



Pollinator Pathway Cape Cod

Increasing pollinator-friendly habitats and food sources for bees, butterflies, hummingbirds and other pollinating insects and wildlife across Cape Cod

People are drawn to live on and visit Cape Cod because of its natural beauty, from coastal dunes and tidal ecosystems to lakes and trails through wooded forests. Everyone can help protect this critical Cape Cod environment by planting more native trees, shrubs, and flowers.

Native plants are essential in providing food and habitat for a rich diversity of local pollinators. Since native plants are adapted to local soils and climate, they are the best sources of nectar and pollen for native pollinators. In addition, many of the Cape's native plants are drought and salt tolerant, and accustomed to the poor soils found here. Native pollinators help to maintain healthy, productive wild plant communities, provide food that sustains wildlife, and are necessary for crop production. We can all play a role in improving Cape Cod's environment and ecosystem by adding native pollinator plants to our yards.

MAKE A DIFFERENCE

Add native plants, but also remove any non-native invasive plants on your property. Invasives provide little food or habitat for local insects and they reduce biodiversity by outcompeting natives.

Rethink the lawn! Mow less often and reduce the size (and time it takes to mow!) by adding native plants. And skip the "fall clean-up": leave the leaves until spring – many pollinators overwinter in leaf matter.

Avoid chemical fertilizers; leave grass clippings as lawn fertilizer or consider using slow-release organic fertilizers. Chemical fertilizers can affect the pollen and nectar available to pollinators.

Don't use pesticides! A pesticide-free yard means a healthy yard for your family and pets as well as the pollinators.

There are hundreds of native plants to pick from that will look great in your yard or garden. Every plant has a scientific name that is unique to that plant. To select the right plant, look carefully at the nursery tag. For example, there are hundreds of oaks, but most are not native to North America. *Quercus robur* is NOT native, but *Quercus alba* IS. So, shop carefully!

A list of some native trees, shrubs, and flowers of the Northeast, created by the Xerces Society, is on the reverse. The websites listed below provide many more examples and helpful information. And another helpful hint: take your smartphone with you when you shop so you can look up a plant to see if it's native.

pollinator-pathway.org
plantfinder.nativeplanttrust.org
wildflower.org
xerces.org
grownativemass.org
grownative.org
APCC.org

To learn more about **Pollinator Pathway Cape Cod** visit us at <https://www.pollinator-pathway.org/towns/cape-cod> or contact us at pollinatorpathwaycapecod@gmail.com.



This list of pollinator plants for the Northeast Region was produced by the Xerces® Society. For more information about pollinator conservation, please visit www.xerces.org.



| Bloom Period | Common Name | Scientific Name | Flower Color | Max. Height* | Water Needs | Notes | |
|---|-------------|--------------------------|-------------------------------------|---------------|-------------|-------|---|
| Forbs | | | | | | | |
| All species are perennials, unless otherwise noted. *Max. Height is an average, individual plants may vary. | | | | | | | |
| Early | 1 | Golden Alexanders | <i>Zizia aurea</i> | yellow | 3 | H | Host plant for black swallowtail butterfly; shallow nectaries attract small beneficial wasps, bees, and flies |
| | 2 | Wild geranium | <i>Geranium maculatum</i> | pink | 3 | M | Shade-tolerant; provides important spring food for mining, cuckoo, mason, sweat, bumble, and small carpenter bees |
| Early-Mid | 3 | Spiderwort | <i>Tradescantia virginiana</i> | blue | 3 | M | The attractive flowers of this unique iris-relative are frequented by bumble bees and other pollinators; shade tolerant |
| | 4 | Blue vervain | <i>Verbena hastata</i> | blue | 5 | H | A preferred nectar plant for bees, butterflies, hover flies, and bee flies; choose <i>Verbena stricta</i> for drier soils |
| Mid | 5 | Narrowleaf mountain mint | <i>Pycnanthemum tenuifolium</i> | white | 3 | L-M | This and related species have fragrant foliage and nectar-rich flowers; very popular with butterflies, beetles, and more |
| | 6 | Swamp milkweed | <i>Asclepias incarnata</i> | pink | 5 | M-H | Host plant for monarchs; lovely fragrance attracts insects of all kinds; at drier sites use common or butterfly milkweed |
| | 7 | Wild bergamot | <i>Monarda fistulosa</i> | purple | 4 | M | Hawk moths, hummingbirds, and long-tongued bumble bees (such as <i>Bombus pensylvanicus</i>) are common visitors |
| Mid-Late | 8 | Boneset | <i>Eupatorium perfoliatum</i> | white | 5 | H | Flat-topped clusters of fluffy, nectar-rich flowers attract many kinds of insects; tolerant of partial shade and wet soils |
| | 9 | Cardinal flower | <i>Lobelia cardinalis</i> | red | 4 | H | Striking, scarlet-red tubular flowers attract hummingbirds and swallowtail butterflies |
| | 10 | Field thistle | <i>Cirsium discolor</i> | purple | 6 | M | Distinct from invasive, non-native thistles; an important plant for butterflies and bumble bees; grows as a perennial or biennial |
| | 11 | Wild golden glow | <i>Rudbeckia laciniata</i> | yellow | 7 | H | Long bloom period; shade-tolerant; visited by bumble bees and other pollinators; seeds provide food for birds |
| Late | 12 | Bottle gentian | <i>Gentiana clausa</i> | blue | 2 | M | This unique fall flower is almost exclusively pollinated by bumble bees, which pry the petals apart to climb inside |
| | 13 | Calico aster | <i>Symphyotrichum lateriflorum</i> | white | 3 | M | The shallow nectaries attract more insect diversity than some larger-flowered aster species; tolerant of partial shade |
| | 14 | Gray goldenrod | <i>Solidago nemoralis</i> | yellow | 2 | L | Excellent for poor soils where little else will grow; one of the latest blooming goldenrods; visited by many pollinators |
| | 15 | New England aster | <i>Symphyotrichum novae-angliae</i> | purple | 6 | M | One of the latest fall-blooming plants; frequented by honey bees and pre-hibernation bumble bee queens |
| | 16 | Wrinkleleaf goldenrod | <i>Solidago rugosa</i> | yellow | 3 | M-H | Goldenrods are frequented by beneficial solitary wasps, pollen-eating soldier beetles, bumble bees, and much more |
| Shrubs and Trees | | | | | | | |
| Early | 17 | Highbush blueberry | <i>Vaccinium corymbosum</i> | white/ pink | 12 | M-H | Well-loved by humans and also provides food for mining bees, mason bees, and long-tongued bumble bees |
| | 18 | Pussy willow | <i>Salix discolor</i> | yellow/ green | 15 | M-H | Silky gray catkins open into flowers that provide spring forage for bees; host plant for mourning cloak butterflies |
| | 19 | Raspberry, blackberry | <i>Rubus</i> spp. | white | 4+ | M | Hollow canes/ prunings make excellent nest sites for cavity-nesting bees; flowers are pollinated by many kinds of bees |
| Early-Mid | 20 | American basswood | <i>Tilia americana</i> | cream | 60 | M | Also called "bee tree" for its abundance of very fragrant, nectar-rich flowers which are extremely attractive to bees |
| | 21 | Ninebark | <i>Physocarpus opulifolius</i> | white | 8 | L | Deciduous shrub with attractive foliage, peeling bark, and white flowers; loved by birds, bees, and butterflies |
| Mid | 22 | New Jersey tea | <i>Ceanothus americanus</i> | white | 4 | M | A magnet for many species of flies, wasps, bees, and butterflies; slow growing and prone to deer browsing |
| | 23 | Virginia rose | <i>Rosa virginiana</i> | pink | 6 | L | Foliage is used by leafcutter bees; flowers provide food for many pollinators; exceptional leaf coloration in the fall |
| Late | 24 | Buttonbush | <i>Cephalanthus occidentalis</i> | white | 12 | H | Host plant for numerous moths and butterflies; pincushion-like flowers are very attractive to butterflies and bees |

