

## Examples of Wild and/or Cultivated Plants for Alternative Pollinator Forage

Below are examples of plants found in Ontario that can provide nectar, pollen or both for foraging insects at different periods over the growing season. Landowners may protect plants growing in the wild (e.g., leave unsprayed or unmowed) or in some cases, seeds or seedlings may be available for purchase.

Common Name	Scientific Name	Period of Bloom							
		Early Spring	Mid Spring	Lates Spring	Early Summer	Mid Summer	Late Summer	Early Fall	Mid Fall
Pin Cherry	<i>Prunus pensylvanica</i>	█							
Spring Beauty	<i>Claytonia virginica</i>	█							
Common bugle	<i>Ajuga reptans</i>	█	█	█	█				
Golden cress	<i>Alyssum saxatile</i>	█	█						
False indigo	<i>Amorpha fruticosa</i>	█	█						
American Vetch	<i>Vicia americana</i>	█	█	█	█	█			
Nanny berry	<i>Viburnum lentago</i>	█	█						
Dandelion	<i>Taraxacum officinale</i>		█	█	█				
Serviceberry, Saskatoon	<i>Amelanchier alnifolia</i>		█	█	█				
Hawthorn	<i>Crataegus</i> species (various)			█	█	█			
Currants, gooseberries	<i>Ribes</i> species (various)				█	█	█		
Blue false indigo	<i>Baptisia australis</i>				█	█			
Milkweed	<i>Asclepias</i> species (various)				█	█			
Red osier dogwood	<i>Cornus stolonifera</i>					█	█		
Buckwheat	<i>Fagopyrum esculentum</i>					█	█		
Yellow flax	<i>Linum flavum</i>					█	█		
Honeysuckles	<i>Lonicera</i> species (various)					█	█		
Sweet cherry	<i>Prunus cerasus</i>						█	█	
Buckthorn	<i>Rhamnus cathartica</i>						█	█	
Wild roses	<i>Rosa</i> species (various)						█	█	
Raspberry, blackberry, and allies	<i>Rubus</i> species (various)						█	█	
Sage	<i>Salvia officinalis</i>						█	█	
Elderberry	<i>Sambucus canadensis</i>						█	█	
Carpenter's square	<i>Scrophularia marilandica</i>						█	█	
Clovers	<i>Trifolium</i> species (various)						█	█	
Cow pea	<i>Vigna sinensis</i>						█	█	
Thistles	<i>Cirsium</i> species (various)						█	█	
Blazing star	<i>Liatris cylindracea</i>						█	█	
Hairy vetch	<i>Vicia villosa</i>						█	█	
Sunflower	<i>Helianthus annuus</i>						█	█	
Alfalfa	<i>Medicago sativa</i>						█	█	
Sweet clovers	<i>Melilotus</i> species (various)						█	█	
Spear mint	<i>Mentha spicata</i>						█	█	
Evening primrose	<i>Oenothera biennis</i>						█	█	
Self-heal	<i>Prunella vulgaris</i>						█	█	
Horsemint	<i>Monarda fistulosa</i>						█	█	
Vervain	<i>Verbena</i> species (various)						█	█	
Borage	<i>Borago officinalis</i>						█	█	
Boneset	<i>Eupatorium perfoliatum</i>						█	█	
Cone Flower	<i>Rudbeckia</i> species (various)						█	█	
Common Vetch	<i>Vicia angustifolia</i>						█	█	
Bellflower	<i>Campanula rapunculoides</i>						█	█	
Wild Cucumber	<i>Echinocystus lobata</i>						█	█	
Bird's-foot trefoil	<i>Lotus corniculatus</i>						█	█	
Knapweeds, Cornflowers	<i>Centaurea</i> species (various)						█	█	
Asters	<i>Symphotrichum</i> species (various)						█	█	
Goldenrod	<i>Solidago</i> species (various)						█	█	