

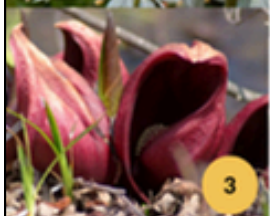
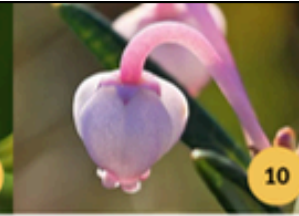
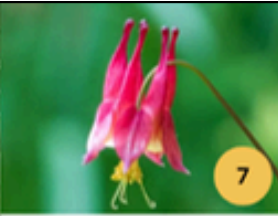


Native Flowers of the St. Lawrence Lowlands

A seasonal guide to native flowering plants that provide food and habitat for pollinators

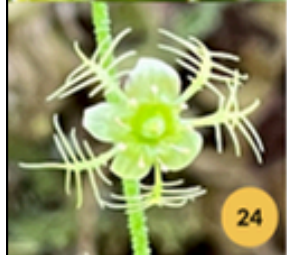
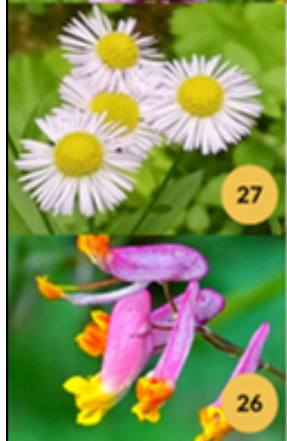
These beautiful native plants are found in a variety of habitats with blooming periods that stretch from March to October! Many species in this guide can be purchased locally as seeds or young plants and make valuable additions to gardens or pollinator meadows. Before purchasing, be sure to research their growing requirements (soil, sun, moisture).

Note: sensitive species, such as orchids, are not commercially available. Please don't remove plants from their wild habitats.



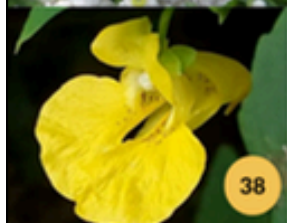
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	Scientific Name	Common Name	Pollinators	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
1	<i>Taraxacum ceratophorum</i>	Horned Dandelion	bees	■	■						
2	<i>Podophyllum peltatum</i>	Mayapple	bees, beetles	■	■	■	■	■	■	■	■
3	<i>Symplocarpus foetidus</i>	Eastern Skunk Cabbage	beetles, flower flies		■	■	■	■	■	■	■
4	<i>Tiarella cordifolia</i>	Heartleaf Foamflower	bees, flower flies, moths		■	■	■	■	■	■	■
5	<i>Caltha palustris</i>	Marsh Marigold	butterflies		■	■	■	■	■	■	■
6	<i>Rhododendron groenlandicum</i>	Bog Labrador Tea	bees, butterflies		■	■	■	■	■	■	■
7	<i>Aquilegia canadensis</i>	Red Columbine	bees, hummingbirds, moths		■	■	■	■	■	■	■
8	<i>Cypripedium parviflorum</i> var. <i>pubescens</i>	Large Yellow Lady's Slipper	bees, beetles, flower flies		■	■	■	■	■	■	■
9	<i>Clintonia borealis</i>	Blue-bead Lily	bees		■	■	■	■	■	■	■
10	<i>Andromeda polifolia</i>	Bog Rosemary	bees, flower flies		■	■	■	■	■	■	■
11	<i>Epigaea repens</i>	Trailing Arbutus	butterflies		■	■	■	■	■	■	■



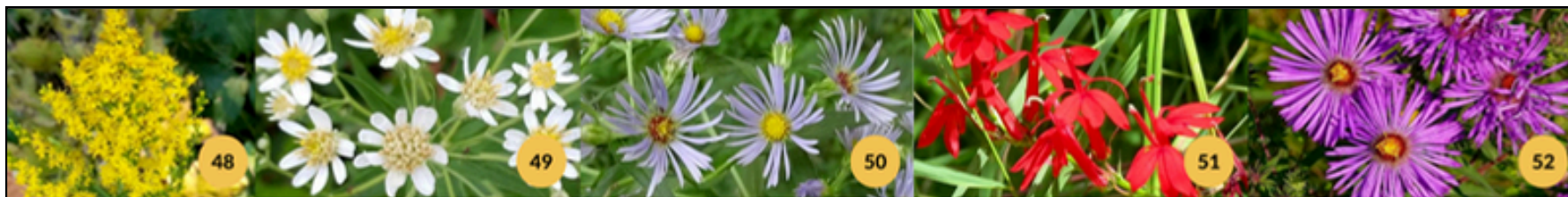
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	Scientific Name	Common Name	Pollinators	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
23	<i>Kalmia angustifolia</i>	Sheep Laurel	bees, butterflies			■	■	■	■		
24	<i>Mitella nuda</i>	Naked Mitrewort	flower flies			■	■	■			
25	<i>Platanthera aquilonis</i>	Northern Green Orchid	beetles, flower flies			■	■	■			
26	<i>Corydalis sempervirens</i>	Pale Corydalis	bees, butterflies			■	■	■	■		
27	<i>Erigeron annuus</i>	Eastern Daisy Fleabane	bees, butterflies			■	■	■	■	■	
28	<i>Liatris spicata</i>	Blazing Star	bees, butterflies, hummingbirds				■	■			
29	<i>Moneses uniflora</i>	One-Flowered Pyrola	bees				■	■			
30	<i>Penstemon hirsutus</i>	Hairy Beardtongue	bees				■	■			
31	<i>Apocynum androsaemifolium</i>	Spreading Dogbane	bees, butterflies				■	■	■		
32	<i>Asclepias syriaca</i>	Common Milkweed	butterflies				■	■	■		
33	<i>Kalmia polifolia</i>	Bog Laurel	bees				■	■	■		



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34	<i>Thalictrum pubescens</i>	Tall Meadow Rue	bees, butterflies				■	■	■		
35	<i>Campanula rotundifolia</i>	Bluebell Bellflower	hummingbirds				■	■	■	■	
36	<i>Monotropa uniflora</i>	Ghost Pipe	bees				■	■	■	■	
37	<i>Asclepias incarnata</i>	Swamp Milkweed	butterflies, flower flies, hummingbirds				■	■	■	■	
38	<i>Impatiens pallida</i>	Pale Jewelweed	bees				■	■	■	■	
39	<i>Anaphalis margaritacea</i>	Pearly Everlasting	bees, butterflies				■	■	■	■	
40	<i>Chamerion angustifolium</i>	Fireweed	bees, butterflies, hummingbirds				■	■	■	■	
41	<i>Eupatorium maculatum</i>	Joe Pye Weed	bees, butterflies				■	■	■	■	
42	<i>Helenium autumnale</i>	Sneezeweed	bees, butterflies, wasps, flower flies				■	■	■	■	
43	<i>Monarda didyma</i>	Scarlet Beebalm	bees, butterflies, hummingbirds				■	■	■	■	
44	<i>Monarda fistulosa</i>	Wild Bergamot	bees, butterflies, hummingbirds, wasps				■	■	■	■	



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	Scientific Name	Common Name	Pollinators	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
45	<i>Solidago ptarmicoides</i>	White Flat-topped Goldenrod	bees, butterflies, flower flies								
46	<i>Heliopsis helianthoides</i>	False Sunflower	bees, butterflies								
47	<i>Solidago canadensis</i>	Canada Goldenrod	bees, butterflies								
48	<i>Solidago rugosa</i>	Common Wrinkle-leaved Goldenrod	bees, butterflies								
49	<i>Doellingeria umbellata</i>	Tall Flat-topped White Aster	bees, butterflies								
50	<i>Symphyotrichum puniceum</i>	Purple-stemmed Aster	bees, butterflies								
51	<i>Lobelia cardinalis</i>	Cardinal Flower	bees, hummingbirds								
52	<i>Symphyotrichum novae-angliae</i>	New England Aster	bees, butterflies, flower flies								



Planting native flowers in your garden or meadow adds important native biodiversity to your property. These plants also provide nectar and pollen to vital pollinators such as bees, flower flies, beetles, butterflies, moths, and hummingbirds.