



# NATIVE PLANT-INSECT INTERACTIONS

## by Heather Holm & Prairie Moon Nursery

Species offered by Prairie Moon Nursery provide a wide range of forage and habitat for native pollinators and insects. Heather Holm; author of "Pollinators of Native Plants," has compiled a general guide to these plant and insect relationships. To learn more about native plants and the insects that rely on them check out Heather's books, or any book by the Xerces Society ([prairiemoon.com/books](http://prairiemoon.com/books)).

Botanical Name	Common Name	Bumble Bees	Solitary Bees	Specialist Bee	Butterfly/Moth	*Host Plant	Wasps	Flies	Beetles	Hummingbirds
<i>Actaea rubra</i>	Red Baneberry		•							
<i>Agastache foeniculum</i>	Anise Hyssop	•	•		•			•	•	•
<i>Agastache scrophulariaefolia</i>	Purple Giant Hyssop	•	•	•	•			•	•	•
<i>Allium cernuum</i>	Nodding Onion	•	•					•	•	
<i>Allium tricoccum</i>	Wild Leek	•	•							
<i>Amelanchier canadensis</i>	Shadblow		•							
<i>Amorpha canescens</i>	Lead Plant	•	•			•	•		•	
<i>Amsonia illustris</i>	Ozark Bluestar	•	•		•					
<i>Anaphalis margaritacea</i>	Pearly Everlasting	•	•		•	•	•	•	•	
<i>Andropogon gerardii</i>	Big Bluestem					•				
<i>Anemone canadensis</i>	Canada Anemone		•					•	•	
<i>Aquilegia canadensis</i>	Columbine	•				•				•
<i>Arisaema triphyllum</i>	Jack-in-the-Pulpit							•		
<i>Asclepias exaltata</i>	Poke Milkweed	•			•	•				
<i>Asclepias hirtella</i>	Tall Green Milkweed	•	•		•	•	•	•	•	
<i>Asclepias incarnata</i>	Rose Milkweed	•	•		•	•	•	•	•	•
<i>Asclepias ovalifolia</i>	Oval-leaf Milkweed	•	•		•	•	•		•	
<i>Asclepias syriaca</i>	Common Milkweed	•	•		•	•	•	•	•	•
<i>Asclepias tuberosa</i>	Butterfly Weed	•	•		•	•	•	•	•	•
<i>Asclepias verticillata</i>	Whorled Milkweed	•	•		•	•	•	•	•	•
<i>Asclepias viridis</i>	Spider Milkweed	•	•		•	•	•	•	•	
<i>Asclepias sullivanti</i>	Prairie Milkweed	•	•		•	•	•	•	•	•
<i>Baptisia alba</i>	White Wild Indigo	•	•		•					
<i>Baptisia australis</i>	Blue Wild Indigo	•	•		•					
<i>Baptisia bracteata</i>	Cream Wild Indigo	•	•		•					
<i>Baptisia tinctoria</i>	Sm Yellow Wild Indigo	•	•		•					
<i>Blephilia ciliata</i>	Downy Wood Mint	•	•		•			•	•	
<i>Blephilia hirsuta</i>	Hairy Wood Mint	•	•		•			•	•	
<i>Boltonia asteroides</i>	False Aster	•	•	•	•			•	•	•
<i>Bouteloua curtipendula</i>	Side-oats Grama					•				
<i>Callirhoe bushii</i>	Bush's Poppy Mallow		•							
<i>Camassia scilloides</i>	Wild Hyacinth	•	•		•			•	•	
<i>Campanula rotundifolia</i>	Harebell		•		•			•		
<i>Cardamine concatenata</i>	Toothwort		•			•				
<i>Carex blanda</i>	Common Wood Sedge					•				
<i>Carex lupulina</i>	Common Hop Sedge					•				
<i>Carex muskingumensis</i>	Palm Sedge					•				
<i>Carex pensylvanica</i>	Pennsylvania Sedge							•		
<i>Ceanothus americanus</i>	New Jersey Tea	•	•		•	•	•	•	•	
<i>Chamaenerion angustifolium</i>	Fireweed	•	•		•			•	•	•
<i>Cimicifuga racemosa</i>	Black Cohosh		•					•	•	
<i>Cirsium discolor</i>	Pasture Thistle	•	•	•	•	•	•	•	•	•
<i>Clematis virginiana</i>	Virgin's Bower	•	•		•			•	•	•
<i>Conoclinium coelestinum</i>	Mistflower	•	•		•	•				
<i>Coreopsis lanceolata</i>	Lance-leaf Coreopsis	•	•	•	•				•	
<i>Coreopsis palmata</i>	Prairie Coreopsis	•	•	•	•			•	•	•
<i>Cornus stolonifera</i>	Red Osier Dogwood	•	•	•	•	•	•	•	•	
<i>Corylus americana</i>	American Hazelnut					•				
<i>Dalea purpurea</i>	Purple Prairie Clover	•	•	•	•			•	•	•
<i>Echinacea pallida</i>	Pale Purple Coneflower	•	•	•	•			•	•	•
<i>Echinacea paradoxa</i>	Bush's Coneflower	•	•	•	•			•	•	•
<i>Echinacea purpurea</i>	Purple Coneflower	•	•	•	•			•	•	•
<i>Eragrostis spectabilis</i>	Purple Love Grass					•				
<i>Eryngium yuccifolium</i>	Rattlesnake Master	•	•		•	•	•	•	•	
<i>Erythronium albidum</i>	White Trout Lily	•	•					•		
<i>Eurybia macrophylla</i>	Big-leaved Aster	•	•	•				•	•	•
<i>Eutrochium purpureum</i>	Sweet Joe Pye Weed	•	•		•	•				
<i>Eutrochium maculatum</i>	Joe Pye Weed	•	•		•	•				
<i>Filipendula rubra</i>	Queen of the Prairie	•	•					•		
<i>Fragaria virginiana</i>	Wild Strawberry	•	•		•	•	•	•	•	
<i>Gentiana andrewsii</i>	Bottle Gentian	•								
<i>Geranium maculatum</i>	Wild Geranium	•	•	•		•		•	•	
<i>Helenium autumnale</i>	Sneezeweed	•	•		•	•	•	•	•	
<i>Helianthus occidentalis</i>	Western Sunflower		•	•	•				•	
<i>Heliopsis helianthoides</i>	Early Sunflower	•	•		•	•	•	•	•	
<i>Heuchera richardsonii</i>	Prairie Alumroot		•							



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<i>Botanical Name</i>	<b>Common Name</b>	Bumble Bees	Solitary Bees	Specialist Bee	Butterfly/Moth	*Host Plant	Wasps	Flies	Beetles	Hummingbirds
<i>Hibiscus laevis</i>	<b>Rose Mallow</b>	•	•							
<i>Hypericum prolificum</i>	<b>Shrubby St. John's Wort</b>	•	•					•	•	
<i>Iris cristata</i>	<b>Dwarf Crested Iris</b>	•								
<i>Iris virginica</i> var. <i>shrevei</i>	<b>Southern Blue Flag</b>	•								•
<i>Koeleria macrantha</i>	<b>June Grass</b>		•							
<i>Liatris aspera</i>	<b>Button Blazing Star</b>	•	•		•			•	•	
<i>Liatris cylindracea</i>	<b>Dwarf Blazing Star</b>	•	•		•	•		•		
<i>Liatris ligulistylis</i>	<b>Meadow Blazing Star</b>	•	•		•					•
<i>Liatris pycnostachya</i>	<b>Prairie Blazing Star</b>	•	•		•			•	•	•
<i>Lilium michiganense</i>	<b>Michigan Lily</b>				•					•
<i>Lobelia cardinalis</i>	<b>Cardinal Flower</b>									•
<i>Lobelia siphilitica</i>	<b>Great Blue Lobelia</b>	•	•						•	
<i>Lupinus perennis</i>	<b>Wild Lupine</b>	•	•			•		•		
<i>Maianthemum racemosum</i>	<b>Solomon's Plume</b>			•	•			•	•	
<i>Melanthium virginicum</i>	<b>Bunch Flower</b>							•	•	
<i>Monarda bradburiana</i>	<b>Bradbury's Monarda</b>	•	•	•	•		•	•	•	•
<i>Monarda fistulosa</i>	<b>Wild Bergamot</b>	•	•	•	•	•	•	•	•	•
<i>Monarda punctata</i>	<b>Spotted Bee Balm</b>	•	•	•	•	•	•		•	
<i>Oligoneuron rigidum</i>	<b>Stiff Goldenrod</b>	•	•	•	•	•	•	•	•	
<i>Opuntia humifusa</i>	<b>Eastern Prickly Pear</b>	•	•						•	
<i>Oxalis violacea</i>	<b>Violet Wood Sorrel</b>	•	•		•			•	•	
<i>Panicum virgatum</i>	<b>Switch Grass</b>					•				
<i>Parthenium integrifolium</i>	<b>Wild Quinine</b>	•	•		•		•	•	•	
<i>Penstemon digitalis</i>	<b>Foxglove Beardtongue</b>	•	•					•		•
<i>Penstemon grandiflorus</i>	<b>Large-flowered Beardtongue</b>	•	•					•		
<i>Penstemon hirsutus</i>	<b>Hairy Beardtongue</b>	•	•	•	•	•	•			•
<i>Penstemon pallidus</i>	<b>Pale Beardtongue</b>	•	•							
<i>Phlox pilosa</i>	<b>Prairie Phlox</b>	•	•		•	•		•		
<i>Physostegia virginiana</i>	<b>Obedient Plant</b>	•	•		•					
<i>Podophyllum peltatum</i>	<b>May Apple</b>		•			•				
<i>Polemonium reptans</i>	<b>Jacob's Ladder</b>	•	•					•	•	
<i>Pycnanthemum verticillatum</i> var. <i>pilosum</i>	<b>Hairy Mountain Mint</b>	•	•		•		•	•	•	
<i>Ratibida pinnata</i>	<b>Yellow Coneflower</b>	•	•	•	•	•	•	•	•	
<i>Rosa carolina</i>	<b>Pasture Rose</b>	•	•			•		•	•	
<i>Rosa palustris</i>	<b>Swamp Rose</b>	•	•	•		•		•	•	
<i>Rosa setigera</i>	<b>Illinois Rose</b>	•	•	•		•		•	•	
<i>Rudbeckia fulgida</i>	<b>Orange Coneflower</b>		•					•	•	
<i>Rudbeckia hirta</i>	<b>Black-eyed Susan</b>	•	•	•	•	•	•	•	•	•
<i>Rudbeckia laciniata</i>	<b>Wild Golden Glow</b>	•	•	•	•	•	•	•	•	
<i>Rudbeckia subtomentosa</i>	<b>Sweet Black-eyed Susan</b>		•	•	•		•	•	•	
<i>Rudbeckia triloba</i>	<b>Brown-eyed Susan</b>	•	•	•	•		•	•	•	
<i>Ruellia humilis</i>	<b>Wild Petunia</b>		•			•		•	•	
<i>Salix discolor</i>	<b>Pussy Willow-male</b>	•	•	•	•	•	•	•	•	
<i>Salvia azurea</i>	<b>Blue Sage</b>	•	•		•					•
<i>Sambucus canadensis</i>	<b>Elderberry</b>		•					•	•	
<i>Schizachyrium scoparium</i>	<b>Little Bluestem</b>					•				
<i>Scrophularia marilandica</i>	<b>Late Figwort</b>	•	•		•	•	•	•		•
<i>Silene regia</i>	<b>Royal Catchfly</b>				•					•
<i>Silphium laciniatum</i>	<b>Compass Plant</b>	•	•		•	•		•	•	
<i>Silphium terebinthinaceum</i>	<b>Prairie Dock</b>	•	•		•	•		•	•	
<i>Sisyrinchium albidum</i>	<b>Common Blue-eyed Grass</b>		•							
<i>Solidago speciosa</i>	<b>Showy Goldenrod</b>	•	•	•	•		•	•	•	
<i>Symphoricarpos albus</i>	<b>Snowberry</b>	•	•		•		•	•	•	
<i>Symphoricarpos orbiculatus</i>	<b>Coralberry</b>	•	•		•		•	•	•	•
<i>Symphotrichum laevis</i>	<b>Smooth Blue Aster</b>	•	•	•		•	•	•	•	
<i>Symphotrichum novae-angliae</i>	<b>New England Aster</b>	•	•	•		•	•	•	•	
<i>Symphotrichum oblongifolius</i>	<b>Aromatic Aster</b>	•	•	•		•	•	•	•	
<i>Symphotrichum oolentangiense</i>	<b>Sky Blue Aster</b>	•	•	•		•	•	•	•	
<i>Symphotrichum shortii</i>	<b>Short's Aster</b>	•	•	•		•	•	•	•	
<i>Taenidia integerrima</i>	<b>Yellow Pimpernel</b>	•	•		•	•	•	•	•	
<i>Tradescantia ohioensis</i>	<b>Ohio Spiderwort</b>	•	•					•		
<i>Verbena hastata</i>	<b>Blue Vervain</b>	•	•	•	•	•		•	•	
<i>Verbena stricta</i>	<b>Hoary Vervain</b>	•	•	•	•	•		•	•	•
<i>Vernonia fasciculata</i>	<b>Common Ironweed</b>	•	•	•	•	•		•	•	
<i>Veronicastrum virginicum</i>	<b>Culver's Root</b>	•	•		•	•	•	•	•	
<i>Viola pedatifida</i>	<b>Prairie Violet</b>	•	•		•					
<i>Viola sororia</i>	<b>Common Blue Violet</b>		•			•				
<i>Zizia aurea</i>	<b>Golden Alexanders</b>	•	•	•	•	•	•	•	•	

\*Honeybees are not native to North America, therefore not included on this chart. They are considered generalist foragers, have no known plant specializations, and visit a wide variety of plants. Many native bees, on the other hand, are specialist insects that have evolved specific relationships to a limited variety of plants. In addition, studies suggest that honey bees can negatively impact native bee populations by competing for limited floral resources and transmitting pathogens. If you plant for specialists, the generalists will come! By choosing native plants, you are providing nutritionally significant food sources for both honey bees and native bees.

\*Host Plant (larval) is defined as a specific plant species or genus that a butterfly or moth larva (caterpillar) feeds upon.