Great Wildflowers for Bees and Other Beneficial Insects

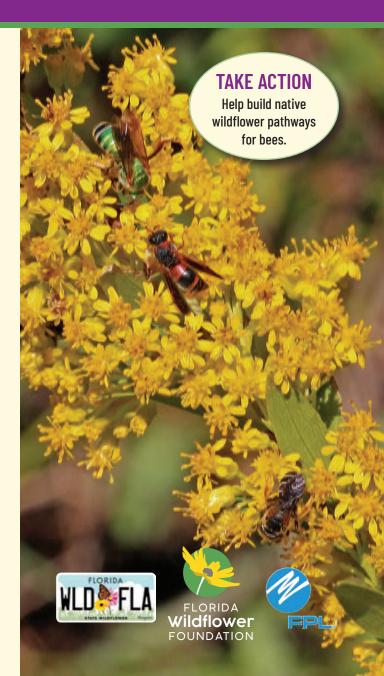
Pink swamp milkweed Asclepias incarnata	Common name	Scientific name	Light	Bloom color	Bloom season	Soil moisture	Region	Growth habit
Wild indigo Baptisia alba Carphephorus spp. Chaffhead² Carphephorus spp. Chamaecrista fasciulata Chistle* Cirsium spp. Clarcel tickseed Coreopsis lancealata Careopsis lancealata Careopsis lancealata Coreopsis	Pink swamp milkweed	Asclepias incarnata	***		₩ ₩	$\Diamond \Diamond$	NCS	2-6 ft
Florida greeneyes Carphephorus spp. Chaffhead² Carphephorus spp. Chamaecrista fasciulata Ch	Butterfly milkweed ¹	Asclepias tuberosa	*4	•	₩ ₩	$\Diamond \Diamond$	NCS	1-3 ft
Chaffhead¹ Carphephorus spp. Partridge pea³ Chamaecrista fasciulata Thistle¹ Cirsium spp. Conradina spp. Conradina spp. Coreopsis lancealata Coreopsis l	Wild indigo	Baptisia alba	***	\circ	*	$\Diamond \Diamond$	NC	2-3 ft
Partridge pea³ Chamaecrista fasciulata Thistle⁴ Cirsium spp. False rosemary Conradina spp. Coreagis lanceolata Purple coneflower Echinacea purpurea Coreagis lanceolata Purple coneflower Echinacea purpurea Coreagis lanceolata Core	Florida greeneyes	Berlandiera subacaulis	*		**	\Diamond	NCS	1-2 ft
Thistle* Cirsium spp. Conradina spp. Corradina spp. NC 2-3 ft NC 1-3 ft Purple coneflower Echinacea purpurea Coreapsis lancealata NC 18 in Rattlesnakemasters Eryngium spp. NC 1-3 ft Wild geranium Geranium corolinianum Corradina spp. NC 1-3 ft Wild geranium Geranium corolinianum Corradina spp. NC 1-3 ft NC 1-2 ft Sneezeweeds Helenium spp. NC 1-3 ft NC 1-2 ft Sneezeweeds Helianthus spp. NC 1-3 ft NC 1-2 ft Sunflower Helianthus debilis Liatris spp. NC 1-2 ft Blazing star Liatris spp. NC 2-4 ft Snow squarestem Melanthera nivea NC 2-4 ft Sunshine mimosa Mimosa strigillosa Micos 2-9 in Dotted horsemints Monarda punctata NC 2-9 in Dotted horsemints Monarda punctata Penstemon spp. NC 3 1-4 ft Frogfruit Phyla nodiflora Penstemon spp. NC 3 1-4 ft Rosinweed Silphium spp. Solidago spp. NC 2-6 ft Stokes' aster's Stokesia laevis NC 3 2-6 it Stokes' aster's Stokesia laevis Tradescantia ohiensis Tradescantia ohiensis Tradescantia ohiensis Trichostema dichotonum Frostweed'' Verbesina virginica NC 2-5 ft	Chaffhead ²	Carphephorus spp.	***			$\Diamond \Diamond \Diamond$	NCS	2-4 ft
False rosemary Lanceleaf tickseed Coreopsis lanceolata Purple coneflower Echinacea purpurea Conequisis lanceolata Purple coneflower Echinacea purpurea Conequisis lanceolata Purple coneflower Echinacea purpurea Conequisis lanceolata NC 1-3 ft NC 18 in Rattlesnakemaster ⁵ Eryngium spp. NC 1-2 ft NC 1-3 ft NC 1-2 ft	Partridge pea³	Chamaecrista fasciulata	*4	•	***	$\Diamond \Diamond$	NCS	3 ft
Lanceleaf tickseed Coreapsis lanceolata C	Thistle ⁴	Cirsium spp.	*	$\bigcirc \bullet$		$\Diamond \Diamond$	NCS	2-3 ft
Purple coneflower Rattlesnakemaster's Eryngium spp. Geranium Geranium Geranium carolinianum Geranium Geranium carolinianum Geranium Spp. N C S 1-2 ft Sneezeweed's Helenium spp. N C S 1-3 ft Uniflower Helianthus spp. N C S 1-3 ft Uniflower Helianthus debilis N C S 1-2 ft Blazing star Liatris spp. N C S 2-6 ft Sunshine mimosa's Mimosa strigillosa N C S 2-9 in Dotted horsemint's Monarda punctata Mimosa strigillosa N C S 2-4 ft Beardtongue's Penstemon spp. N C S 1-4 ft Frogfruit Phyla nodiflora Phyla nodiflora Rudbeckia spp. N C S 1-4 ft Rosinweed Silphium spp. Solidago spp. Solidago spp. Solidago spp. Solidago spp. N C S 2-6 ft Stokes' aster's Stokesia laevis N C S 2-6 ft N C S 2-6 ft N C S 3-12 in Frostweed'' Verbesina virginica	False rosemary	Conradina spp.	*	$\bigcirc \bullet$	****	\Diamond	NC	2-3 ft
Rattlesnakemasters Eryngium spp. Geranium carolinianum Geranium carolinianum Geranium carolinianum Geranium carolinianum Geranium carolinianum NCS 1-2 ft NCS 1-3 ft NCS 2-6 ft Dune sunflower Helianthus spp. NCS 1-2 ft Blazing star Liatris spp. NCS 2-4 ft Snow squarestem Melanthera nivea NCS 2-6 ft Sunshine mimosa Mimosa strigillosa Mimosa strigillosa NCS 2-9 in Dotted horsemints Monarda punctata Monarda punctata NCS 2-4 ft Beardtongue Penstemon spp. Penstemon spp. Penstemon spp. NCS 1-4 ft Frogfruit Phyla nodiflora Rudbeckia spp. NCS 1-4 ft Rosinweed Silphium spp. Sisyrinchium spp. Solidago spp. Solidago spp. NCS 2-6 ft Stokes' aster's Stokesia laevis NCS 2-6 ft NCS 2-6 ft NCS 2-6 ft NCS 2-6 ft NCS 3-14 ft Tradescantia ohiensis NCS 1-5 ft NCS 2-6 ft NCS 2-7 in	Lanceleaf tickseed	Coreopsis lanceolata	*		**	$\Diamond \Diamond$	N C	1-3 ft
Wild geranium Geranium carolinianum Helenium spp. NCS 1-2 ft NCS 1-3 ft NCS 1-4 ft NCS 1-2 ft NCS 1-4 ft NCS 1-5 ft NCS 1-6 ft NCS 1-6 ft NCS 1-7 ft NCS 1-8 ft NCS 1-8 ft NCS 1-9 in NCS 1-9 in NCS 1-9 in NCS 1-1 ft NCS 1-1 ft NCS 1-2 ft	Purple coneflower	Echinacea purpurea	*4			\triangle	NC	18 in
Sneezeweed® Helenium spp. Sunflower Helianthus spp. Helianthus debilis Blazing star Liatris spp. MCS 2-6 ft Sunshine mimosa® Mimosa strigillosa Dotted horsemint® Monarda punctata Beardtongue¹0 Penstemon spp. Phyla nodiflora Black-eyed susan¹1 Rudbeckia spp. Rudbeckia spp. Silphium spp. NC S 6-12 in NC S 2-6 ft NC S 2-6 ft Stokes' aster'is Symphyotrichum spp. NC S 2-6 ft NC S 2-2-30 in NC S 2-3-30 in NC S 2-5 ft	Rattlesnakemaster ⁵	Eryngium spp.	***	\circ		\triangle	NCS	1-3 ft
Sunflower Helianthus spp. Helianthus debilis Blazing star Liatris spp. NCS 2-4 ft NCS 2-4 ft NCS 2-4 ft NCS 2-6 ft Sunshine mimosa ⁸ Mimosa strigillosa Mimosa strigillosa Monarda punctata Beardtongue ¹⁰ Penstemon spp. Phyla nodiflora Rudbeckia spp. Rudbeckia spp. Rudbeckia spp. Silphium spp. Solidago spp. NC S 2-6 ft Solidago spp. NC S 2-6 ft Solidago spp. NC S 2-24 in Solidago spp. NC S 2-30 in Frostweed ¹⁷ Verbesina virginica	Wild geranium	Geranium carolinianum	***		***	$\Diamond \Diamond$	NCS	1-2 ft
Dune sunflower? Blazing star Liatris spp. N C S 2-4 ft Snow squarestem Melanthera nivea Mimosa strigillosa Mimosa strigillosa Monarda punctata Penstemon spp. Penstemon spp. Penstemon spp. Phyla nodiflora Rudbeckia spp. Rudbeckia spp. Rudbeckia spp. Silphium spp. Silphium spp. Silphium spp. Solidago spp. N C S Solidago spp. N C S Solidago spp. N C S Solidago spp. Solidago spp. N C S Solidago spp. N C S Solidago spp. Solidago spp. N C S Solidago spp. Solidago spp. N C S Solidago spp. Solidago spp. N C S Solidago spp. N C S Solidago spp. Solidago spp. N C S Solidago spp. N C S Solidago spp. Solidago spp. N C S Solidago spp. N C S Solidago spp. Solida	Sneezeweed ⁶	Helenium spp.	*			\triangle	NCS	1-3 ft
Blazing star Liatris spp. Melanthera nivea NCS 2-4 ft Sunshine mimosa Mimosa strigillosa NCS 2-9 in Dotted horsemint9 Monarda punctata Penstemon spp. Penstemon spp. Phyla nodiflora Black-eyed susan1 Rudbeckia spp. NCS 1-4 ft Rosinweed Silphium spp. Solidago spp. NCS 2-6 ft Stokes' aster13 Stokesia laevis NC 18 in Aster14 Symphyotrichum spp. Spiderwort15 Tradescantia ohiensis Trichostema dichotomum Frostweed17 Verbesina virginica NCS 2-4 ft NCS 2-4 ft NCS 2-6 ft	Sunflower	Helianthus spp.	*4			\triangle	NCS	2-6 ft
Snow squarestem Melanthera nivea Mimosa strigillosa Mimosa strigillosa Monarda punctata Nocs 2-9 in Nocs 1-4 ft Frogfruit Phyla nodiflora Nocs 4 in Black-eyed susan ¹¹ Rudbeckia spp. Nocs 1-4 ft Rosinweed Silphium spp. Silyrinchium spp. Solidago spp. Solidago spp. Solidago spp. Solidago spp. Nocs Nocs 1-6 ft Stokes' aster ¹³ Stokesia laevis Nocs Nocs Nocs Nocs Nocs Nocs Symphyotrichum spp. Spiderwort ¹⁵ Tradescantia ohiensis Mocs Nocs Nocs 15-24 in Blue curls ¹⁶ Trichostema dichotomum Frostweed ¹⁷ Verbesina virginica	Dune sunflower ⁷	Helianthus debilis	*			$\Diamond \Diamond$	NCS	1-2 ft
Sunshine mimosa ⁸ Dotted horsemint ⁹ Monarda punctata Penstemon spp. Penstemon spp. Phyla nodiflora Rudbeckia spp. Rudbeckia spp. Silphium spp. Silyrinchium spp. Solidago spp. N C S 2-6 ft Stokes' aster ¹³ Stokesia laevis N C 18 in Aster ¹⁴ Symphyotrichum spp. N C S varies Spiderwort ¹⁵ Tradescantia ohiensis N C 15-24 in Blue curls ¹⁶ Trichostema dichotomum Frostweed ¹⁷ Verbesina virginica	Blazing star	Liatris spp.	***				NCS	2-4 ft
Dotted horsemint ⁹ Beardtongue ¹⁰ Penstemon spp. Phyla nodiflora Rudbeckia spp. Rudbeckia spp. Silphium spp. Solidago spp. N C S 2-6 ft Stokes' aster ¹³ Stokesia laevis N C 18 in N C 15-24 in Blue curls ¹⁶ Trichostema dichotomum Frostweed ¹⁷ Verbesina virginica	Snow squarestem	Melanthera nivea	***	0		_	NCS	2-6 ft
Beardtongue ¹⁰ Penstemon spp. Frogfruit Phyla nodiflora Black-eyed susan ¹¹ Rudbeckia spp. Rosinweed Silphium spp. Silyhium spp. Silyrinchium spp. Solidago spp. Stokes' aster ¹³ Stokesia laevis Spiderwort ¹⁶ Tradescantia ohiensis Frostweed ¹⁷ Verbesina virginica N C S 1-4 ft N C S 4 in N C S A in	Sunshine mimosa ⁸	Mimosa strigillosa	111			_	NCS	2-9 in
Frogfruit Phyla nodiflora Black-eyed susan ¹¹ Rudbeckia spp. Rosinweed Silphium spp. Blue-eyed grass ¹² Sisyrinchium spp. Goldenrod (cover image) Solidago spp. Stokes' aster ¹³ Stokesia laevis Symphyotrichum spp. Symphyotrichum spp. Symphyotrichum spp. Spiderwort ¹⁵ Tradescantia ohiensis Blue curls ¹⁸ Trichostema dichotomum Frostweed ¹⁷ Verbesina virginica N C S 4 in N C S 1-4 ft N C S 2-6 ft N C S 2-6 ft N C S varies N C S 24-30 in	Dotted horsemint ⁹	Monarda punctata	1	\bigcirc			NCS	2-4 ft
Black-eyed susan ¹¹ Rosinweed Silphium spp. Blue-eyed grass ¹² Sisyrinchium spp. Solidago spp. Solidago spp. Stokes' aster ¹³ Stokesia laevis Spiderwort ¹⁵ Tradescantia ohiensis Blue curls ¹⁶ Trichostema dichotomum Frostweed ¹⁷ Rudbeckia spp. N C S 1-4 ft N C S 2-6 ft N C S 2-6 ft N C S N C S N C S Varies N C S Varies N C S 2-5 ft	Beardtongue ¹⁰	Penstemon spp.	*	\bigcirc		$\Diamond \Diamond$	NCS	1-4 ft
Rosinweed Silphium spp. Sisyrinchium spp. Solidago spp. Solidago spp. Stokes' aster ¹³ Stokesia laevis Symphyotrichum spp. Spiderwort ¹⁵ Spiderwort ¹⁵ Tradescantia ohiensis Frostweed ¹⁷ NC 2-6 ft NC S 2-6 ft	Frogfruit	Phyla nodiflora	- 71	$\bigcirc \bullet$		_	NCS	4 in
Blue-eyed grass ¹² Sisyrinchium spp. Solidago spp. Solidago spp. Stokes' aster ¹³ Stokesia laevis Aster ¹⁴ Symphyotrichum spp. Spiderwort ¹⁵ Tradescantia ohiensis Blue curls ¹⁶ Trichostema dichotomum Frostweed ¹⁷ Verbesina virginica N C S 6-12 in N C S 2-6 ft N C S Varies N C S Varies N C S 24-30 in	Black-eyed susan ¹¹	Rudbeckia spp.	*	•			NCS	1-4 ft
Goldenrod (cover image) Solidago spp. Stokes' aster 13 Stokesia laevis NCS 18 in Aster 14 Symphyotrichum spp. Spiderwort 15 Tradescantia ohiensis NCS Varies NCS Varies NCS NCS Varies NCS NCS Varies	Rosinweed	Silphium spp.	***				NC	2-6 ft
Stokes' aster ¹³ Stokesia laevis Stokesia laevis Symphyotrichum spp. Spiderwort ¹⁵ Tradescantia ohiensis Blue curls ¹⁶ Trichostema dichotomum Frostweed ¹⁷ Verbesina virginica N C 18 in N C S varies N C 15-24 in N C 2-5 ft	Blue-eyed grass ¹²	Sisyrinchium spp.	*	•			NCS	6-12 in
Aster ¹⁴ Symphyotrichum spp. Spiderwort ¹⁵ Tradescantia ohiensis N C S varies N C S 15-24 in Blue curls ¹⁶ Trichostema dichotomum Frostweed ¹⁷ Verbesina virginica N C S 24-30 in N C S 24-30 in	Goldenrod (cover image)	Solidago spp.	***			$\Diamond \Diamond$	NCS	2-6 ft
Spiderwort ¹⁵ Rough Carlot Company C	Stokes' aster ¹³	Stokesia laevis	111	•		_	N C	18 in
Blue curls ¹⁶ Trichostema dichotomum Frostweed ¹⁷ Verbesina virginica N C S 24–30 in N C S 24–30 in N C S 24–30 in	Aster ¹⁴	Symphyotrichum spp.	***				NCS	varies
Frostweed ¹⁷ Verbesina virginica N C 2-5 ft	Spiderwort ¹⁵	Tradescantia ohiensis	*				NC	15-24 in
	Blue curls ¹⁶	Trichostema dichotomum	*			\Diamond	NCS	24-30 in
Ironweed ¹⁸ Vernonia spp.	Frostweed ¹⁷	Verbesina virginica	***********	0			N C	2-5 ft
	Ironweed ¹⁸	Vernonia spp.	***			$\Diamond \Diamond$	NCS	3-6 ft

Numbers next to species correspond to photos inside.

For more information on plant selection, flower bloom and growing tips, visit www.FlaWildflowers.org/planting. This publication was produced with support from Florida Power & Light Company, through its charitable arm, the NextEra Energy Foundation.

Attracting Bees and Other Beneficial Insects

with Florida's Native Wildflowers



Florida's Bees

Florida is home to more than 300 species of bees. They are nature's most efficient pollinators, responsible for the pollination of more than 80 percent of our food crops and flowering plants. However, they are increasingly in peril due to habitat loss, pesticide use and climate change.

Bees are active most of the year in Florida. Some nest in well-drained soil that is sparsely vegetated. Others nest in trees or other sources of wood, or in plants with hollow stems. They may nest in spring and again in summer.

Some bees are specialists, relying on a single wildflower species or family for food. Most, however, are generalists that gather pollen and nectar from a wide range of flowers.

Most native bees are solitary and are not usually aggressive, because they have no hive to defend. However, they may sting if surprised or

threatened.

While gathering pollen and nectar for food, bees carry pollen from one flower to another, ensuring plant reproduction.
This pollination syndrome (process) has evolved over millions of years.

Planning Your Bee Garden

Your garden can help create a corridor between fragmented natural habitats for foraging bees and insects. Even small native wildflower plots can be stepping stones in a pollinator pathway that help insects reach parks, natural areas and roadside wildflowers. Increasing insect habitat also helps birds, 96% of which eat insects.

- · Choose sunny open areas with well-drained soil.
- Plant 15–25 species for maximum diversity.
- Plan to have at least three species in bloom each season.
- Include flowers of different sizes and shapes to attract a variety of bees.
- Plant 5–7 of each wildflower species in clusters to maximize visibility to insects.
- Include blue, purple, violet, white and yellow flowers, which bees prefer.

Bee characteristics

- Hairy bodies with constricted waists
- Two pairs of wings
- Long antennae and long tongues
- Pollen-carrying structures on hind legs or lower abdomen



Avoid or minimize the use of pesticides. Use natural repellants like garlic or citrus oil, or pheromone traps to discourage pests. Be aware that broad application can harm beneficial insects.

Create nesting sites. Leave open sandy patches for ground-nesting species. Let hollow-stemmed plants remain during the winter. Leave brush piles and use clumping grasses such as Lovegrass (Eragrostis spp.), Wiregrass (Aristida stricta) and Muhlygrass (Muhlenbergia capillaris) for nesting sites and overwintering habitats.

Other insects. Wildflowers may attract other insects that provide natural pest control or pollination services, or serve as food for a variety of other organisms. Look for spiders, beetles, flies, wasps and true bugs in your garden and consider their duties in the ecosystem. They may provide pollination services or be a food source for lizards, birds or other insects

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