



Part FOUR:

Pollinator Plant Lists & Sources for Seeds and Plants

The hoverfly or syrphid fly mimics a bee in appearance and is considered a key pollinator.

In General, Grow Native Plants!

Although many of the plants in our gardens attract native pollinators who obtain nutrition from the pollen and nectar, native plants provide many other services for native insects, such as providing food (leaves, all parts) for insect larvae. We all know about how the monarch butterfly needs native milkweed plants as the 'host plant' for its caterpillars, but many other insects are also picky about where they lay their eggs – it is called 'host specificity'. Certain plant flowers have high-value nutrients, with pollen and nectar to provide protein and energy to many native pollinator species - bees, bugs and butterflies; these are the plants needed for our pollinator gardens.

Website about New England's Native Plants

[GoBotany](#) – A website created by the New England Wildflower Society, this website has an easy key for identification, details about the biology of native plants and photos of the plants in various stages.

Pollinator Plant Lists

[How to Attract Butterflies and Bees](#) A general approach using plant genus for to describe plants that attract insect pollinators, butterflies and birds, from Prairie Moon Nursery.

[Pollinator-Friendly Plants for the Northeast United States](#) A product of the Natural Resources Conservation Service, with excellent photos and descriptions of 56 plants that are considered 'good value' for pollinators.

[Native Plants that Attract Pollinators](#) The New England Wildflower Society (NEWFS) lists plants available at its Nasami Farm, see below.

[Pollinator Plants for the North East](#) from the Xerces Society, is a short list organized by season and brief instruction on installation.

[Selecting Plants for Pollinators](#) This comprehensive 26-page guide for farmers, land managers and gardeners in the North East is provided by the Pollinator Partnership.

[University of NH Extension Plant List](#) with flowers and grasses for gardens and meadows.

[Vermont Plants Important to Bees: Vermont NRCS Plant Materials](#) Plants are listed in order of bloom time with color, height, pollinator value and a note for those commonly found at garden centers. The list includes both herbaceous and woody plants.

[Trees and Shrubs: Suggested Native Species for Pollinators](#) A fact-sheet from the University of Connecticut. Height, time of bloom and presented in useful chart format.

Seed Sources

[Prairie Moon Nursery](#) specializes in seeds of native plants, including many pollinator plants. They offer seeds in small packets for a very reasonable price. Larger quantities are available and seed mixtures of native flowers and grasses are available for pollinator meadows. Be aware that some of these plants may not be native to New England, but the website has a map showing the US distribution accompanying the description for each plant.

[Ernst Seeds](#) This company has a [special mix of plants for New England](#). The mix only has one variety of bunch grass: little bluestem, and is available only for ½ acre or 1 acre quantities. The company has a good catalog, photos of plants, and fills orders of individual plant seeds in quantities as small as 1 oz. However, for *mixtures* other than the NE one, the smallest amount is 1 pound. This is a good place for folks interested in planting meadows, not small pollinator gardens.

[New England Wetland Plants, Inc.](#) Despite the name, this Amherst MA nursery specializes in seeds of plants native to New England, and has seeds and plants for upland plants as well as those specific to wetlands. There is a large variety of seed mixes for native meadow plants (grass and flowers), including special mixes for meadows, roadsides, salt tolerant seed mix, mix for logging roads, erosion control and more.

Plant Sources

Local nurseries have many of the suggested pollinator plants. *Bring your list*, as these plants are often mixed in with other perennials.

[Prairie Moon Nursery:](#) Besides seeds (above), this nursery is a resource for bare-root plants and plugs of all sorts of native forbs, grasses and some shrubs. The website has helpful how-to instructions for germination, cold treatment for seeds, cultivation and garden planning. Not all plants are native for New England.

[Nasami Farm,](#) in western MA, a branch of the New England Wild Flower Society (NEWFS), has the plants listed on list above.

[NH State Nursery:](#) The state nursery has bare-root seedlings of native shrubs and trees, at a very reasonable price.

[Northeast Pollinator Plants:](#) Based in Fairfax VT, this is a mail-order nursery for native pollinator plants. The website has an excellent section on how to plan and plant pollinator gardens. You need to link to this website¹with your browser, since it is secure.

[New England Wetland Plants, Inc.](#) This nursery (mentioned above for seeds) sells 70 varieties of native herbaceous plants, many (but not all) suited for wet areas; these come in trays of 50 plugs. Also many varieties of native shrubs and trees, all potted at reasonable prices. The place specializes erosion control materials, and in wetland plants but has plants for other soil (moisture) conditions as well.

[Vermont Wetland Plant Supply](#) This is a wholesale supplier of plants source in VT (if possible). They sell several seed mixes for wet areas, as well as a good number of shrubs and trees for wetlands.

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¹ URL for Northeast Pollinator Plants: <https://www.northeastpollinator.com>