## **Native Plants for Bee Forage for the North Carolina Piedmont\***

Compiled by Debbie Roos, North Carolina Cooperative Extension

A complete list of plants with accompanying photos and cultural information is under construction on Cooperative Extension's Growing Small Farms website.

For more information, visit the Growing Small Farms website at www.protectpollinators.org.

Herbaceous Perenni	als		
Common Name	Scientific Name	Origin	
Anigo byggon	Agastacha san	some engoine native	
Anise hyssop Nodding onion	Agastache spp.  Allium cernuum	some species native	
Milkweed		native	
	Asclepias spp.		
Wild indigo	Baptisia spp.	native	
Tall tickseed	Coreopsis tripteris	native	
Purple coneflower	Echinacea purpurea	native	
Rattlesnake master	Eryngium yuccafolium	native	
Joe-pye weed	Eupatorium spp.	native	
Boneset	Eupatorium perfoliatum	native	
Lanceleaf blanketflower	Gaillardia aestivalis	native	
Sneezeweed	Helenium spp.	native	
Swamp sunflower	Helianthus angustifolius	native	
Oxeye daisy	Heliopsis helianthoides	native	
Seashore mallow	Kosteletzkya virginica	native	
Blazing star	Liatris spp.	native	
Great blue lobelia	Lobelia siphilitica	native	
Bee balm	Monarda spp.	native	
Beardtongue	Penstemon spp.	native	
Garden phlox	Phlox paniculata	native	
Obedient plant	Physostegia virginiana	native	
Mountain mint	Pycnanthemum spp.	native	
Prairie coneflower	Ratibida columnifera	native	
Skullcap	Scutellaria spp.	native	
Stonecrop	Sedum spp.	some species native	
Goldenrod	Solidago spp.	native	
Stokes' aster	Stokesia laevis	native	
Aster	Symphytotrichum spp.	native	
Spiderwort	Tradescantia sp.	native	

Common Name	Scientific Name	Origin
Blue vervain	Verbena hastata	native
Ironweed	Vernonia noveboracensis	native
Culver's root	Veronicastrum virginicum	native
Golden alexander	Zizia aurea	native
Trees and Shrubs		
Common Name	Scientific Name	Origin
Dadwarda	A	
Red maple	Acer rubrum	native
Serviceberry New Jarany Tan	Amelanchier arborea	native
New Jersey Tea	Ceanothus americanus	native
Buttonbush	Cephalanthus occidentalis	native
Redbud	Cercis canadensis	native
Pepperbush	Clethra alnifolia	native
Eastern persimmon	Diospyrus virginiana	native
St. John's Wort	Hypericum frondosum	native
Inkberry/Winterberry	llex glabra	native
Tulip poplar	Liriodendron tulipifera	native
Southern magnolia	Magnolia grandiflora	native
Sourwood	Oxydendrum arboreum	native
Black cherry	Prunus serotina	native
Azalea	Rhododendron spp.	native
Sumac	Rhus spp.	native
Blackberry	Rubus spp.	naturalized
Willow	<i>Salix</i> spp.	native
Basswood	Tilia americana	native
Blueberry	<i>Vaccinium</i> spp.	native
Viburnum	Viburnum spp.	native
Vines		I
VIIIGO		
Common Name	Scientific Name	Origin
Climbing aster	Ampelaster carolinianus	native
Coral honeysuckle	Lonicera sempervirens	native
Passionflower	Passiflora incarnata	native

Onion/chives  Calamint  Calamintha spp.  Exercised Expended Expend	Allium spp. exotic Calamintha spp. exotic	Common Name
Onion/chives  Calamint  Calamintha spp. Eventual spp.  Catmint  Nepeta spp. Oregano  Origanum spp.  Rosemary  Rosemary  Comfrey  Thyme  * These non-native herbs are included because they provide excellent forage for spiderflower  Cosmos  Borage  Borago officinalis  Eventual Flowers  Borago officinalis  Eventual Flowers  Common Name  Borago officinalis  Eventual Flowers  Common Name  Reidanthus annuus  Common Name  Reidanthus annuus  Common Name  Common Nam	Allium spp. exotic Calamintha spp. exotic	
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Calamint Calamintha spp. ex Lavender Lavendula spp. ex Catmint Nepeta spp. ex Oregano Origanum spp. ex Rosemary Rosmarinus officinalis ex Comfrey Symphytum peregrinum ex Thyme Thymus spp. ex These non-native herbs are included because they provide excellent forage for Experience Spiderflower Cleome spp. ex Spiderflower Cleome spp. ex Sunflower Helianthus annuus na	Calamintha spp. exotic	Onion/chives
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Catmint Nepeta spp. ex Oregano Origanum spp. ex Rosemary Rosmarinus officinalis ex Comfrey Symphytum peregrinum ex Thyme Thymus spp. ex * These non-native herbs are included because they provide excellent forage for * * Common Name Scientific Name Or * Borage Borago officinalis ex Spiderflower Cleome spp. ex Sunflower Helianthus annuus na	Lavendula spp. exotic	Lavender
Rosemary Comfrey Symphytum peregrinum Extra Thyme Thymus spp.  * These non-native herbs are included because they provide excellent forage for  * Common Name Scientific Name Or  Borage Borago Borago officinalis Spiderflower Cosmos Cosmos Cosmos Sunflower Helianthus annuus		Catmint
Comfrey Symphytum peregrinum Thyme Thymus spp.  * These non-native herbs are included because they provide excellent forage for  Annual Flowers & Herbs*  Common Name Scientific Name Or  Borage Borago officinalis Spiderflower Cleome spp. Cosmos Cosmos spp. Experimental symphytum peregrinum Expression of the provide excellent forage for spontage of the provide excellent for spontage of the provide excellent for spontage of the provide excellent for spontage of the prov	Origanum spp. exotic	Oregano
Thyme Thymus spp. ex  * These non-native herbs are included because they provide excellent forage for  Annual Flowers & Herbs*  Common Name Scientific Name Or  Borage Borago officinalis ex Spiderflower Cleome spp. ex Cosmos Cosmos spp. ex Sunflower Helianthus annuus na	Rosmarinus officinalis exotic	Rosemary
Thyme Thymus spp. ex  * These non-native herbs are included because they provide excellent forage for  Annual Flowers & Herbs*  Common Name Scientific Name Or  Borage Borago officinalis ex Spiderflower Cleome spp. ex Cosmos Cosmos spp. ex Sunflower Helianthus annuus na	Symphytum peregrinum exotic	Comfrey
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CosmosCosmos spp.exSunflowerHelianthus annuusna		_
Sunflower Helianthus annuus na		
Basil Ocimum son ex	• • •	
Baon Connain opp.	Ocimum spp. exotic	Basil
		Mexican sunflower
Zinnia Zinnia spp. ex	Zinnia spp. exotic	Zinnia

<sup>\*</sup> The plants on this list are native to the Piedmont region of North Carolina unless otherwise indicated. A few non-native plants are included if they are known for being bee magnets!