread
Lowbush Blueberry (<i>Vaccinium angustifolium</i>)	Y	Shrub	Sun	Spring	Y	Y		Y	Y	rabbits eat in winter - protect with cages
Winterberry (<i>Ilex verticillata</i>)	Y	Shrub	Part	Spring	Y	Y		Y		easy, awesome for bees and birds, nice red fruits in winter
Inkberry (<i>Ilex glabra</i>)	Y	Shrub	Part	Spring	Y	Y		Y		Leftover from previous garden
Gray Dogwood (<i>Swida (Cornus) racemosa</i>)	Y	Shrub	Part	Spring		Y				birds gobble all fruits by end of summer, thicket forming
Smooth Hydrangea (<i>Hydrangea arborescens</i>)	Y*	Shrub	Part	Summer		Y				maybe water needy until established. Only hydrangea native to northeast (NY)
Oak-leaved Hydrangea (<i>Hydrangea quercifolia</i>)	Y*	Shrub	Sun	Summer		Y				native to SE US. Second try, first one died.

LOCAL RESOURCES FOR NATIVE PLANTS

NURSERIES

Agway, Orleans. *agwaycapecod.org*

Cape Abilities Farm, Dennis, *capeabilitiesfarm.com*

Cape Coastal Landscaping, Harwich, *harwichlandscaper.com*

Country Gardens, Hyannis, *hyanniscountrygarden.com*

Crocker Nurseries, Brewster, *crockernurseries.com*

The Farm, Orleans, *thefarmcapecod.com*

BOOKS

Sea Howl Bookshop, 46 Main Street, Orleans, 508-255-3343,
www.seahowlbooks.com. *In-store shopping or order online or by phone.*

Compiled by the NHA Environmental Committee
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