

NATIVE PLANTS FOR POLLINATORS & BENEFICIAL INSECTS: SOUTH WEST – AZ • NM Mountains



LEFT—*Litocala sexsignata* nectaring on *Arctostaphylos pungens* flowers. RIGHT—Desert black swallowtail (*Papilio polyxenes coloro*) on *Cirsium neomexicanum*.

Plant Selection

These plants are attractive to a diversity of pollinators, providing pollen and nectar to bees, butterflies, flies, beetles, wasps, and moths. Some plants provide additional resources as caterpillar host plants or nesting sites and nesting materials for above-ground nesting bees. Many support specialist bees that require pollen from specific plants to survive and supplement beneficial insects that can help control pests of ornamental and crop plants. These plants are native to this region—determine if a species is native in your area at plants.usda.gov—and can be used to create or enhance pollinator habitat across rural and urban landscapes.

When purchasing plants, let your local garden center or nursery know you want plant material free of pesticides that may harm pollinators.

Resources

- ⇒ Pollinator Conservation Resource Center: xerces.org/pollinator-resource-center
- ⇒ Bring Back The Pollinators: BringBackthePollinators.org
- ⇒ Reducing Pesticide Use & Impacts: xerces.org/pesticides

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE	FORM	SUN	SOIL	ADDITIONAL DETAILS ⓘ
<i>Achillea millefolium</i>	Common yarrow	MAY–JUL	P			M	
<i>Arctostaphylos pungens</i>	Pointleaf manzanita	JAN–FEB	P			D	
<i>Argemone pleiacantha</i>	Southwestern prickly poppy	JUN–SEP	P			D	
<i>Asclepias speciosa</i>★	Showy milkweed	MAY–SEP	P			M	
<i>Asclepias subverticillata</i>	Horsetail milkweed	JUL	P			D	
<i>Baccharis salicifolia</i>	Mulefat	APR–MAY	P			W	
<i>Berberis haematocarpa</i>	Algerita	FEB–JUN	P			D	
<i>Bouteloua curtipendula</i>	Side-oats grama	JUL–SEP	P			M	
<i>Ceanothus fendleri</i>	Fendler's ceanothus	JUN–JUL	P			D	
<i>Cirsium neomexicanum</i>	New Mexico thistle	MAY	B / P			M	
<i>Dalea candida</i>	White prairie clover	MAY–SEP	P			D	
<i>Dalea formosa</i>	Feather dalea	APR–OCT	P			D	

KEY	LIFE: Annual	SOIL: Dry	★ Staff favorite	FORM: Forb	Sedge	Vine	SUN: Full sun	ADD'L: Larval host (butterfly, moth)	Bumble bee plant	Nest materials
	Biennial	Moist		Cactus	Shrub	Partial sun	DETAILS: Supports specialist bee			
	Perennial	Wet		Grass	Tree	Full shade	Attracts beneficial insects	Nest site	Deer resistant	

Native Plants for Pollinators & Beneficial Insects: SW AZ NM Mountains *continued*

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE	FORM	SUN	SOIL	ADDITIONAL DETAILS ①
<i>Delphinium scaposum</i>	Bare-stem larkspur	MAR–MAY	P			D	
<i>Ericameria nauseosa</i>★	Rubber rabbitbrush	AUG–OCT	P			D	
<i>Erigeron divergens</i>	Spreading fleabane	APR–OCT	B			D	
<i>Eriogonum jamesii</i>	James' buckwheat	JUN–OCT	P			D	
<i>Erysimum capitatum</i>	Western wallflower	MAR–JUL	B / P			M	
<i>Eschscholzia californica</i>	California poppy	MAY–JUN	A / P			D	
<i>Fallugia paradoxa</i>	Apache plume	MAY–JUN	P			D	
<i>Forestiera pubescens</i>	New Mexico olive	FEB–APR	P			D / M	
<i>Gaillardia pulchella</i>★	Blanketflower	APR–MAY	A / B / P			M	
<i>Geranium caespitosum</i>	Pineywoods geranium	MAY–SEP	P			M	
<i>Gutierrezia sarothrae</i>	Broom snakeweed	JUN–JUL	P			D	
<i>Helianthus annuus</i>	Common sunflower	JUN–AUG	A			D	
<i>Heliomeris multiflora</i>	Goldeneye	JUL–SEP	P			M	
<i>Heterotheca villosa</i>	Hairy false goldenaster	JUN–AUG	P			D	
<i>Linum lewisii</i>	Blue flax	MAY–SEP	P			M	
<i>Lupinus argenteus</i>	Silvery lupine	JUL–SEP	P			D	
<i>Machaeranthera tanacetifolia</i>★	Tahoka daisy	AUG–OCT	A			D	
<i>Mentzelia multiflora</i>	Adonis blazingstar	MAR–OCT	B / P			D	
<i>Monarda fistulosa</i> var. <i>menthifolia</i>	Beebalm	MAY–SEP	P			M	
<i>Muhlenbergia rigens</i>	Deer grass	JUL–OCT	P			D	
<i>Oenothera cespitosa</i>	Tufted evening primrose	MAY–JUN	P			D	
<i>Opuntia macrorhiza</i>	Twistspine prickly pear	JUN–JUL	P			D	
<i>Penstemon strictus</i>★	Rocky Mountain penstemon	MAY–JUL	P			D	
<i>Peritoma serrulata</i>★	Rocky Mountain beeplant	JUL–SEP	A			D	
<i>Prunus virginiana</i>	Chokecherry	APR–MAY	P			M	
<i>Purshia mexicana</i> var. <i>stansburyana</i>	Stansbury cliffrose	APR–JUL	P			D	
<i>Quercus gambelii</i>	Gambel oak	MAR–MAY	P			D	
<i>Ratibida columnifera</i>★	Upright prairie coneflower	MAY–OCT	P			M	
<i>Rhus aromatica</i>★	Threeleaf sumac	MAR–APR	P			D	
<i>Ribes aureum</i>	Golden currant	APR–MAY	P			D	
<i>Robinia neomexicana</i>	New Mexico locust	MAY–JUL	P			M	
<i>Rosa woodsii</i>	Wood's rose	MAY–JUL	P			M	
<i>Salix exigua</i>	Coyote willow	APR–MAY	P			W	
<i>Senecio flaccidus</i>★	Threadleaf groundsel	JUN–OCT	P			D	
<i>Solidago missouriensis</i>	Missouri goldenrod	JUL–SEP	P			D	
<i>Sphaeralcea coccinea</i>★	Scarlet globemallow	APR–SEP	P			D	
<i>Verbena macdougalii</i>	New Mexico verbena	JUN–OCT	P			M	
<i>Verbesina encelioides</i>	Crownbeard	JUN–AUG	A			D	

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Acknowledgments

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