

Spring

Violets - host* to Fritillary Butterflies

Canada Violet, *Viola canadensis*, prefers morning sun to shade.

Early Blue Violet, *Viola adunca*, will grow in full sun.

Willows - an important very early source of food for the early bees.

There are many different species of willows, *Salix* spp., some more suitable for gardens than others.

Buffalo Bean - common host and forage* plant for Silvery Blue butterflies.

Also known as Golden Bean, *Thermopsis rhombifolia*, prefers full sun.

Wild, Prairie or Woodland Roses - attract a variety of nectar and/or pollen collecting bees and other insects.

Roses, *Rosa* spp., prefer sun. Some native species will spread, and possibly not suitable for small urban yards.

Saskatoons - attract various bees in search of nectar and/or pollen.

Saskatoons, *Amelanchier alnifolia*, will grow in sun or part shade. Numerous birds eat the berries.

Beardtongues - attract various native bees, honey bees and Sphinx Moths.

Smooth Blue Beardtongue, *Penstemon procerus*, (top) will grow in sun or shade.

Lilac-flowered Penstemon, *Penstemon gracilis*, (bottom) will grow in full sun.

(Dandelions, *Taraxacum officinale*, although non-native, are also extremely important as a very early source of food for early bees. Do let some bloom in your garden!)

Summer

Fleabanes - attracts various bees, butterflies and other insects.

Smooth Fleabane, *Erigeron glabellus*, grows in sun.

Philadelphia Fleabane, *Erigeron philadelphicus*, grows in sun and prefers moist soil.

Giant Hyssop - attracts various bees and butterflies.

Giant Hyssop, *Agastache foeniculum*, grows in full sun and may self-seed.

Wild Bergamot - attracts bumblebees, small black sweat bees, and is a host*/nectar plant for a Sphinx Moth species.

Wild Bergamot, also called Beebalm, *Monarda fistulosa*, will grow in sun or part shade.

Joe Pye Weed - attracts butterflies, solitary bees, bumblebees, and other pollinating insects.

Joe Pye, *Eutrochium maculatum*, grows in sun or part shade.

Low Milkweed - attracts butterflies, bees, wasps, and flies; is a host and forage* plant for the Monarch Butterfly and for the Milkweed Tussock Moth.

Low Milkweed, *Asclepias ovalifolia*, grows in sun.

Meadow Blazingstars - provide nectar for bees, Swallowtail, Sulphur and Monarch butterflies; and is a host/forage* plant for a moth species.

Meadow Blazingstars, *Liatris ligulistylis*, grow in sun.

Fireweed - attracts various bees for pollen and nectar; leaves are also used by leaf-cutter bees.

Fireweed, *Chamerion angustifolium*, will grow in sun to part shade.

Gaillardia - is a nectar source for butterflies; attracts various bees and other pollinating insects. Goldfinch eat seeds.

Gaillardia, or Blanketflower, *Gaillardia aristata*, grows in sun.

Goldenrods - attract honey bees (nectar provision for winter); other bees use pollen; also attracts solitary wasps and beetles; warblers like seeds.

Goldenrods, *Solidago* spp., grow in sun or part shade. Stiff Goldenrod, *Solidago rigida*, is a good choice for a garden.

Stinging Nettle - the host* plant of choice for Milbert's Tortoiseshell butterflies.

A small patch of Stinging Nettle, *Urtica dioica*, can be controlled by surrounding with plastic lawn edging buried 15cm deep. Will grow in sun or part shade.

Late summer to fall

Asters - help bees that are active in the fall, including bumblebee queens building up reserves for winter dormancy; other bees and late butterflies.

Tufted White Prairie Aster, *Symphotrichum ericoides*, and Smooth Aster, *Symphotrichum laeve*, will grow in sun or part shade.

*Host and/or forage plants are used by butterflies and moths to lay eggs on, the leaves of which will later provide food for the larvae (caterpillars).

For more information: *Attracting Native Pollinators: Protecting North America's Bees and Butterflies* by the Xerxes Society; *Go Wild! With Easy to Grow Prairie Wildflowers and Grasses* by Cherry Dodd and the Edmonton Naturalization Group; and *Native Plants for Prairie Gardens* by June Flanagan (all are available through the Edmonton Public Library).