Grow these favourite pollinator plants to attract butterflies, moths and bees
Pollination

Pollination is an essential process of plant life. Pollen from the stamen (male part of the flower) is transferred to the pistil (female part of the flower) allowing a plant to produce seeds that become the next generation. The transfer of pollen almost always requires an outside influence, such as wind or animals. Animals that help pollinate flowers are known as pollinators.

All flowering plant species produce pollen, a source of protein for many insects. Many flowers also produce nectar, a sugar-based high energy food. Both pollen and nectar attract pollinators to flowers. They move from flower-to-flower, feeding and collecting food, unintentionally transferring pollen from one plant to another. This is called cross-pollination and it ensures genetic diversity and resilience.

Pollinators

Bees, butterflies and moths are the most familiar pollinators. Flies, beetles, ants, wasps, hummingbirds, and in some regions, bats, are important pollinators as well. This guide focuses on plants for bees, butterflies and moths, but the benefits extend to all types of pollinators.

Recent years have seen a sharp decline in pollinator populations due to climate change, habitat loss (including the loss of native plants) and pesticide overexposure. This could eventually lead to a decline in plant species, impacting ecosystems and our own food security. Pollinators are responsible for pollinating over 30 per cent of the food we eat. By planting some of the plants in this guide, you can help support these important pollinators while adding colour and interest to your landscape.
Butterflies and Moths

Butterflies come in a variety of shapes, sizes and colours. The Eastern Tailed Blue can be as small as a penny and the Giant Swallowtail can be as big as a grapefruit. Butterflies and moths are closely related, but butterflies are generally active during the day and are often showier than moths which are more active at night. There are exceptions, like the Hummingbird Clearwing Moth which flies during the day, or the stunning Luna Moth and the drab Northern Cloudywing Butterfly.

Butterflies and moths both begin life as an egg that hatches into a small caterpillar. Caterpillars are picky eaters and need certain plants to survive. Monarch* caterpillars, for example, need milkweed in order to grow. If a caterpillar has the right food source, it will grow and transform into a chrysalis (for butterflies) or cocoon (for moths). Eventually an adult butterfly or moth emerges and is ready to start pollinating.

To attract butterflies and moths to your property, provide both nectar-producing flowers for the adults and host plants for the caterpillars. Most butterflies and moths only lay a few eggs on each plant so you don’t have to worry about caterpillars doing too much damage to the plants. Most of the plants listed in this guide produce both nectar and pollen, and are used as host plants by a variety of butterflies and moths.

* To learn more about the status of Monarchs visit ontario.ca/page/monarch.

Bees

Ontario is home to approximately 400 different species of native bees, which account for nearly 70 per cent of pollination activity. They add a little buzz of life to your property and can help increase yields in your vegetable garden.

Some native bees, like many species of Bumble Bees and Sweat Bees, nest in colonies in the ground. Other native bees are known as solitary bees because they nest on their own. Some nest in the ground, like certain Mining Bees, and others, like many Leafcutter Bees, nest in hollow tubes or cavities. Our native bees do not produce the tasty honey we associate with Honey Bees. Nesting bees collect pollen to bring back to the nest and then create a pollen loaf using saliva, which they leave with each egg. Once the egg hatches, the larva feeds on the pollen and goes through several stages of growth, emerging, after one final transformation, as an adult bee.

What do Bees Need?

Throughout the summer and fall, some cavity nesting bees use hollow or pithy stems to lay their eggs. Leave these plants standing tall throughout the winter or cut down to no shorter than 20 cm.

Hollow-stemmed Plants:
- Cup Plant
- Sunflowers
- Goldenrod
- Echinacea

Pithy-stemmed Plants:
- Elderberry
- Raspberry
- Rose
- Sumac
Creating Pollinator Habitat

The plants listed in this guide are the top choices for supporting pollinators in the Credit River watershed. These plants provide ample pollen and/or nectar and act as host plants for caterpillars. How you add these plants to your landscape will depend on several factors including size; characteristics of your site such as sun, shade and soil type; and how much effort you want to put into design and maintenance.

Suggestions on how to create pollinator habitat on your property:

• Add clumps of pollinator plants to an existing garden.
• Plant a pollinator garden: a small or large formal planting.
• Plant a pollinator patch: a small or large informal planting.
• Plant a pollinator hedgerow or a cluster of flowering trees and shrubs.

Tips to improve planting success:

• Plant nectar plants alongside caterpillar host plants; you can’t have a butterfly without a caterpillar first.
• Plant flowers in clumps of at least five per species to make them easier for pollinators to find.
• Use a mixture of colours and shapes that bloom throughout the season so a variety of pollinators can visit at different times.
• Plant the right plant in the right place. For more information about each plant, please refer to CVC’s landscaping plant guides at creditvalleyca.ca/landscaping.

Don’t Skip Over Grasses

Plant native grasses and grass-like plants such as sedges to offer both food and shelter for caterpillars. This is especially important for a group of butterflies known as skippers. Best native grasses include:

- Bebb’s Sedge
- Big Bluestem Grass*
- Bottlebrush Grass
- Ebony Sedge*
- Little Bluestem Grass*
- Pennsylvania Sedge
- Plantain-leaved Sedge
- Prairie Cordgrass*
- Stellate Sedge
- Yellow Indian-grass*

* Not for restoration or projects requiring a CVC permit. See page 10.

Trees and shrubs support pollinators, especially when they bloom early in the season before most wildflowers. They can provide nectar, pollen, caterpillar food and nest sites for bees. Plant some of these top pollinator choices near your wildflower garden or use the smaller trees and shrubs to create a pollinator hedgerow:

- Basswood
- Birch
- Cherry
- Dogwood
- Elderberry
- Maple
- Oak
- Poplar
- Raspberry
- Serviceberry
- Viburnum
- Willow
Other Ways to Help Pollinators

Give them a place to lay their eggs

Soil
- Leave patches of bare soil in your garden that you do not dig or cover with mulch. Ground nesting bees like bare, preferably sandy, soils.
- Some bees, like Mason Bees, will use mud to construct their nest cavities.

Tunnels in natural materials
- Leave plant stems standing at least 20 cm (or more) throughout the winter for cavity nesting bees. Cut down in the spring and lay them in a sheltered spot so the adult bees can emerge.
- Add nesting locations by installing a bee box filled with hollow tubes or by drilling holes in a block of wood.

Host Plants
- Butterflies will lay eggs on specific plants that caterpillars need for food once they’ve hatched.

Insects need water too
- Provide water and add stones in a shallow dish so insects have something dry to land on.
- Add mud to provide the salts that some male butterflies need. Some groups of butterflies will gather around the mud to have a puddle party.

Practise safe maintenance
- Leave fallen leaves in the garden to protect overwintering butterflies.
- Avoid using pesticides or other chemicals near pollinator habitat because bees are very sensitive.
1: Name

Plants are grouped and sorted alphabetically by common name with both the common and scientific names given.

2: Reference Plant Guides

All plants in this guide are native within the Credit River watershed or just beyond. They can each be found in one of our two habitat-specific native plant guides:

- *Prairie and Meadow Plants for Landscaping* - showcases native plants for your garden that originally evolved and naturally grow in prairie or meadow habitat.
- *Woodland Plants for Landscaping* - showcases native plants for your garden that originally evolved and naturally grow in woodland habitat.

Refer to each respective guide for full details on conditions each plant needs to thrive. (See page 23 for information on where to find these guides.)

3: Bloom Time and Colour

Pollinator species emerge and are active at different times of the year, so plant flowers to provide blooms throughout the growing season. The corresponding list identifies when each flower will be in bloom and what colour the blooms will be.

4: Flower Shape

Illustrates a simplified shape of the flower.

5: Notes

Describes an interesting fact about pollination for that plant.

6: Examples of Butterfly and Moth Users

Includes examples of local butterflies and moths that may visit these plants for food. Butterflies and moths listed with an asterisk (*) also use that plant as a host plant when they are in the caterpillar stage.

7: Examples of Bee Users

Features examples of bee families that may visit each plant. Some plants support or require specialist bees that rely on one or very few plants for food. These bees are identified by common names. Lesser known bees may not have a common name. In this case the scientific name is used.

### Restoration Projects and Planting in Regulated Areas

Restoration projects and those requiring a CVC permit must use common species native to the Credit River watershed. Common native plants on this list are those without an asterisk. For a complete list of approved plants for CVC planning applications and restoration projects refer to creditvalleyc.ca/plantselectionguide.
<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Plant Community**</th>
<th>Bloom Time</th>
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<th>Notes</th>
<th>Examples of Butterfly and Moth Users</th>
<th>Examples of Bee Users</th>
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</thead>
<tbody>
<tr>
<td>Alexanders, Golden*</td>
<td>Zizia aurea</td>
<td>Woodland</td>
<td>Early</td>
<td></td>
<td>Small bees pollinate; large bees only get nectar</td>
<td>Black Swallowtail Butterfly Northern Azure Butterfly</td>
<td>Mining Bees, e.g. Golden Alexanders Anomona* Mason Bees</td>
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<tr>
<td>Aster, Calico</td>
<td>Symphyotrichum lateriflorum</td>
<td>Prairie Meadow</td>
<td>Mid</td>
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<tr>
<td>Aster, Flat-top White*</td>
<td>Doellingeria umbellata var. umbellata</td>
<td>Prairie Meadow</td>
<td>Mid</td>
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<tr>
<td>Aster, Heart-leaved</td>
<td>Symphyotrichum cordifolium</td>
<td>Prairie Meadow</td>
<td>Late</td>
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<tr>
<td>Aster, Large-leaved</td>
<td>Eurybia macrophylla</td>
<td>Prairie Meadow</td>
<td>Early</td>
<td></td>
<td>Large number of flower heads attract many pollinators</td>
<td>Pearl Crescent Butterfly*** Common Buckeye Butterfly</td>
<td>Long-horned Bees, e.g. Melissodes drumlina* Bumble Bees</td>
</tr>
<tr>
<td>Aster, New England</td>
<td>Symphyotrichum novae-angliae</td>
<td>Prairie Meadow</td>
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<tr>
<td>Aster, Sky-blue*</td>
<td>Symphyotrichum oolentangiense</td>
<td>Prairie Meadow</td>
<td>Late</td>
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<tr>
<td>Aster, Swamp</td>
<td>Symphyotrichum puniceum</td>
<td>Prairie Meadow</td>
<td>Early</td>
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<tr>
<td>Aster, White-Heath</td>
<td>Symphyotrichum ericoides var. ericoides</td>
<td>Prairie Meadow</td>
<td>Mid</td>
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<tr>
<td>Beardtongue, Foxglove*</td>
<td>Penstemon digitalis</td>
<td>Prairie Meadow</td>
<td>Mid</td>
<td></td>
<td>Attract long-tongued bees and butterflies</td>
<td>American Copper Butterfly Blinded Sphinx Moth</td>
<td>Mason Bees, e.g. Osmia distincta* Small Carpenter Bees</td>
</tr>
<tr>
<td>Beardtongue, Hairy*</td>
<td>Penstemon hirsutus</td>
<td>Prairie Meadow</td>
<td>Late</td>
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<tr>
<td>Bergamot, Wild</td>
<td>Monarda fistulosa var. fistulosa</td>
<td>Prairie Meadow</td>
<td>Late</td>
<td></td>
<td>New flowers open as old ones are depleted</td>
<td>Hermit Sphinx Moth*** Silver-spotted Skipper Butterfly</td>
<td>Sweat Bees, e.g. Monarda Dubourge* Bumble Bees</td>
</tr>
</tbody>
</table>

Bloom Time: Early: April-June  Mid: June-August  Late: August-October

Bloom Colour: red orange yellow green blue purple pink white

Flower Shape: simple tube lipped daisy-like spike cluster

* Not for restoration or projects requiring a CVC permit. See page 10.
** For detailed plant information and alternate plant names, please cross-reference with CVC’s Woodland Plants for Landscaping (creditvalleyca.ca/woodlandplants) and Prairie & Meadow Plants for Landscaping (creditvalleyca.ca/prairiemeadowplants) booklets.
*** Use plants as host plant.
^ Specialist bees that rely on that plant for gathering food. If a species of bee does not have a common name, the scientific name is listed. Specialist bee family name is also listed.
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<tr>
<td>Black-eyed Susan</td>
<td>Rudbeckia hirta var. pulcherrima</td>
<td>Woodland</td>
<td>Early</td>
<td><img src="#" alt="green" /></td>
<td>Large flower head creates landing pad</td>
<td>CamouflagedLooper Moth*** Tiger Swallowtail Butterfly</td>
<td>Long-horned Bees</td>
</tr>
<tr>
<td>Blazing-star, Dense*</td>
<td>Liatris spicata</td>
<td>Prairie Meadow</td>
<td>Mid</td>
<td><img src="#" alt="green" /></td>
<td>Abundance of nectar attracts butterflies</td>
<td>Monarch Butterfly Pack’s Skipper Butterfly</td>
<td>Bumble Bees</td>
</tr>
<tr>
<td>Blazing-star, Slender*</td>
<td>Liatris cylindracea</td>
<td>Mid Season</td>
<td>Late</td>
<td><img src="#" alt="green" /></td>
<td>If no pollinators, they can self pollinate after the third day flowering</td>
<td>Tufted Apple-bud Moth*** Mourning Cloak Butterfly</td>
<td>Cuckoo Bees</td>
</tr>
<tr>
<td>Bloodroot</td>
<td>Sanguinaria canadensis</td>
<td>Late Season</td>
<td><img src="#" alt="green" /></td>
<td><img src="#" alt="green" /></td>
<td>Large clusters with easy access to nectar</td>
<td>Clymene Moth*** Red Admiral Butterfly</td>
<td>Sweat Bees</td>
</tr>
<tr>
<td>Boneset, Common</td>
<td>Eupatorium perfoliatum</td>
<td></td>
<td></td>
<td><img src="#" alt="green" /></td>
<td>Also attracts Ruby-throated Hummingbirds</td>
<td>Columbine Borer Moth*** Black Swallowtail Butterfly</td>
<td>Mason Bees</td>
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<tr>
<td>Columbine, Wild</td>
<td>Aquilegia canadensis</td>
<td></td>
<td></td>
<td><img src="#" alt="green" /></td>
<td>Large flower head creates landing pad</td>
<td>Black Swallowtail Butterfly American Lady Butterfly</td>
<td>Long-horned Bees</td>
</tr>
<tr>
<td>Coneflower, Cut-leaved</td>
<td>Rudbeckia laciniata</td>
<td></td>
<td></td>
<td><img src="#" alt="green" /></td>
<td>Large flower head with easy access to nectar</td>
<td>Orange Sulphur Butterfly Viceroy Butterfly</td>
<td>Miner Bees, e.g. Coreopsis Miner Bee^ Small Carpenter Bees</td>
</tr>
<tr>
<td>Coneflower, Eastern Purple*</td>
<td>Echinacea purpurea</td>
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<td></td>
<td><img src="#" alt="green" /></td>
<td>Continuous access to nectar as plants bloom from bottom to top</td>
<td>Culver’s Root Borer Moth*** Aphrocalte Fritillary Butterfly</td>
<td>Green Sweat Bees</td>
</tr>
<tr>
<td>Coneflower, Gray-headed Prairie*</td>
<td>Ratibida pinnata</td>
<td></td>
<td></td>
<td><img src="#" alt="green" /></td>
<td>Large flower head creates landing pad</td>
<td>Black Swallowtail Butterfly</td>
<td>Leapucatter Bees</td>
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<tr>
<td>Coreopsis, Lance-leaved</td>
<td>Coreopsis lanceolata</td>
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<td><img src="#" alt="green" /></td>
<td>Large flower head with easy access to nectar</td>
<td>Orange Sulphur Butterfly Viceroy Butterfly</td>
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<tr>
<td>Culver’s Root*</td>
<td>Veronicastrum virginicum</td>
<td></td>
<td></td>
<td><img src="#" alt="green" /></td>
<td>Continuous access to nectar as plants bloom from bottom to top</td>
<td>Culver’s Root Borer Moth*** Aphrocalte Fritillary Butterfly</td>
<td>Green Sweat Bees</td>
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*Bloom Time: Early: April-June  Mid: June-August  Late: August-October

Bloom Colour: ![red](#) red  ![orange](#) orange  ![yellow](#) yellow  ![green](#) green  ![blue](#) blue  ![purple](#) purple  ![pink](#) pink  ![white](#) white

Flower Shape: ![simple](#) simple  ![tube](#) tube  ![lipped](#) lipped  ![daisy-like](#) daisy-like  ![spike](#) spike  ![cluster](#) cluster

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**Common Name** | **Scientific Name** | **Plant Community** | **Bloom Time** | **Flower Shape** | **Notes** | **Examples of Butterfly and Moth Users** | **Examples of Bee Users**
---|---|---|---|---|---|---|---
Evening Primrose, Common | Oenothera biennis | | | | Opens in the evening with a sweet smell | Primrose Moth*** | Mining Bees, e.g. **Anthophora abrupta**^ | Bumble Bees
False Solomon’s-seal | Maianthemum racemosum | | | | Insects visit mostly for pollen | White Triangle Tortrix Moth*** | Northern Azure Butterfly | Bumble Bees
False Solomon’s-seal, Star-flowered | Maianthemum stellatum | | | | Long-tongued bees get nectar; short-tongued bees get pollen | White-lined Sphinx Moth*** | Hummingbird Clearwing Moth | Bumble Bees
Fireweed* | Chamerion angustifolium | | | | Dark lines on petals act as nectar guides | | | 
Geranium, Wild | Geranium maculatum | | | | Numerous shallow flowers provide abundant nectar | Goldenrod Flower Moth*** | **Pearl Crescent Butterfly** | **Mining Bees, e.g. Hairy-banded Andrena**^ | Cellophane Bees
Goldenrod, Blue-stemmed | Solidago caesia | | | | Produces large quantities of nectar | Ruby Tiger Moth*** | Red-spotted Purple Butterfly | Bumble Bees
Goldenrod, Early | Solidago juncea | | | | | **Cuckoo Bees**
Goldenrod, Gray | Solidago nemoralis ssp. nemoralis | | | | Long anthers easily transfer pollen to bees’ backs | **Eastern Tailed Blue Butterfly** | **Question Mark Butterfly** | Cellophane Bees
Goldenrod, Stiff* | Solidago rigida ssp. rigida | | | | | **Leafcutter Bees**
Goldenrod, Zigzag | Solidago flexicaulis | | | | | 
Joe Pye Weed, Spotted | Eutrochium maculatum var. maculatum | | | | | 
Leek, Wild | Allium tricoccum var. tricoccum | | | | | 

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**Legend:**
- **Red:** Early: April-June
- **Orange:** Mid: June-August
- **Yellow:** Late: August-October

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<tr>
<td>Lupine, Wild*</td>
<td>Lupinus perennis</td>
<td></td>
<td>Early</td>
<td></td>
<td>Large bees pry open petals allowing smaller bees to visit later</td>
<td>Karner Blue Butterfly (Extirpated)**</td>
<td>Bumble Bees</td>
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<td></td>
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<td>Mid</td>
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<td></td>
<td>Wild Indigo Duskywing Butterfly***</td>
<td>Mason Bees</td>
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<td>Late</td>
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<tr>
<td>Mayflower, Canada</td>
<td>Malanthemum canadense</td>
<td></td>
<td>Early</td>
<td></td>
<td>Insects visit mostly for pollen</td>
<td>White Triangle Tornik Moth***</td>
<td>Bumble Bees</td>
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<td></td>
<td>Mid</td>
<td></td>
<td></td>
<td>Northern Azure Moth**</td>
<td>Sweat Bees</td>
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<tr>
<td>Meadow-rue, Early</td>
<td>Thalictrum dioicum</td>
<td></td>
<td>Early</td>
<td></td>
<td>Male plants produce large amounts of pollen</td>
<td>Canadian Owl Moth***</td>
<td>Sweat Bees, e.g. Bronze Sweat Bee^</td>
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<td></td>
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<td>Mid</td>
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<td>Creocc Geometer Moth***</td>
<td>Bumble Bees</td>
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<td>Late</td>
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<td>Bees may bite holes in the back of flowers to rob nectar</td>
<td>Clouded Sulphur Butterfly***</td>
<td>Bumble Bees</td>
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<td>Eastern-tailed Blue Butterfly***</td>
<td>Leaflhutter Bees</td>
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<td>Meadow-rue, Tall</td>
<td>Thalictrum pubescens</td>
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<td>Early</td>
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<tr>
<td>Milk-vetch, Canada*</td>
<td>Astragalus canadensis</td>
<td></td>
<td>Early</td>
<td></td>
<td>Sticky pollen sacs known as pollinia attach to the legs of large bees</td>
<td>Monarch Butterfly***</td>
<td>Cuckoo Bees</td>
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<td></td>
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<td>Mid</td>
<td></td>
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<td>Great Spangled Fritillary Butterfly</td>
<td>Leafcutter Bees</td>
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<tr>
<td>Milkweed, Butterfly*</td>
<td>Asclepias tuberosa</td>
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<td>Early</td>
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<td>Milkweed, Common</td>
<td>Asclepias syriaca</td>
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<td>Early</td>
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<td>Late</td>
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<tr>
<td>Milkweed, Swamp</td>
<td>Asclepias incarnata</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Late</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion, Nodding*</td>
<td>Allium cernuum</td>
<td></td>
<td>Early</td>
<td></td>
<td>Long anthers easily transfer pollen to the bees’ backs</td>
<td>Eastern Tailed Blue Butterfly</td>
<td>Cellophane Bees</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mid</td>
<td></td>
<td></td>
<td>Edward’s Hairstreak Butterfly</td>
<td>Leaflhutter Bees</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Late</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phlox, Wild Blue*</td>
<td>Phlox divaricata</td>
<td></td>
<td>Early</td>
<td></td>
<td>Attracts long-tongued bees and butterflies</td>
<td>Tiger Swallowtail Butterfly***</td>
<td>Bumble Bees</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mid</td>
<td></td>
<td></td>
<td>Hummingbird Clearwing Moth</td>
<td>Yellow-faced Bees</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Late</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silverweed, Common*</td>
<td>Potentilla anselina ssp. anserina</td>
<td></td>
<td>Early</td>
<td></td>
<td>Striking bullseye pattern that can only be seen by bees</td>
<td>Banded Hairstreak Butterfly</td>
<td>Mining Bees</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mid</td>
<td></td>
<td></td>
<td>Silver Blue Butterfly</td>
<td>Yellow-faced Bees</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Late</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry, Wild</td>
<td>Fragaria virginiana</td>
<td></td>
<td>Early</td>
<td></td>
<td>Distinct nectar guides are only seen by bees</td>
<td>Purple Lined Sallow Moth***</td>
<td>Long-horned Bees</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mid</td>
<td></td>
<td></td>
<td>Bronze Copper Butterfly</td>
<td>Mining Bees</td>
</tr>
</tbody>
</table>

* Not for restoration or projects requiring a CVC permit. See page 10.
** For detailed plant information and alternate plant names, please cross-reference with CVC’s Woodland Plants for Landscaping (creditvalleyca.ca/woodlandplants) and Prairie & Meadow Plants for Landscaping (creditvalleyca.ca/prairiemeadowplants) booklets.
*** Use plants as host plant.
^ Specialist bees that rely on that plant for gathering food. If a species of bee does not have a common name, the scientific name is listed. Specialist bee family name is also listed.

18 19
<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Plant Community**</th>
<th>Bloom Time</th>
<th>Flower Shape</th>
<th>Notes</th>
<th>Examples of Butterfly and Moth Users</th>
<th>Examples of Bee Users</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunflower, False*</td>
<td>Helianthus helianthoides</td>
<td></td>
<td>Early</td>
<td></td>
<td>Easy access leads to many visits; pollen can be depleted by mid-day</td>
<td>Painted Lady Butterfly***</td>
<td>Sweat Bees, e.g., Dieunomia heteropoda ^</td>
</tr>
<tr>
<td>Sunflower, Pale-leaved</td>
<td>Helianthus strumosus</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td>Painted Lady Butterfly***</td>
<td>Long-horned Bees</td>
</tr>
<tr>
<td>Sunflower, Tall*</td>
<td>Helianthus giganteus</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td>Common Ringlet Butterfly</td>
<td></td>
</tr>
<tr>
<td>Sunflower, Woodland</td>
<td>Helianthus divaricatus</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tick-trefoil, Showy*</td>
<td>Desmodium canadense</td>
<td></td>
<td>Early</td>
<td></td>
<td>Large bees pry open petals allowing smaller bees to visit later</td>
<td>Northern Cloudywing Butterfly***</td>
<td>Leafcutter Bees</td>
</tr>
<tr>
<td>Vervain, Blue</td>
<td>Verbena hastata</td>
<td></td>
<td>Early</td>
<td></td>
<td>Continuous access to nectar as plants bloom from bottom to top</td>
<td>Common Buckeye Butterfly***</td>
<td>Long-horned Bees</td>
</tr>
<tr>
<td>Vervain, Hoary*</td>
<td>Verbena stricta</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Violet, Canada</td>
<td>Viola canadensis var. canadensis</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Violet, Common Blue</td>
<td>Viola sororia</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Violet, Round-leaved Yellow*</td>
<td>Viola rotundifolia</td>
<td></td>
<td>Early</td>
<td></td>
<td>Dark lines on petals act as nectar guides</td>
<td>Giant Leopard Moth***</td>
<td>Small Carpenter Bees</td>
</tr>
<tr>
<td>Violet, Sweet White</td>
<td>Viola blanda</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td>Great Spangled Fritillary Butterfly***</td>
<td>Sweat Bees</td>
</tr>
<tr>
<td>Violet, Yellow</td>
<td>Viola pubescens</td>
<td></td>
<td>Early</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

** Bloom Time: Early: April-June  Mid: June-August  Late: August-October

** Bloom Colour: red  orange  yellow  green  blue  purple  pink  white

** Flower Shape: simple  tube  lipped  daisy-like  spike  cluster

^ Specialist bees that rely on that plant for gathering food. If a species of bee does not have a common name, the scientific name is listed. Specialist bee family name is also listed.

For detailed plant information and alternate plant names, please cross-reference with CVC’s Woodland Plants for Landscaping [creditvalleyca.ca/woodlandplants] and Prairie & Meadow Plants for Landscaping [creditvalleyca.ca/prairiemeadowplants] booklets.

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Sources


Additional Resources

- Native Woodland Plants for Landscaping (creditvalleyca.ca/woodlandplants)

- Native Prairie and Meadow Plants for Landscaping (creditvalleyca.ca/prairiemeadowplants)

- Xerces Society for Invertebrate Conservation (xerces.org)

- Butterflies and Moths of North America (butterfliesandmoths.org)

- Bug Guide (bugguide.net)

- Bee Basics: an Introduction to Our Native Bees (fs.usda.gov)

- Yard Map (content.yardmap.org)

Credit Valley Conservation landscaping information and programs

CVC offers programs and resources that support sustainable landscaping and naturalization.

**Your Green Yard** offers workshops and presentations on sustainable landscaping to local residents within the Credit River watershed. [creditvalleyca.ca/gyy](http://creditvalleyca.ca/gyy)

**Greening Corporate Grounds** offers advice, landscape concept plans and events to businesses and institutions within the Credit River watershed. [creditvalleyca.ca/gcg](http://creditvalleyca.ca/gcg)

**Countryside Stewardship** offers workshops as well as technical and financial assistance to support rural environmental stewardship. [creditvalleyca.ca/countrysidestewardship](http://creditvalleyca.ca/countrysidestewardship)

For additional landscaping fact sheets and resources, visit [creditvalleyca.ca/landscaping](http://creditvalleyca.ca/landscaping)

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