

WILDFLOWERS FOR BENEFICIAL INSECTS

A Guide for Fruit and Vegetable Growers

Enhancing habitat that adjoins fields with native flowering plants will attract beneficial insects that provide two critical ecosystem services: pest insect population control and pollination. This guide provides information on native wildflowers that attract beneficial insects.

| SCIENTIFIC NAME | COMMON NAME | | lacewings | syphid flies | tachnid flies | soldier beetles | scollid and thynnid wasps | potter and mason wasps | yellowjackets | paper wasps | bumble bees | long-horned bees | leafcutter bees | mining bees | sweat bees |
|------------------------------------|----------------------------------|------|-----------|--------------|---------------|-----------------|---------------------------|------------------------|---------------|-------------|-------------|------------------|-----------------|-------------|------------|
| <i>Achillea millefolium</i> | Common Yarrow | P, N | X | X | X | X | | X | X | X | X | | X | X | X |
| <i>Arnoglossum atriplicifolium</i> | Pale Indian Plantain | P, N | | X | X | X | X | X | X | X | X | | | | X |
| <i>Asclepias syriaca</i> | Common Milkweed | N | | X | X | X | X | X | X | X | X | X | X | | X |
| <i>Asclepias incarnata</i> | Swamp Milkweed | N | | | X | X | X | X | X | X | X | X | X | | X |
| <i>Ceanothus americanus</i> | New Jersey Tea | P, N | | X | X | | X | X | | X | X | | | X | X |
| <i>Coreopsis palmata</i> | Plains Coreopsis | P, N | | X | X | X | | X | | | X | X | X | X | X |
| <i>Dalea purpurea</i> | Purple Prairie Clover | P, N | | X | | X | X | X | | | X | X | X | X | X |
| <i>Doellingeria umbellata</i> | Flat-topped Aster | P, N | | X | | X | X | X | X | X | X | X | X | X | X |
| <i>Erigeron strigosus</i> | Daisy Fleabane | P, N | X | X | X | X | | X | | X | | | X | X | X |
| <i>Eryngium yuccifolium</i> | Rattlesnake Master | P, N | | X | X | X | X | X | X | X | X | X | X | | X |
| <i>Eupatorium perfoliatum</i> | Common Boneset | P, N | | X | X | X | X | X | X | X | X | X | X | X | X |
| <i>Euphorbia corollata</i> | Flowering Spurge | P, N | | X | X | X | X | X | | X | | | X | | X |
| <i>Euthamia graminifolia</i> | Grass-leaved Goldenrod | P, N | | X | X | X | X | X | X | X | X | X | | X | X |
| <i>Helenium autumnale</i> | Sneezeweed | P, N | | X | X | X | | | X | X | X | X | X | X | X |
| <i>Heliopsis helianthoides</i> | False Sunflower or Smooth Oxeye | P, N | | X | X | X | X | | | | X | X | X | X | X |
| <i>Monarda fistulosa</i> | Wild Bergamot | P, N | | X | | X | | X | | X | X | X | X | | X |
| <i>Parthenium integrifolium</i> | Wild Quinine | P, N | | X | X | | X | X | | X | | | X | X | X |
| <i>Pycnanthemum tenuifolium</i> | Slender Mountain Mint | N | | X | X | X | X | X | | X | X | X | X | X | X |
| <i>Pycnanthemum virginianum</i> | Virginia Mountain Mint | N | | X | X | X | X | X | X | X | X | X | X | X | X |
| <i>Ratibida pinnata</i> | Yellow or Gray-headed Coneflower | P, N | | X | X | X | X | X | | X | X | X | X | X | X |
| <i>Rudbeckia hirta</i> | Black-eyed Susan | P, N | | X | X | X | X | X | | | X | X | X | X | X |
| <i>Rudbeckia subtomentosa</i> | Sweet Black-eyed Susan | P, N | | X | X | X | X | X | | | | X | X | X | X |
| <i>Solidago rigida</i> | Stiff Goldenrod | P, N | | X | X | X | X | X | X | X | X | X | X | X | X |
| <i>Symphotrichum lanceolatum</i> | Panicled Aster | P, N | X | X | X | X | X | X | X | X | X | X | X | X | X |
| <i>Symphotrichum lateriflorum</i> | Calico Aster | P, N | X | X | X | X | | X | X | X | X | X | X | X | X |
| <i>Symphotrichum novae-angliae</i> | New England Aster | P, N | | X | | | | | | | X | X | X | X | X |
| <i>Tradescantia ohiensis</i> | Ohio Spiderwort | P | | X | | X | | | | | X | | X | X | X |
| <i>Verbena hastata</i> | Blue Vervain | P, N | | X | X | X | X | X | X | | X | X | X | | X |
| <i>Verbesina alternifolia</i> | Wingstem | P, N | | X | | X | X | X | X | X | X | X | X | X | X |
| <i>Vernonia gigantea</i> | Tall Ironweed | P, N | | | | | | | | | X | X | X | | X |
| <i>Veronicastrum virginicum</i> | Culver's Root | P, N | | X | X | X | | | | | X | X | X | | X |
| <i>Zizia aurea</i> | Golden Alexanders | P, N | | X | | | | X | | X | X | | X | X | X |

Floral resource collected/consumed P = Pollen N = Nectar

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|---|--|---|--|--|---|---|--|
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| <i>Erigeron strigosus</i> Daisy Fleabane | <i>Eryngium yuccifolium</i> Rattlesnake Master | <i>Eupatorium perfoliatum</i> Common Boneset | <i>Euphorbia corollata</i> Flowering Spurge | <i>Euthamia graminifolia</i> Grass-leaved Goldenrod | <i>Helenium autumnale</i> Sneezeweed | <i>Heliopsis helianthoides</i> False Sunflower | <i>Monarda fistulosa</i> Wild Bergamot |
| <i>Parthenium integrifolium</i> Wild Quinine | <i>Pycnanthemum tenuifolium</i> Slender Mountain Mint | <i>Pycnanthemum virginianum</i> Virginia Mountain Mint | <i>Ratibida pinnata</i> Yellow Coneflower | <i>Rudbeckia hirta</i> Black-eyed Susan | <i>Rudbeckia subtomentosa</i> Sweet Black-eyed Susan | <i>Solidago rigida</i> Stiff Goldenrod | <i>Symphotrichum lanceolatum</i> Panicled Aster |
| <i>Symphotrichum lateriflorum</i> Calico Aster | <i>Sym. novae-angliae</i> New England Aster | <i>Tradescantia ohioensis</i> Ohio Spiderwort | <i>Verbena hastata</i> Blue Vervain | <i>Verbesina alternifolia</i> Wingstem | <i>Vernonia gigantea</i> Tall Ironweed | <i>Veronicastrum virginicum</i> Culver's Root | <i>Zizia aurea</i> Golden Alexanders |

Full sun, dry soil

Full sun, medium soil

Full sun, moist soil