




Skagit Gardens Plants for Pollinators

Pollinators are essential for most flowering plants. In return, the following plants are beneficial for pollinators.

KEY—food: provides pollen and/or nectar • nest: provides nesting materials, or sites for bees • host: host for butterfly larvae (caterpillars)

GENUS (Common Name)			
ACHILLEA (Yarrow)	food		
AGASTACHE	food	food	food
ALCEA (Hollyhock)	food	host	food
ALLIUM (Onion)	food		
ANDROPOGON (Beard Grass, Bluestem)	nest		
ANTIRRHINUM (Snapdragon)	food	food, host	
AQUILEGIA (Columbine)	food		food
ARTEMISIA (Mugwort, Sagebrush)	nest		
ASCLEPIAS (Milkweed)	food	host	
ASTER	food	food, host	
BRUNNERA (includes Bugloss)	food		
CAREX (Sedge)		host	
CARYOPTERIS	food	food	
CENTAUREA (Hardheads, includes Bachelor's Buttons)		food	
CHRYSANTHEMUM		food	
CLEOME (Spider Flower)			food
COREOPSIS (Tickseed)		food	
COSMOS		food	
CROCOSMIA (Montbretia)			food
CUPHEA	food		
DAHLIA		food	
DIANTHUS (Pink)		food	
DIGITALIS (Foxglove)	food		food
DELPHINIUM	food		food
ECHINACEA (Coneflower)		food	
ECHINOPS (Globe Thistle)	food	food	
ERYNGIUM (Eryngo, Sea Holly)	food		
ESCHSCHOLZIA (California Poppy)	food		
EUPATORIUM (Hemp Agrimony)		food	
FESTUCA (Fescue)	nest	host	
GAILLARDIA (Blanket Flower)	food	food	food
GERANIUM (Cranesbill)	food		
HELENIUM	food		
HELIANTHUS (Sunflower)		host	

GENUS (Common Name)			
HELIOTROPIUM (Heliotrope)	food	food	
HELLEBORUS (Hellebore)	food		
HEUCHERA (Coral Bells)			food
HYPERICUM (St. John's Wort)	food		
IBERIS (Candytuft)		food	
KNIPHOFIA (Red-hot Poker, Torch Flower)	food		food
LATHYRUS (includes Sweet Pea)		food	
LAVANDULA (Lavender)	food		
LIATRIS (Blazing Star, Gayfeather)		food	
LIMONIUM (Sea Lavender, Statice)		food	
LOBELIA (includes Cardinal Flower)	food		food
LOBULARIA (Sweet Alyssum)		food	
LUPINUS (Lupine)	food	host	food
MENTHA (Mint)	food		
MONARDA (Bee Balm)	food	food	food
Nepeta (Catmint)	food	food	
ORIGANUM (Oregano)	food		
PENSTEMON (includes Beardlip)	food		
PEROVSKIA (Russian Sage)	food		
PHLOX		food	
RUDBECKIA (Black-eyed Susan, Gloriosa Daisy)		food	food
SALVIA (Sage)	food	food	food
SAMBUCUS (Elder)	food, nest		
SCABIOSA (Pincushion Flower)	food	food	
SEDUM (Stonecrop)	food		
SOLIDAGO (Goldenrod)	food	food	
SPIRAEA	food	host	
STACHYS (Betony)		food	
TAGETES (includes Marigold)	food	food	
THYMUS (Thyme)	food		
VERBENA	food	food, host	
VERONICA (Speedwell)	food		
VIOLA (Violet)		host	
ZINNIA		food	food

Gardening suggestions for assisting pollinators:

- Choose plants that have overlapping bloom times to provide flowers throughout the seasons.
- Select flower colors that particularly attract bees: blue, purple, violet, white and yellow.
- Plant in clusters—they are more attractive to pollinators than scattered, individual plants.
- Flower patches that are large and close to other patches are most attractive to pollinators, but even small container gardens can attract and support them.
- A range of flower sizes and shapes supports greater varieties of pollinators.
- Do not use insecticides on or near plants that attract pollinators.
- Provide resting places: large, flat rocks are a great place for butterflies to soak up solar energy for flight.