

# Nectar and Pollen Plants to Consider in West Virginia

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## Trees and Shrubs

Red Maple (*Acer rubrum*)  
Shadbush (*Amelanchier sp*)  
Redbud (*Cercis canadensis*)  
Wild Cherry (*Prunus serotina*)  
Button bush (*Cephalanthus occidentalis*)  
Pussy willow (*Salix discolor*)  
Lilac (*Syringa sp*)\*  
Hawthorn (*Crataegus sp.*)  
Blueberry, Huckleberry, Cranberry (*Vaccinium sp*)  
Wild Plum (*Prunus americana*)  
Crabapple (*Malus sp.*)  
Pasture Rose (*Rosa carolina*)  
Mountain Laurel (*Kalmia latifolia*)  
Rhododendron (*Rhododendron maximum*)  
Native azaleas (*Rhododendron sp.*)  
Sourwood (*Oxydendron arboretum*)  
Wild Raisins, Nannyberry, Arrowwoods (*Viburnum sp.*)  
Basswood (*Tilia americana*)  
Black Locust (*Robinia pseudoacacia*)  
Honey Locust (*Gleditsia triacanthos*)  
Honeysuckle (*Lonicera canadensis, L. dioica*)  
Devil's walking stick (*Aralia spinosa*)  
Butterfly bush (*Buddleja davidii*)\*

## Milkweeds

Swamp or Rose Milkweed (*Asclepias incarnata*)  
Butterfly Weed (or Milkweed) (*Asclepias tuberosa*)  
Common Milkweed (*Asclepias syriaca*)  
Poke Milkweed (*Asclepias exaltata*)

## Perennials and Biennials

Coneflower (*Echinacea purpurea*)  
Wild Bergamot (*Monarda fistulosa*)  
Black-eyed Susan (*Rudbeckia hirta*)

Blue Mist Flower (*Conoclinium coelestinum*)  
Common Boneset (*Eupatorium perfoliatum*)  
Joe-pye Weed (*Eupatorium fistulosum*)  
Dense Blazing Star (*Liatris spicata*)  
Turk's Cap Lily (*Lilium superbum*)  
Asiatic Lily (*Lilium sp.*)\*  
Hyssop (*Agastache sp.*)\* – needs sandy neutral/basic soil; often dies in winter)  
Garden Phlox (*Phlox paniculata*)  
Narrow-leaved Mountain Mint (*Pycnanthemum tenuifolium*)  
New England Aster (*Symphyotrichum novae-angeliae*)  
Smooth Blue Aster (*Symphyotrichum lavae*)  
Ox-eye Daisy (*Heliopsis helianthoides*)  
Native Violets (*Viola sp.*)  
Turk's Cap Lily (*Lilium superbum*)  
Great Blue Lobelia (*Lobelia siphilitica*)  
Appalachian Beardtongue (*Penstamon canescens*)  
Creeping Phlox (*Phlox stolonifera*)  
Sunflower (*Helianthus sp.*, *Heliopsis sp.*)  
Violets (*Viola sp.*)  
Cress (*Cardamine sp.*, *Barbarea sp.*)  
Spring ephemerals (*spring beauty, creeping phlox, dog-tooth violet, etc.*)  
Goldenrod (*Solidago sp.*)  
Ironweed (*Vernonia sp.*)  
Wingstem (*Verbesina alternifolia*)  
Asters (*Symphyotrichum sp.*)  
Mints (*Mentha arvensis*, *Scutellaria sp.*, *Physostegia virginiana*, *Stachys sp.*, *Salvia lyrata*,  
*Lycopus sp.*)

## **Annuals\***

Zinnia  
Cosmos  
Marigold  
Petunia  
Lantana  
Alyssum  
Mexican sunflower Speedwell

\*Not native to West Virginia