Most bees utilize plants for nectar and/or pollen. Bees prefer flowers that are tube-like or bell shaped and are yellow, white, blue, or purple with ultraviolet nectar guides. Bee flowers often require complex behaviors by a bee to access the nectar or pollen. When planning a bee garden, choose native or well-behaved non-native plants. Provide bees with continuous blooms throughout the foraging season and a diversity of plants to support a variety of pollinators. Planting each species of plant in clumps can increase pollinator efficiency. Clump planting allows a bee to easily visit the same type of flower over and over, reducing the need to relearn how to enter the flower to extract the pollen and/or nectar.

Below is a list of plants commonly used by bees for nectar and/or pollen and approximate bloom times for Maine.

**Flowers (Native)**

- Black Cohosh (*Actaea racemosa*) June-Sept
- Milkweed (*Asclepias* spp.) May-Aug
- Red Columbine (*Aquilegia canadensis*) May -July
- Blue Wild Indigo (*Baptisia australis*) May- June
- Marsh Marigold (*Caltha palustris*) May-June
- Boneset (*Eupatorium perfoliatum*) July-Aug
- Wild Geranium (*Geranium maculatum*) April-July
- Sunflowers (*Helianthus* spp.) July-August
- Scarlet/Blue/Inflated Lobelia (*Lobelia* spp.) June-Oct
- Wild Lupine (*lupinus perennis*) June-July
- False/Canadian Lily of the Valley (*Maianthemum canadense*) May-June
- Wild Bergamot, Beebalm (*Monarda* spp.) July-Oct
- Phlox, Wild Sweet William (*Phylox* spp.) Apr-Oct
- Penstemon, Hairy Beard Tongue (*Penstemon* spp.) June-July
- Obedient Plant (*Physostegia virginiana*) Aug-Sept
- Black Eyed Susan (*Rudbeckia hirta*) June-Sept
- Blue Eyed Grass (*Sisyrinchium angustifolium*) May-July
- Goldenrod (*Solidago* spp.) Jun-Oct
- New England Aster (*Symphyotrichum novae-angliae*) July-Oct
- Red and White Trillium (*Trillium* spp.) May-June
- False Hellbore (*Veratrum viride*) June-July
- Culver’s Root (*Veronicastrum virginicum*) June-Aug
Shrubs and Trees (Native)

Serviceberry (*Amelanchier arborea*) May-June  
Buttonbush (*Cephalanthus occidentalis*) June-July  
Roundleaf Dogwood (*Cornus rugosa*) May-Aug  
Bush Honeysuckle (*Diervilla lonicera*) June-July  
Trailing Arbutis (*Epigaea repens*) May-July  
Eastern Teaberry, Wintergreen (*Gaultheria procumbens*) July-Sept  
Choke/Black/Pincherry, Canadian Plum (*Prunus spp.*) May-June  
Sumac (*Rhus spp.*) June-Aug  
Blackberry, Raspberry (*Rubus spp.*) June-Sept  
Elderberry (*Sambucus canadensis*) June-July  
Meadowsweet (*Spirea spp.*) June-Sept  
American Basswood (*Tilia americana*) May-June  
Blueberry & Cranberry (*Vaccinium spp.*) May-June  
Wild Raisin (*Viburnum nudum var. cassinoides*) May-June

Ornamental Plants and Herbs (Not Native)

Garlic/Chives (*Allium spp.*)  
Borage (*Borago spp.*)  
Cosmos (*Cosmos spp.*)  
Buckwheat (*Fagopyrum spp.*)  
Mint (*Lamiaceae spp.*)  
Lavender (*Lavandula spp.*)  
Clover, Sweet (*Melilotus spp.*)  
Catnip (*Nepeta spp.*)  
Oregano (*Origanum spp.*)  
Russian sage (*Perovskia spp.*)  
Parsley (*Petroselinum spp.*)  
Sage (*Salvia spp.*)  
Clover (*Trifolium spp.*)  
Zinnias (old fashioned) (*Zinnia spp.*)

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