

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

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*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](http://www.protectpollinators.org).

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

Common Name	Scientific Name	Origin
Blue vervain	<i>Verbena hastata</i>	native
Ironweed	<i>Vernonia noveboracensis</i>	native
Culver's root	<i>Veronicastrum virginicum</i>	native
Golden alexander	<i>Zizia aurea</i>	native

### Trees and Shrubs

Common Name	Scientific Name	Origin
Red maple	<i>Acer rubrum</i>	native
Serviceberry	<i>Amelanchier arborea</i>	native
New Jersey Tea	<i>Ceanothus americanus</i>	native
Buttonbush	<i>Cephalanthus occidentalis</i>	native
Redbud	<i>Cercis canadensis</i>	native
Pepperbush	<i>Clethra alnifolia</i>	native
Eastern persimmon	<i>Diospyrus virginiana</i>	native
St. John's Wort	<i>Hypericum frondosum</i>	native
Inkberry/Winterberry	<i>Ilex glabra</i>	native
Tulip poplar	<i>Liriodendron tulipifera</i>	native
Southern magnolia	<i>Magnolia grandiflora</i>	native
Sourwood	<i>Oxydendrum arboreum</i>	native
Black cherry	<i>Prunus serotina</i>	native
Azalea	<i>Rhododendron</i> spp.	native
Sumac	<i>Rhus</i> spp.	native
Blackberry	<i>Rubus</i> spp.	naturalized
Willow	<i>Salix</i> spp.	native
Basswood	<i>Tilia americana</i>	native
Blueberry	<i>Vaccinium</i> spp.	native
Viburnum	<i>Viburnum</i> spp.	native

### Vines

Common Name	Scientific Name	Origin
Climbing aster	<i>Ampelaster carolinianus</i>	native
Coral honeysuckle	<i>Lonicera sempervirens</i>	native
Passionflower	<i>Passiflora incarnata</i>	native

### Perennial Herbs\*

Common Name	Scientific Name	Origin
Onion/chives	<i>Allium</i> spp.	exotic
Calamint	<i>Calamintha</i> spp.	exotic
Lavender	<i>Lavendula</i> spp.	exotic
Catmint	<i>Nepeta</i> spp.	exotic
Oregano	<i>Origanum</i> spp.	exotic
Rosemary	<i>Rosmarinus officinalis</i>	exotic
Comfrey	<i>Symphytum peregrinum</i>	exotic
Thyme	<i>Thymus</i> spp.	exotic

\* These non-native herbs are included because they provide excellent forage for bees

### Annual Flowers & Herbs\*

Common Name	Scientific Name	Origin
Borage	<i>Borago officinalis</i>	exotic
Spiderflower	<i>Cleome</i> spp.	exotic
Cosmos	<i>Cosmos</i> spp.	exotic
Sunflower	<i>Helianthus annuus</i>	native
Basil	<i>Ocimum</i> spp.	exotic
Mexican sunflower	<i>Tithonia rotundifolia</i>	exotic
Zinnia	<i>Zinnia</i> spp.	exotic

\* These non-native flowers are included because they provide excellent forage for bees

\* 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!