



# Adirondack Pollinator Project

A project of AdkAction 

*The Adirondack Pollinator Project is a project of AdkAction in partnership with The Wild Center, Lake Placid Land Conservancy, and Paul Smith's College.*

Planting a pollinator garden is a fun and rewarding way to provide nectar and pollen for native pollinators while creating visual interest in your landscape. Please find some basic information about some of the Adirondack Pollinator Project teams' favorite pollinator plants below:

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## **Eastern Red Columbine**

*Aquilegia canadensis*

\*Deer resistant

**Size:** 10 to 24 inches tall

**Bloom time:** Spring to early Summer

**Color:** Flowers are pale orange-red

**Pollinator Benefits:** Eastern Red Columbine is one of the first native plants sought by Ruby Throated Hummingbirds as it blooms early in the season. Also attracts bees, butterflies and hawkmoths. Grow plants together in a grouping to help pollinators easily find the pollen or nectar the plant provides.

### **Growing Conditions: Plant in Shade or Part Shade**

Red columbine is drought tolerant, grows best in well drained soil, and does well in rock gardens. Rich garden soil can shorten the plant's lifespan, therefore little to no soil additives are necessary when planting. Plants in thin, sandy soils tend to maintain a tight, compact habit and live for several years, and will self sow when flowers are left to go to seed and spread with the help of animals or the wind. Red Columbine is ready to plant directly in your garden and may even bloom during its first season.

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## **Nodding onion**

*Allium cernuum*

\*Deer resistant

**Size:** 1 - 3 feet tall

**Bloom time:** June - August

**Color:** White and Pink

**Pollinator Benefits:** Attracts butterflies and hummingbirds with special significance to the hairstreak butterfly and special value to native bees.

### **Growing Conditions: Plant in Sunny areas, prefers moist soils**

Nodding onion is most effectively planted in small groups. Plants benefit from being divided every third year or when 8-10 bulbs appear in the clump. Some Allium species can become weedy in warmer climates. Easily propagated by seed or bulb division. Plant seeds outdoors in fall. Seeds germinate best if scarified. Offset bulblets, which form around the base of the larger bulbs, can be divided in fall.



### **Clusted Mountain Mint**

*Pycnanthemum muticum*

\*Highly deer resistant

**Size:** 3 feet tall, 3 feet wide

**Bloom time:** July to September

**Color:** Light pink

**Pollinator Benefits:** Special value to native bees, bumble bees, and honey bees.

**Growing Conditions:** **Full sun to partial shade**, prefers medium moisture, well-drained soils and flowers best if planted in full sun although it will tolerate bright shade. Vigorous grower that spreads by rhizomes but is not as invasive as true mints.

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### **Great Blue Lobelia**

*Lobelia siphilitica*

\*Low deer resistance

**Size:** 2 - 3 ft tall

**Bloom time:** July - September

**Color:** Blue

**Pollinator Benefits:** Special value to native bees and bumblebees, attracts hummingbirds

**Growing Conditions:** This blue counterpart of the Cardinal Flower is a desirable plant for woodland gardens that blooms bright blue in late summer. Does well in moist or wet soils in sun, part shade, or shade. Not drought tolerant.

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### **Swamp Milkweed**

*Asclepias incarnata*

\*Deer resistant

**Size:** 3 - 6 ft

**Bloom time:** June - October

**Color:** Pink

**Pollinator Benefits:** Milkweeds are the larval host for the monarch caterpillar and also provide special value to native bees, bumble bees, and honey bees.

**Growing Conditions:** Swamp Milkweed prefers moist soil and full sun or part shade, and is one of the few ornamentals that thrives in mucky clay soils.

**Care:** Will inevitably have aphids, treat with soapy water.



### **Butterfly Weed**

*Asclepias tuberosa*

\*Deer resistant

**Size:** 1 - 2 ft

**Bloom time:** May - September

**Color:** Orange, yellow

**Pollinator Benefits:** Larval host for Grey Hairstreak, Monarch, and Queens. Attracts butterflies and hummingbirds, provides special value to native bees, bumble bees, and honey bees.

**Growing Conditions:** Prefers well-drained sandy soils in full sun, and will tolerate drought.

**Care:** Needs to be transplanted carefully and requires good drainage. It takes 2 – 3 years before *A. tuberosa* produces its vibrant flowers, which appear in 2 – 3 inch clusters of orangish-red. Once

established, it lasts for years, becoming thicker each year.

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### **Blue Wood Aster**

*Aster cordifolius*

\*Moderately deer resistant

**Size:** 3- 6 ft

**Bloom time:** July - November

**Color:** purple

**Pollinator Benefits:** attracts butterflies, provides special value to native bees.

**Growing Conditions:** Partial shade to full sun, moist soils

**Care:** Plants are tough and adaptable prospering in sun or shade and in difficult disturbed sites. Low water use.

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### **White Turtlehead**

*Chelone glabra*

\*Moderately deer resistant

**Size:** 1-4 ft

**Bloom time:** July - September

**Color:** White, pink

**Pollinator Benefits:** Larval Host for the Baltimore Checkerspot (*Euphydryas phaeton*). Attracts butterflies and hummingbirds.

**Growing Conditions:** **Shade to sun**, best grown in moist to wet, rich, humusy soils in part shade. Usually found along stream banks, rivers, and anywhere with damp ground.

**Care:** Turtlehead flowers are hardy, require minimal maintenance and provide lots of late season color to the landscape.



### **Purple Coneflower**

*Echinacea purpurea*

\*Deer resistant

**Size:** 2 - 3 ft

**Bloom time:** July - August

**Color:** Purple

**Pollinator Benefits:** Attracts native bees, butterflies, and hummingbirds. In the fall and winter the seed heads attract finches.

**Growing Conditions:** Prefers well-drained, sandy or richer soils and full sun or part shade.

**Care:** Add a bit of compost around the plants if flowers are small or poorly developed, but avoid over-feeding as it can lead to an abundance of foliage and a lack of flowers.

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### **Joe Pye Weed**

*Eupatorium m. 'Gateway'*

\*Deer resistant

**Size:** Usually 5 - 7 feet tall, sometimes as tall as 12 feet

**Bloom time:** July - September

**Color:** Pink, purple

**Pollinator Benefits:** Attracts butterflies and helps honey bees produce honey.

**Growing Conditions:** Thrives in sunny locations with moist, fertile soils.

**Care:** It may spread more than you would like, if that is the case, divide it in fall or early spring.

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### **Boneset**

*Eupatorium perfoliatum*

\*Deer resistant

**Size:** 3 feet

**Bloom time:** Summer and early fall

**Color:** White

**Pollinator Benefits:** Attracts native bees and provides nectar for butterflies in the adult life cycle stage, particularly the bronze copper butterfly.

**Growing Conditions:** Thrives in moist to wet soil in sun or shade.

**Care:** Clumps can be divided in spring or fall.



**Oxeye Sunflower**  
*Heliopsis helianthoides*  
\*Deer resistant

**Size:** 3 - 5 ft  
**Bloom time:** July, August  
**Color:** Yellow

**Pollinator Benefits:** Attracts hummingbirds.  
**Growing Conditions:** Oxeye is hardy and easily grown as a showy garden perennial in dry sites and is a good choice for clay soil.  
**Care:** Although false sunflowers can tolerate drought, they do best with regular watering to keep the soil moderately moist. No need to fertilize.

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**Dense Blazing Star**  
*Liatris spicata*  
\*Deer resistant and salt tolerant

**Size:** 3 - 5 feet  
**Bloom time:** July - September  
**Color:** Purple

**Pollinator Benefits:** Attracts birds, hummingbirds, and is of special value to native bees.  
**Growing Conditions: Moist, average soils**  
**Care:** To prevent disease issues, space the plants so that there is good air circulation and sunlight exposure. Liatris is not a heavy feeder, but if

the soil fertility is poor you can apply a balanced flower fertilizer once a year, in the spring as active growth begins.

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**Cardinal Flower**  
*Lobelia cardinalis*  
\*Moderately deer resistant

**Size:** 3- 6 ft  
**Bloom time:** June - September  
**Color:** Red

**Pollinator Benefits:** Primarily pollinated by the ruby-throated hummingbird, attracts butterflies.  
**Growing Conditions:** It thrives in consistently moist or wet soil and is particularly attractive at the edge of a woodland garden.  
**Care:** Maintain a consistent watering schedule that keeps the soil evenly moist. Adding compost annually in the late winter or early spring will

provide the necessary nutrients for the growing season ahead.



### Spotted Bee Balm

*Monarda punctata*

\*Deer Resistant

**Size:** 1 - 3 feet

**Bloom time:** May - August

**Color:** White, pink, yellow, green, and purple

**Pollinator Benefits:** True to its name, bee balm attracts native bees, bumblebees, and honey bees.

**Growing Conditions:** Drought tolerant but summer watering can keep plants fresh and blooming longer. Plant in full sun.

**Care:** Water weekly to ensure the soil never dries out completely. You should weed the base of the plant periodically to avoid any invaders from choking out its shallow roots. The species is considered to be a

short lived perennial or biennial. Plants reliably emerge from dormancy for 2 years and may reseed after that.

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### Wild Blue Phlox

*Phlox divaricata* 'Blue Moon'

\*Deer Resistant

**Size:** 8 - 18 inches

**Bloom time:** April - May

**Color:** Purple

**Pollinator Benefits:** Flowers attract butterflies, including swallowtails, gray hairstreaks, and western pygmy blues.

**Growing Conditions:** An excellent wildflower for shade gardens with moist well drained soil.

**Care:** Deadhead to encourage more flowering. Prevent complete soil dryness, especially in the first year of growth. This groundcover is salt tolerant and requires little care.

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### Culver's Root

*Veronicastrum virginicum*

\*Deer Resistant

**Size:** 2 - 6 feet

**Bloom time:** July - September

**Color:** White, pink

**Pollinator Benefits:** Attracts both honey bees and native bees.

**Growing Conditions:** Easily grown in average, medium to wet, well-drained soil in full sun, but will tolerate light shade. Very adaptable in the garden; try it at the woodland edge. Plants can be slow to establish in the garden - not reaching their potential for three or so years.

**Care:** Soils should not be allowed to dry out. Culver's Root is pest resistant but may have some issues with root borers. Foliage is unpalatable to deer and other herbivores.



**Heartleaved foamflower**

*Tiarella cordifolia*

\*Deer Resistant

**Size:** 1 - 3 feet

**Bloom time:** April - July

**Color:** White

**Pollinator Benefits:** Attracts early season bees, pollinating flies, moths and butterflies.

**Growing Conditions:** **Great shade plant, grows in moist, well-drained, humus-rich soils.** Perfect plant to place at the woodland edge, especially under deciduous trees and along streams in conifer and mixed woods forests.

**Care:** Soils should not be allowed to dry out. Usually takes several years

to establish itself in the garden.

Sources:

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