Examples of Wild and/or Cultivated Plants for Alternative Pollinator Forage

Below are examples of plants found in Ontario that can provide nectar, pollen or both for foraging insects at different periods over th e growing season. Landowners may protect plants growing in the wild (e.g., leave unsprayed or unmowed) or in some cases, seeds or seedlings may be available f or purchase.

		Period of Bloom							
Common Name	**Scientific Name**	**Early Spring**	**Mid Spring**	**Lates Spring**	**Early Summer**	**Mid Summer**	**Late Summer**	**Early Fall**	**Mid Fall**
Pin Cherry	*Prunus pensylvanica*	■							
Spring Beauty	*Claytonia virginica*	■							
Common bugle	*Ajuga reptans*	■	■	■	■				
Golden cress	*Alyssum saxatile*	■							
False indigo	*Amorpha fruticosa*	■							
American Vetch	*Vicia americana*	■	■	■	■	■			
Nanny berry	*Viburnum lentago*	■	■	■	■	■			
Dandelion	*Taraxacum officiniale*		■	■	■				
Serviceberry, Saskatoon	*Amelanchier alnifolia*			■	■				
Hawthorn	*Crataegus* species (various)			■	■				
Currants, gooseberries	*Ribes* species (various)				■	■			
Blue false indigo	*Baptisia australis*				■	■			
Milkweed	*Asclepias* species (various)					■			
Red osier dogwood	*Cornus stolonifera*					■			
Buckwheat	*Fagopyrum escultenum*					■			
Yellow flax	*Linum flavum*					■			
Honeysuckles	*Lonicera* species (various)					■			
Sweet cherry	*Prunus cerasus*					■			
Buckthorn	*Rhamnus cathartica*					■			
Wild roses	*Rosa* species (various)					■			
Raspberry, blackberry, and allies	*Rubus* species (various)					■			
Sage	*Salvia officinalis*					■			
Elderberry	*Sambucus canadensis*					■			
Carpenter's square	*Scrophularia marilandica*					■			
Clovers	*Trifolium* species (various)					■			
Cow pea	*Vigna sinensis*					■			
Thistles	*Cirsium* species (various)					■	■	■	
Blazing star	*Liatris cylindracea*					■	■	■	
Hairy vetch	*Vicia villosa*					■	■	■	
Sunflower	*Helianthus annuus*					■	■	■	
Alfalfa	*Medicago sativa*					■	■	■	
Sweet clovers	*Melilotus* species (various)					■	■	■	
Spear mint	*Mentha spicata*					■	■	■	
Evening primrose	*Oenothera biennis*					■	■	■	
Self-heal	*Prunella vulgaris*					■	■	■	
Horsemint	*Monarda fistulosa*					■	■	■	■
Vervain	*Verbena* species (various)					■	■	■	■
Borage	*Borago officinalis*					■	■	■	■
Boneset	*Eupatorium perfoliatum*					■	■	■	■
Cone Flower	*Rudbeckia* species (various)					■	■	■	■
Common Vetch	*Vicia angustifolia*					■	■	■	■
Bellflower	*Campanula rapunculoides*					■	■	■	■
Wild Cucumber	*Echinocystus lobata*					■	■		
Bird’s-foot trefoil	*Lotus corniculatus*					■	■		
Knapweeds, Cornflowers	*Centaurea* species (various)						■	■	
Asters	*Symphyotrichum* species (various)						■	■	■
Goldenrod	*Solidago* species (various)						■	■	■