

<b>Cape Cod Butterfly</b>	<b>HOSTS</b>
American Lady	Pearly Everlasting, Pussy toes, Cudweed
Baltimore checkerspot	White turtlehead, Chelone glabra
Black Swallowtail	Carrot Family ex. Dill, Fennel, Angelica, Zizia aurea
Brown Elfin	Heath family – ex. Blueberry, Huckleberry, Mountain Laurel, Sheep laurel Rhododendron, Labrador-tea, Leatherleaf.
Clouded Sulphur, Eastern Tailed Blue, Gray Hairstreak, Silver Spotted Skipper	Legumes/Pea family plants - ex. Baptisia, Lupine, Partridge pea, Lespedeza spp, Trifolium spp - some butterflies lay eggs on the flowers, so high or no mowing recommended.
Common Buckeye	Verbena, Snapdragon, Plantain, Blue Toadflax, Ruellia
Common Wood Nymph, Skipper family butterflies	Grasses, left undisturbed or mown tall, like Little Bluestem, Panic Grass, Purpletop Grass, Prairie Dropseed., etc.
Eastern Tiger Swallowtail	Tulip tree (Liriodendron), Birch (Betula), wild Cherry (Prunus), Sweetbay Magnolia, Linden (Tilia), Ash (Fraxinus), Willow (Salix).
Hummingbird clearwing hawkmoth	Honeysuckles, like 'Major Wheeler'
Juniper Hairstreak	Eastern Red Cedar
Juvenal's Duskywing	Oak trees
Monarch	milkweeds - native varieties like Asclepias incarnata, or asclepias tuberosa
Mourning Cloak	Willows, Poplars, Birches, Elm
Painted Lady	Mallow/hibiscus family, Thistles
Pearl Crescent	Asters
Pipevine Swallowtail	Aristolochia - Dutchman's pipe vine
Red Admiral	Nettles or False Nettle
Red Spotted Purple	Cherries, Apples, Plums, Hawthorne, Poplars, Birch, Aspens, Oaks and more
Spicebush Swallowtail	Spicebush and Sassafras
Spring Azure	New Jersey Tea, Dogwood, Cherry, Amelanchier, Blackberry, Viburnum, Sumac, Spirea, Maple, Holly, Bearberry, Blueberries

NECTAR PLANTS FOR BUTTERFLIES - All need full sun & moist well drained soil	NOTES
Coneflower, <i>Echinacea</i> spp, straight species	native varieties like <i>Echinacea purpurea</i> , <i>E. Pallida</i> , <i>E. angustifolia</i> do better than fancy colors, flowers with extra petals mean less to no nectar and pollen. These do get eaten by rabbits, deer and groundhogs, so you may want to spray them preventatively until they are well established.
Milkweeds and butterfly weeds, <i>Asclepias</i> spp.	<i>Asclepias tuberosa</i> (Butterflyweed), or <i>Asclepias incarnata</i> (Swamp Milkweeds - ex. Cinderella, 'pulchra' or 'Ice Ballet'; NOT common milkweed which will spread rhizomatously and take over, and is less preferred by monarchs.
Bee balm, <i>Monarda</i> spp.	<i>Monarda fistulosa</i> or <i>didyma</i> (spreads rhizomatously, plant in an area where can control or let it take over)
Asters	ex. New England Aster 'Purple Dome' or Calico Aster
Bee Balm, <i>Monarda</i> spp.	ex. <i>Monarda fistulosa</i> , <i>Monarda didyma</i>
Anise hyssop, <i>Agastache</i> spp.	Blooms for months, beautiful and beloved by both bees and butterflies; This is one that is better NOT grown from seed, and to buy cultivars, as they are in the mint family and will otherwise self seed aggressively; also check that they are at least cold hardy to zone 5.
Blazing stars, <i>Liatris</i> spp.	Butterflies LOVE these nectar producing natives, and they are beautiful in the garden in full sun. If you can get New England Blazing Star, <i>L. novae-angliae</i> , it mimics a the monarch butterfly pheremone which will attract them like a magnet in a mutually beneficial relationship.
Cardinal flower, <i>Lobelia</i> spp.	Red cardinal flower, <i>Lobelia cardinalis</i> , is amazing for hummingbirds and large butterflies, blue cardinal flower, <i>L. siphilitica</i> , is beloved by bees.
Goldenrods, <i>Solidago</i> spp, see recommended species	Fantastic nectar and pollen plant for late season bees. Avoid <i>S. rugosa</i> species, except if you have room for the cultivar 'Fireworks', I recommend Gray goldenrod <i>Solidago nemoralis</i> , Sweet goldenrod <i>S. odora</i> , which you can use for tea!, or my personal garden favorite Downy goldenrod, <i>S. puberula</i> .
Joe Pye weed, dwarf cultivars recommended	excellent native for both butterflies and bees - use dwarf varieties such as Euphoria Ruby <i>Eupatorium 'Ruby'</i> or Little Joe, <i>Eupatorium dubium</i> .
<a href="#">Phlox paniculata 'Jeana'</a>	A tall phlox that is a nativar, with excellent mildew resistance and beautiful panicles filled with pink flowers that have been proven to be the butterflies' favorite phlox! Will need staking.
Zinnias	Non-native annuals butterflies and bees love, 'Benary Giant' varieties do well in our climate, are mildew resistant and will bloom for months with deadheading; pollinators seem to like purple and red best. Full sun. May need staking.
Tall verbena, <i>Verbena bonariensis</i>	non-native perennials, from Brazil, beloved by all kinds of pollinators!!! May self-sow abundantly, but is beautiful, tall and airy. Full sun.
Globe amaranth, <i>Gomphrena globosa</i>	Non-native annuals beloved by small-tongued butterflies and bees
Mexican sunflower, <i>Tithonia</i> spp.	Non-native annuals, grow about 6' tall, and are covered in flowers beloved by bees, butterflies, and later goldfinches. 'Sundance' is a good cultivar to try. Easy to grow, full sun. Plant out when night temps over 50F. Will need tall stakes.

Ornamental sages, <i>Salvia spp.</i>	non native annuals, but butterflies love these. Smaller ones for smaller butterflies, larger flowers for larger butterflies. Sage always needs full sun.
<a href="#">Try winter-sowing native seeds by surface sowing covered by vermiculite in pots, trays or milk jugs and leaving outside out of reach of birds over the winter</a>	

NECTAR PLANTS FOR BEES - short/med tongued	WHERE at HMG?	NECTAR PLANTS FOR BEES - long tongued	WHERE at HMG? *key below	POLLEN PLANTS FOR BEES	WHERE at HMG?
Asters	MCI, WMG, parking garden	Agastaches (cultivars recommended over straight species)	WMG, MCI, Carousel	Joe Pye Weed (dwarf varieties recommended)	WMG, MCI, parking garden
Bonesets	MCI, WMG	Turtlehead	WMG by water fountain, MCI	Goldenrods	WMG, MCI
Milkweeds, ex. Asclepias tuberosa, or A. incarnata 'Cinderella'	MCI, WMG	Blue lobelia	WMG, MCI	Hyssop Leaved Boneset	MCI
Goldenrods	MCI, WMG	Bee balm - ex. Monarda fistulosa, Monarda didyma	WMG, MCI	Japanese Anemone	WMG, Carousel, blooms Sept
Slender leaved mountain mint	WMG back of white garden	Baptisias	WMG	Carolina rose	Excellent resource, don't have at HMG
Carrot family plants, ex. Zizia aurea, Yarrow, Dill, Angelica	Admin & Herb Garden	Ironweed (dwarf varieties recommended)	Carousel - dwarf variety, Summer Swan Song	Virginia Rose	Excellent resource, don't have at HMG
Coreopsis spp.	MCI			Willow Species	Don't have at HMG, be sure to carefully choose native varieties of willow like Black willow (Salix nigra) and Pussy willow (Salix discolor - not the commercial variety)
Globe amaranth	WMG, annual non native but highly used				
* WMG = Windmill Gardens, MCI = McInnes Garden					
<a href="https://beecology.wpi.edu/website/learn#section3">Sourced mainly from: https://beecology.wpi.edu/website/learn#section3</a>		<a href="#">Learn all about bumblebees and help with citizen science!</a>			

<b>NECTAR PLANTS FOR HUMMINGBIRDS</b>	<b>Where can I see these at Heritage?</b>						
Cardinal flower - Lobelia Cardinalis	Windmill Garden						
Native Honeysuckle - ex. Lonicera sempivirens 'Major Wheeler'	Herb Garden, Maze, McInnes Garden						
Crocsmia 'Lucifer'	McInnes Garden, Windmill Garden						
Monarda Didyma - Scarlet beebalm	Windmill Garden						
Salvias (ornamental sage)	Hummingbirds love the larger salvias, like <i>S. guaranitica</i> (annual or overwinter indoors) - they will go to red/pink first, but will also feed on other colors.						

## WHAT YOU CAN DO TO HELP POLLINATORS

Avoid using pesticides and herbicides.

Seek out locally sourced, neonicotinoid-free, plants & seeds

Find out which butterflies are local to your area and their host plants? Observe which pollinators use which plants most.

Research and provide sources of both pollen and nectar for bees throughout the season - especially early spring and late fall, and host plants for butterflies. Make choices to support the full life cycle of the species you want to provide for.

Add more native plants, locally original genotypes when possible.

Plant diverse floral shapes like compound or tubular flowers in diverse sizes and colors.

Preserve and plant native trees and shrubs – oaks, cherry, red maple, native willow like salix discolor, Tulip trees, Sassafrass, Serviceberry, Winterberry holly, Virginia rose, Carolina rose, ...

Plant in masses and swaths, and design thoughtfully for the conditions of your site, how plants interact with each other visually – matching colors or shapes - and behaviorally – how they grow and reproduce, and what they provide on multiple levels for pollinators, birds, and our own experience throughout the seasons.

Create/preserve nesting and over-wintering sites for native bees - 70% in bare ground, more important than stalks but stalks also important, try to leave up until early May if possible.

Provide an accessible water source near cover.

<b>WHERE TO BUY NATIVE PLANTS</b>			
<a href="#">Association to Preserve Cape Cod</a>			
<a href="#">List of Native Plant Nurseries and Seed Sources</a>			
<a href="#">Garden in the Woods, Framingham</a>			
<a href="#">Polly Hill Arboretum, Martha's Vineyard</a>			
<a href="#">CHECK OUT POLLY HILL's PLANT SELECTOR GUIDE</a>			
<a href="http://pollinatorswelcome.com/uncategorized/bee-safe-nurseries/">List of Bee Safe Nurseries http://pollinatorswelcome.com/uncategorized/bee-safe-nurseries/</a>			

## WEB RESOURCES

### GARDENING FOR POLLINATORS

[GrowNativeMassachusetts - grownativemass.org](http://grownativemassachusetts.org) - native plant & seed sources, webinars, tons of learning opportunities! See [Evenings with Experts videos](#).

[Nativars - https://xerces.org/blog/cultivar-conundrum](https://xerces.org/blog/cultivar-conundrum)

[Native Plant Trust Garden Plant Finder](#)

[Native Plant Trust nativeplanttrust.org](http://nativeplanttrust.org) - learning events, resources, native plant garden, plants & books for sale

[Go Botany gobotany.nativeplanttrust.org](http://gobotany.nativeplanttrust.org) - plant ID and maps to see if native

[MA Audubon massaudubon.org/learn/nature-wildlife/help-pollinators-thrive/plant-a-pollinator-garden](http://massaudubon.org/learn/nature-wildlife/help-pollinators-thrive/plant-a-pollinator-garden)

[Ecological](#)

[Landscape Alliance \(ELA\)](#) - members have access to a huge library of webinars and other resources

[Attracting](#)

[Pollinators to Your Garden Using Native Plants \(Eastern United States\)](#) - USDA Forest Service, [Gardening for Pollinators](#)

[Tufts Pollinator Initiative](#) - Excellent resources on everything pollinators, and specific to our area; ex. [On leaving stems for pollinators](#).

### BUTTERFLIES

[NABA](#)

[Butterfly Gardening handout](#)

### BEEES

[Xerces Society xerces.org](http://xerces.org), [beecityusa.org](http://beecityusa.org), [xerces.org/pollinator-resource-center](http://xerces.org/pollinator-resource-center) - AMAZING resources !!!

[Eastern](#)

[Native Bee Identification card](#)

[Beecology beecology.wpi.edu](http://beecology.wpi.edu) - Native bumble bees and a citizen science to contribute to bumblebee research!

[Tom](#)

[Sullivan Article on native bees](#)



<a href="#">Bombus,</a> <a href="#">the Bumblebee W. MA Master Gardener article with great info &amp; references BumbleBee</a> <a href="#">Life Cycle</a>
<a href="#">BumbleBee</a> <a href="#">Conservation Trust (based in England, but lots of info on nests, etc.)</a>
<b>MAKING HABITAT FOR BEES</b>
<a href="#">Habitat for ground nesting bees <a href="https://ptes.org/my-garden/how-to-make-a-habitat-for-ground-nesting-bees/">https://ptes.org/my-garden/how-to-make-a-habitat-for-ground-nesting-bees/</a></a>
<a href="#">Xerces</a> <a href="#">guide to creating habitat for stem-nesting bees</a>
<a href="https://beelab.umn.edu/create-nesting-habitat">https://beelab.umn.edu/create-nesting-habitat</a>
<a href="#">Bee Hotels <a href="https://entomologistlounge.wordpress.com/2017/09/18/insect-hotels-a-refuge-or-a-fad/">https://entomologistlounge.wordpress.com/2017/09/18/insect-hotels-a-refuge-or-a-fad/</a></a>

## **BOOKS AND PRINT RESOURCES**

**The Northeast Native Plant Primer – Uli Lorimer**

[Guidelines for Cape-friendly Landscapes – APCC & Marcy Ford](#)

**Doug Tallamy - All of his books!**

**The Pollinator Victory Garden - Kim Eierman**

**Bees An Identification and Native Plant Forage Guide - Heather Holm**

**Kaufman Field Guide to Nature of New England - Ken & Kimberly Kaufman**

**100 Plants to Feed the Bees - Xerces society**

**Planting a New Perspective - Piet Oudolf & Noel Kingsbury (Design)**

[Earthskywater.net: Common Bees of Eastern N. America,](#)  
[Common Butterflies of the NE, Caterpillars of Eastern N. America](#)