

Nectar and Pollen Plants for Native Wild Pollinators

By Susan Chan

Rusty-patched Bumble Bee Project





The following is a pictorial list of the some of the plants that regularly provide pollen and/or nectar to pollinating bees in
Ontario. The list is by no means exhaustive and can be expanded to include many more plants; for example, there are
many kinds of goldenrod that provide nectar and pollen, but only one species has been included here. Because of space
limitations, the hawkweeds, the knapweeds, and the sow thistles have also not been included. Both native and non-
native plants have been included in the list because many non-native plants are excellent sources of pollen/nectar for
native bees, the sweet clovers, for example. Every effort has been made to designate plants as invasive if that is their
tendency. This does not mean that they are not valuable resource plants for pollinating bees, but non-invasive
alternatives may be preferred if an intentional planting is being done. Keen observers can begin to make their own
observations about which plants seem to attract bees and jot them down in a personal list to augment the one provided
here.

Sugar Maple (Acer saccharum)

Bloom Period: May

Size: 35 metres tall, 90 centimetres in diameter;

Light Requirements: Can tolerate shade but grows better in full sun.

Moisture: Prefers moist soil; Soil: Prefers deep, rich soil.



Photo by: Daniel Tigner, Canadian Forest Tree Essences, © Queen's Printer for Ontario, 2011.*

Native, Tree

Red Maple (Acer rubrum)

Bloom Period: May

Size: 25 metres tall, trunk 60 centimetres in diameter; Light

Requirements: Tolerates some shade

Moisture: Grows best in moist soil, but can tolerate different

moisture levels;



Photo by: Daniel Tigner, Canadian Forest Tree Essences, © Queen's Printer for Ontario, 2011.*

Native, Tree

Black Locust (Robinia pseudoacacia)

Bloom Period: June

Size: Spread 7 - 10m; Height 10 - 15m Light Requirements: Full Sun

Soil: Well-drained Moisture: Low



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Non-native, Invasive, Tree

Clammy Locust (Robinia viscosa)

Bloom Period: May-June

Size: 13 metres.

Light Requirements: Tolerates semi-shade (light woodland) or full sun

Soil: Tolerates a wide variety of soils and pH/fertility conditions,

though prefers well-drained soils. Moisture: Can tolerate drought



Photo by: Bettinger, Edith, Lady Bird Johnson Wildflower Centre

Non-native, Tree

Wild Apple (Malus pumila) Non-native, Tree Bloom Period: May-June Size: Up to 10 m with a nearly equal spread. Light Requirements: Full sun Soil: Variable, often found in hedgerows Moisture: Moderate Herman, D.E., et al. 1996. North Dakota tree handbook. USDA NRCS ND State Soil Conservation Committee; NDSU Extension and Western Area Power Administration, Bismarck. Courtesy of ND State Soil Siberian Crab (Malus baccata) Bloom Period: May-June Size: Height: 20 to 35 feet; Spread: 15 to 25 feet Light requirement: full sun Soil: Sand-clay; variable pH; well-drained; occasionally wet Moisture: Moderate drought tolerance Hawthorn (Crataegus spp.) Native, Tree Bloom Period: May-June Size: 6 feet (1.8 m) to 20 feet (6.1 m) high Light Requirement: Full sun Soil: Rich, moist, well-drained soil Black Cherry (Prunus serotina) Native, Tree Bloom Period: May-June Size: 2 metres tall, trunk 60 centimetres in diameter Moisture: Tolerates different moisture levels Light Requirement: Intolerant of shade-needs full sun Soil: Grows in a variety of soils Photo by: Daniel Tigner, Canadian Forest Tree Essences, © Queen's Printer for Ontario, 2011.* Willows (Salix spp.) Native, Bloom Period: May-June Tree/shrub Size: 1-6 m tall; Light Requirements: Can tolerate some shade; Soil: Disturbed areas and stream banks; Moisture: Wet to moist; Willows can be propagated from cuttings planted directly into moist Photo by: Daniel Tigner, Canadian soils.

Forest Tree Essences, © Queen's Printer for Ontario, 2011.*

Ohio Buckeye (Aesculus glabra)

Bloom Period: May

Size: usually under 30' tall, but can grow to 70' or taller.

Light Requirements: Full sun

Soil: Prefers deep, moist, well-drained, acid soil



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Native, Tree

Native, Tree

American Basswood (Tilia americana)

Bloom Period: July

Size: up to 25 m tall, 75 cm in diameter Light Requirements: Can tolerate some shade

Soil: Sandy to clayey upland soils

Moisture: Dry to moist



© Queen's Printer for Ontario, 2011 -Photographer not noted.

Large Leaf Linden (Tilia platyphyllos)

Bloom Period: July

Size: typically 60' to 80' tall

Light Requirements: Full sun to light shade Soil: Prefers moist, deep, fertile, well-drained soils though tolerant of difficult growing sites and

soils

Moisture: Moist



Photo by Leo Michels - Source: http://www.imaginesplantarum.de/

Native, Small tree

Non-native, Tree

Canada Plum (Prunus nigra)

Size: Up to 10 m, 25 cm in diameter;

Soils: Prefers river valley and limestone soils.

Do not plant near potato crops because of an aphid that can

overwinter in the tree and acts as a carrier of a potato disease. This

tree has substantial thorns



Photo by Henriette Kress http://www.henriettesherbal.com

Chokecherry (Prunus virginiana) Native, Shrub Bloom Period: May Size: Up to 10 m tall, 15 cm in diameter Moisture: Prefers moist conditions Light Requirements: Shade intolerant; needs full sun Soils: Rich soils in open situations http://www.royalsaskmuseum.ca/e ducation/kids_domain/encyclopedi a/life_sciences/Plants_shrubs_tree s/en-lsp-cch.htm Russian Olive (Elaeagnus angustifolia) Non-native, Bloom Period: July-August Invasive, Shrub Size: Spread: 5 - 7m Height: 5 - 7m Light Requirements: Full Sun Soil: Moisture: Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase Beauty Bush (Kolkwitzia amabilis) Non-native, Shrub Bloom Period: June Size: Spread: 3 - 4m Height: 2 - 3m Light Requirements: Full Sun, Part Sun/Part Shade Soil: Well-drained, Humus rich Moisture: Moderate, Low Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase Elderberry (Sambucus nigra) Native, Invasive, Size: Spread: 2 - 3m Height: 2 - 3m Shrub Light Requirements: Full Sun, Part Sun/Part Shade Soil: Well-drained, humus rich Moisture: Moderate Photo by: A.L. Roth(copyright)Kwantlen.ca/plantd Indian Currant (Symphoricarpos orbiculatus) Non-native, Shrub Bloom Period: Variable

Size: 1-3 ft. high, 3-6 ft. spread

Light Requirement: Part Shade, Shade

Soil:

Moisture: Low-Moderate



Photo by: Marcus, Joseph A., Lady Bird Johnson Wildflower Center

Snowberry (Symphoricarpus alba)

Bloom Period: June-July

Size: 0.5-1 tall

Light Requirements: Shade intolerant, needs full sun

Soil:

Moisture: Medium



Native, Shrub

Honeysuckle (Lonicera tatarica)

Bloom Period: May-June Size: 10' to 12' tall

Light Requirements: Full sun

Soil: Moisture:



/about.html

Non-native, Invasive, Shrub

Mock Orange (Philadelphus coronarius)

Bloom Period: May-June Size: 8' to 10' tall or larger

Light Requirements: Full sun is best; light shade

Soils: Prefers moist, well-drained soils high in organic matter

Moisture: Moist



Non-native, Shrub

http://www.hort.uconn.edu/plants/about.html

Deutzia (Deutzia gracilis)

Bloom Period: May-June

Size: 2' to 4' high with an equal spread

Light Requirements: Full sun Soil: Prefers well-drained soil



Photo by: A.L. Roth(copyright)Kwantlen.ca/plantd atabase

Non-native, Shrub

Staghorn Sumac (Rhus typhina)

Bloom Period: June-July

Size: Spread: 5 - 7m, Height: 5 - 7m

Light Requirements: Full Sun, Part Sun/Part Shade Soil: Well-drained,

Rocky or gravelly or dry Moisture: Moderate



Photo by: A.L. Roth(copyright)Kwantlen.ca/plantd atabase

Native, Shrub, can spread to form colonies

Caragana (Caragana arborescens) Bloom Period: May Size: Spread: 2 - 3m, Height: 3 - 5m Light Requirements: Full Sun Soil: Alkaline, Well-drained, Rocky or gravelly or dry Moisture: Moderate, Low	Photo by: A.L. Roth(copyright)Kwantlen.ca/plantd atabase	Non-native, Shrub
False Spirea (Sorbaria sorbifolia) Bloom Period: July-August Size: Height and spread 2 - 3m Light Requirements: Full Sun Soil: Acidic, Well-drained, organic soil Moisture: Prefers moist conditions Very fast growing.	Photo by: A.L. Roth(copyright)Kwantlen.ca/plantd atabase	Non-native, Invasive, Shrub
Red Raspberry (Rubus idaeus) Bloom Period: June Size: Spread 1.0 - 1.5m, Height 1.3 - 2.0m Light Requirements: Full Sun Soil: Well-drained Moisture: Low	https://appserver1.kwantlen.ca/ap ps/plantid/plantid.nsf/lookup/8BEE 0AC9F8337237882576520002B304 ?OpenDocument	Native, Shrub
Black Raspberry (Rubus occidentalis) Bloom Period: June-July Size: Can reach up to 6 ft Light Requirements: Part-sun Soil: Moisture: Moderate	Jennifer Anderson @ USDA-NRCS PLANTS Database	Native, Shrub
Common Lilac (Syringa vulgaris) Bloom Period: May Size: Spread 4 - 5m; Height 5 - 7m Light Requirements: Full Sun Soil: Moisture: Moderate	Photo by: A.L. Roth(copyright)Kwantlen.ca/plantd atabase	Non-native, Shrub

Amur Privet (Ligustrum amurense) Bloom Period: May Size: 12' to 15' tall Light Requirements: Full sun to partial shade Soil: Moisture:	http://www.hort.uconn.edu/plants /about.html	Non-native, Shrub
Blueberry (Vaccinium angustifolium) Bloom Period: May Size: 6" to 2' tall Light Requirements: Full sun to partial shade Soil: Acidic, moist, well drained		Native, Shrub, Herbaceous plant
Thyme (Thymus vulgaris) Bloom Period: June-July Size: Spread 0.3 - 0.6m; Height:0.2 - 0.4m Light Requirements: Full sun Soil: Well-drained Moisture: Moderate Perennial	https://appserver1.kwantlen.ca/ap ps/plantid/plantid.nsf/lookup/87BB AB31DECB19E6882572C300610E28 ?OpenDocument	Non-native, Herbaceous plant
Mint (Mentha spp.) Bloom Period: July-August Size: Height 30-40 cm Light Requirements: Full sun-part shade Soil: Wide variety of soils Moisture: Moderate Perennial	FLOWERS.VG	Non-native, Invasive, Herbaceous plant
Chives (Allium schoenoprasum) Bloom Period: April-May Size: Spread 0.1 - 0.3m; Height 0.2 - 0.4m Light Requirements: Full Sun, Part Sun/Part Shade, Filtered Shade Soil: Well-drained, rocky, gravelly or dry Moisture: Low Perennial	Photo by: A.L. Roth(copyright)Kwantlen.ca/plantd atabase	Non-native, Herbaceous plant

Lavender (Lavandula angustifolia)

Bloom Period: July-August

Size: Spread 0.6 - 1.0m; Height 0.4 - 0.7m Light Requirements: Full Sun Soil: Well-drained, Rocky or gravelly or dry Moisture: Low

Perennial



Photo by: A.L. Roth(copyright)Kwantlen.ca/plantd

Non-native, Herbaceous plant

Sage (Salvia officinalis)

Bloom Period: June-July

Size: Spread 0.6 - 1.0m; Height 0.7 - 1.3m

Light Requirements: Full Sun, Part Sun/Part Shade Soil: Tolerates wide

range of well-drained soils Moisture: Moderate Perennial



http://en.wikipedia.org/wiki/Salvia officinalis

Non-native, Herbaceous plant

Comfrey (Symphytum officinale)

Bloom Period: June-August

Light Requirements: Full sun to partial shade

Soil: Deep, rich, moist soils Moisture: Moderate

Perennial



http://montana.plantlife.org/species/symphyt_offic.htm

Non-native, Herbaceous plant

Catnip (Nepeta cataria)

Bloom Period: June-August Size: Height 30-90 cm. Light Requirements: Full sun

Soil: prefers light (sandy) and medium (loamy) soils and good

drainage, can grow in very alkaline soils

Moisture: Dry or moist soil.

Perennial



photo by John Hilty

Non-native, Herbaceous plant

Borage (Borago officinalis)

Bloom Period: June-frost

Size: Height 1-3 feet; Spead 0.75-1.5 feet Sun: Full sun to part shade

Soil: Moisture: Drought tolerant Deer resistant

Self-seeding Annual



Photo by Leo Michels - Source: http://www.imaginesplantarum.de/

Non-native, Herbaceous plant

Bee Balm (Monarda didyma)

Bloom Period: July-September

Size: Spread 30-60 cm; Height 70-103 cm Light Requirements: Full sun or sun/shade Soil: Tolerates a variety of moist soils

Moisture: Moderate

Perennial



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Native, Herbaceous plant

Meadowsweet (Spiraea alba)

Bloom Period: July

Size: 6-12 ft. Light Requirement: Sun to shade Soil: Wet soils

Moisture: High Perennial



Photo by: Bransford, W.D. Mrs., Ladybird Johnson Wildflower Centre

Native, Herbaceous plant

False Indigo (Amorpha fruticosa)

Bloom Period: June-July

Size: 1-1.2 m

Light Requirements: Sun, part shade

Soil: Moisture: Perennial



Photo by Jim Conrad

Native, Herbaceous plant

Buckwheat (Fagopyrum esculentum)

Bloom Period: Variable

Size: 2-4 ft

Light Requirements: Full sun

Soil:

Moisture: Moderate

Annual; Some varieties that are bred to be shatter-resistant are not

good nectar producers. Choose a heirloom variety



Photo by Leo Michels http://www.imaginesplantarum.de/

Non-native, Herbaceous plant

Canola (Brassica napus)

Bloom Period: June Size: Height 4 ft

Light Requirements: Full sun

Soil:

Moisture: Moderate

Annual



Photo by Howard F. Schwartz http://www.forestryimages.org/ab out/imageusage.cfm

Non-native, Herbaceous plant

Alsike Clover (Trifolium hybridum)

Bloom Period: June Size: Height 2 ft

Light Requirements: Full sun

Soil:

Moisture: Moderate-high

Perennial



Copyright Steve Baskauf, 2002-2011

Non-native, Herbaceous plant

White Dutch Clover (Trifolium repens)

Bloom Period: Variable

Size: Spread 0.3 - 0.6m, Height 0.2 - 0.4m

Light Requirements: Full Sun, Part Sun/Part Shade Soil: Well-drained,

Humus rich Moisture: Low

Perennial



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Non-native, Herbaceous plant

Red Clover (Trifolium pratense)

Bloom Period: June Size: Height 2 ft

Light Requirements: Full sun

Soil:

Moisture: Medium

Perennial



Robert H. Mohlenbrock. USDA NRCS. 1992. Western wetland flora: Field office guide to plant species. West Region, Sacramento. Courtesy of USDA NRCS Wetland Science Institute. USDA-NRCS PLANTS Database.

Non-native, Herbaceous plant

Sweet Clovers (Melilotus spp.)

Bloom Period: May-September

Size: Yellow sweet clover: 30-280 cm White sweet clover: 100-200

cm.

Soil: Wide range of soil textures, tolerates calcareous conditions; well

drained

Moisture: Low to medium

Biennial/perennial



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Non-native, Herbaceous plant

Alfalfa (Medicago sativa)

Blooming Period: July-September

Size: 1.2 m by 0.6 m

Light Requirements: Full sun to part shade Soil: Light (sandy), medium

(loamy) and heavy (clay) Moisture: Moderate

Short-lived Perennial



Non-native, Herbaceous plant

Birdsfoot Trefoil (Lotus corniculatus)

Bloom Period: May-August

Size: 30-40 cm

Light Requirements: Full Sun

Soil: Well drained, variable texture, tolerates compaction

Moisture: Drought tolerant Salt Tolerant Perennial



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Non-native, Invasive, Herbaceous plant

Common Vetch (Vicia cracca)

Bloom Period: June-September

Size: Spread 2 - 3m; Height 1.3 - 2.0m Light Requirements: Full Sun, Part

Sun/Part Shade

Soil: Roadsides and fields Moisture: Low

Perennial



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Non-native, Invasive, Herbaceous vine

Jewelweed (Impatiens capensis)

Bloom Period: July-October Size: can reach 1.25 m Light Requirements: Shady

Soil: High organic matter, moist to wet soils

Moisture: Medium-high

Annual



Photo by and (c)2006 Derek Ramsey

Native, Herbaceous plant

Fireweed (Epilobium angustifolium)

Bloom Period: June-August

Size: Spread 1.0 - 1.5m; Height: 1.3 - 2.0m

Light Requirements: Full Sun Soil: Well-drained Moisture: Low

Annual



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Native, Herbaceous plant

Common Milkweed (Asclepias syriaca)

Bloom Period: June-August

Size: 60-180 cm

Light Requirements: Full sun

Soil: Well drained, variable texture/fertility

Moisture: Low Perennial



Jennifer Anderson - USDA-NRCS PLANTS Database

Native, Herbaceous plant, host for Monarch butterfly larva

Swamp Milkweed (Asclepias incarnata)

Bloom Period: June-August

Size: 30-120 cm

Light Requirements: Full sun

Soil: Wet soils in ditches, on shores, in swamps



Jennifer Anderson - USDA-NRCS PLANTS Database

Native, Herbaceous plant, host for Monarch butterfly larva

Butterflyweed (Asclepias tuberosa) Size: 30-75 cm

Light Requirement: Sun, Part shade

Soil: Prefers well-drained, sandy soils, tolerates limestone-based soils

Moisture: Drought resistant Does not transplant well.



Photo by: Marcus, Joseph A., Ladybird Johnson Wildflower Centre

Native, Herbaceous plant

Blueweed (Echium vulgare)

Bloom Period: June-September

Size: 30 - 90 cm high

Light Requirements: Full sun

Soil: Coarse sandy or gravelly soil in pastures, waste places and

roadsides. Moisture: Low Perennial



Queen's Printer for Ontario, 2010-2011.*

Non-native, Invasive, Herbaceous plant

Blue Vervain (Verbena hastata)

Bloom Period: June-September

Size: 60-180 cm

Light Requirements: Sun, Partial shade

Soil: Tolerates a range of soils

Moisture: Moderate

Perennial



Photo by: Watkins, Mariann, Ladybird Johnson Widflower Centre

Native, Herbaceous plant

Joe-Pye Weed (Eupatorium maculatum)

Bloom Period: June-September

Height: Up to 150 cm (59 in) Light Requirements: Sun, Partial Shade

Soil: Clay, Sand, Loam, Humus Enriched (forest floor)

Moisture Requirements: Moderate-wet

Perennial



John Pickering, 2006-2011 Discoverlife.org

Native, Herbaceous plant

Goldenrod (Solidago canadensis)

Bloom Period: July-October

Size: 30cm-2.75 m

Light Requirement: Full sun

Soil: Tolerate variety of well drained soils

Moisture: Moderate

Perennial



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Native, Invasive, Herbaceous plant

New England Aster (Aster novae-angliae)

Bloom Period: August-October

Size: Up to 120 cm

Light Requirements: Full sun Soil: Well drained, variable soil

Perennial



Native, Herbaceous plant

Common Sunflower (Helianthus annuus)

Bloom Period: July-September

Size: Spread 1.5 - 2.0m; Height 3 - 5m Light Requirement: Full Sun

Soil: Well-drained Moisture: Moderate

Annual



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Native, Herbaceous plant

Bull Thistle (Cirsium vulgare)

Bloom Period: June-September

Size: Spread 30-60 cm; Height 70-130 cm

Light Requirements: Full sun, part sun/part shade

Soil: Most well-drained soils

Moisture: Low Biennial



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Non-native, Invasive, Herbaceous plant

Dandelion (Taraxacum officinale) Non-native, Bloom Period: April-August Invasive, Size: Up to 30 cm high Herbaceous plant Light Requirements: Prefers full sun Soil: Tolerates a wide range of well drained soils Moisture: Moderate Photo by: Richard Old Perennial www.xidservices.com @ Queen's Printer for Ontario, 2011. Coltsfoot (Tussilago farfara) Non-native, Invasive, Herbaceous plant Photo by Leo Michels http://www.imaginesplantarum.de/ Public domain image Autumn Joy Sedum (Sedum spectabile) Non-native, Herbaceous plant Bloom Period: September Light Requirement: Prefers full sun Soil: Tolerant of a variety of cultivated soils Moisture: Drought resistant Perennial Photo by Magnus Manske Purple Coneflower (Echinacea purpurea) Native, Bloom Period: July-September Herbaceous plant Perennial Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Pumpkin/Squash (Cucurbita pepo)

Bloom Period: July-September

Size: 60 cm by 5 m

Light Requirements: Full sun to light shade.

Soil: Well drained light to heavy soils with a neutral pH

Moisture: Moderate

Annual



www.ImagesFromBulgaria.com

Non-native, Herbaceous vine

Lavender Hyssop (Agastache foeniculum)

Bloom Period: August-September

Size: 3-6 feet

Light Requirement: Sun Soil: Sandy or rocky soils. Moisture: Drought

tolerant Perennial



Photo by: Wasowski, Sally and Andy, Lady Bird Johnson Wildflower Center

Native, Herbaceous plant

Jerusalem Artichoke (Helianthus tuberosus)

Bloom Period: August-September Size: Spread 60-100 cm; Height 2 - 3m

Light Requirement: Full Sun Soil: Fertile, well-drained soil

Perennial



Credit: Photo by Leo Michels -Source: http://www.imaginesplantarum.de/ Public domain image

Native, Herbaceous plant, can become invasive

Evening Primrose (*Oenothera biennis***)**

Bloom Period: July-September

Size: 60-180 cm

Light Requirement: Prefers full sun; tolerates some shade Soil: Infertile soil along sides of roads and waste spaces

Moisture: Moderate

Biennial



Photo by: A.L. Roth(copyright) Kwantlen.ca/plantdatabase

Native, Herbaceous plant

Rough Blazing Star (Liatris aspera)

Bloom Period: August-September



Photo by: Harmon, Stanley, Lady Bird Johnson Wildflower Center

Native, Herbaceous plant