

Pycnanthemum pilosum

Common Name: Hairy Mountain Mint

Plant Type: perennial

Family: Lamiaceae

Height: 2-4'

Bloom color: white or pinkish color with purple spots

Bloom Time: mid to late summer

Sun: full sun to partial sun

Water: moist to slightly dry

The nectar-rich flowers are very attractive to many kinds of insects, including honeybees, cuckoo bees, leaf-cutting bees, Halictid bees, Halictid cuckoo bees, thread-waisted wasps, the Great Golden Digger Wasp, the Black Grasshopper Wasp, bee wolves, paper wasps, Eumenine wasps, Syrphid flies, bee flies, Thick-headed flies, Tachinid flies, small- to medium-sized butterflies, and skippers. The mountain mints are listed on many "Top Ten Plants for Pollinators" lists. Mountain Mint is loaded with pulegone, the same insect repellent found in pennyroyal. It can be rubbed on the skin to repel mosquitoes! Some authorities refer to this plant as *Pycnanthemum verticillatum* var. *pilosum*.



Oenothera pilosella

Common Name: Prairie Sundrops

Family: Evening Primrose family (Onagraceae)

Height: 2-3 feet

Spread: .5 to 1.5 feet

Bloom Time: May-July

Bloom Color: yellow

Sun: Full sun to part shade

Water: moist to medium

The flowers are pollinated by long-tongued bees, butterflies, and skippers. Halictid bees and Syrphid flies often visit the flowers, but they are attracted by the abundant pollen and cannot be considered very effective at pollination. Among the long-tongued bees, are such visitors as Little Carpenter bees and large Leaf-Cutting bees, which suck nectar or collect pollen. This lovely plant should be grown more often. During the 19th century, this was a more popular garden plant, but it has since passed from favor and is not widely available.



Sisyrinchium angustifolium

Common Name: Narrow leaf Blue-Eyed Grass

Plant Type: perennial

Family: Iris family (Iridaceae)

Height: 6 to 12 inches

Bloom Time: April to June

Bloom Color: blue violet

Sun: Full Sun, Partial Sun

Water: Dry, Moist

Forms a tidy clump of grassy

leaves, with yellow-throated blue flowers on upright

stems. Especially nice in a colony of several plants. Best grown in medium moisture, well-drained soil in full sun. Tolerates light shade. Prefers consistently moist soils that do not dry out, but drainage must be good. Will freely self-seed in optimum growing conditions. Plantings may be sheared back after bloom to avoid any unwanted self-seeding and/or to tidy foliage for remaining part of the growing season. Plants may need to be divided every 2-3 years to keep plantings vigorous.



Oligoneuron ohioense

Common Name: Ohio Goldenrod

Plant Type: Herbaceous perennial

Family: Composite Family (Asteraceae)

Height: 2-3 1/2 feet

Spread: 1-2 feet

Bloom Time: Aug-Sept.

Bloom Color: yellow

Sun: full to partial sun

Water: moist to medium

High numbers of bees including yellow-faced bees, Andrenid

bees, sweat bees, small and large carpenter bees, digger

bees, and bumble bees are attracted to this plant; also

highly attractive to honey bees. This species starts to

flower in August and is the largest of the goldenrod flowers. The compact form misrepresents

the exuberant late season floral display. The foliage is superb, with lush, lance-like leaves

radiating out from the base. Excellent for moist clay, it also thrives in good garden soil. This is

a very good plant for areas where erosion can be a problem as it forms an incredible root mass.



Solidago riddellii

Common Name: Riddell's goldenrod

Plant Type: Herbaceous perennial

Family: Asteraceae

Height: 2-3 feet

Spread: 1 to 1.5 feet

Bloom Time: August- September

Bloom Color: yellow

Sun: Full sun to part shade

Water: wet to medium

Maintenance: Medium



This plant produces many clusters of small golden flowers and fills in well. High numbers of bees including yellow-faced bees, Andrenid bees, sweat bees, small and large carpenter bees, digger bees, and bumble bees are attracted to this plant; also, highly attractive to honey bees and butterflies.

Solidago uliginosa

Common Name: Bog Goldenrod

Plant Type: perennial

Family: Asteraceae (Aster Family)

Height: 4 feet

Bloom Time: Aug- Sept

Bloom Color: Yellow

Sun: Full Sun to Part Shade

Water: Wet-Medium

Maintenance: Low



The flowers attract honeybees, bumblebees, ants, beetles, moths and butterflies. These insects primarily seek nectar. The caterpillars of many moths feed on various parts of this goldenrod and others. Other insect feeders include various leafhoppers, lace bugs, plant bugs, and beetles. To a limited extent, the seeds are eaten by the Eastern Goldfinch. Mammalian herbivores occasionally eat the leaves, stems, and flowers, including deer, rabbits, groundhogs, and livestock.

Symphotrichum puniceum puniceum

Common Name: Swamp Aster, glossy-leaved aster

Family: Asteraceae

Height: 1½-6'

Spread: 2-3'

Bloom Time: August to September

Bloom Color: Violet-blue to purple with yellow centers

Sun: full or partial sun

Water: wet to moist



The nectar and pollen of the flowers attract a wide variety of insects, including honeybees, bumblebees, other miscellaneous bees, various wasps, bee flies and other miscellaneous flies, and various butterflies, skippers, and moths. The oligolectic bees suck nectar and collect pollen from the flowers of Swamp Aster. Many moth caterpillars feed on asters as do the caterpillars of the Silvery Checkerspot (above) and Pearl Crescent. The Wild Turkey eats the seeds and leaves occasionally, while the White-Tailed Deer and Cottontail Rabbit browse on the foliage.

Verbena hastata

Common Name: Blue vervain

Plant Type: Herbaceous perennial

Family: Verbenaceae

Height: 2 to 6 feet

Spread: 1 to 2.5 feet

Bloom Time: July - September

Bloom Color: Purplish-blue

Sun: Full sun

Water: Medium to wet



Typically forms colonies in the wild by both thick, slowly spreading rhizomes and self-seeding. Blue vervain commonly occurs in wet meadows, wet river bottomlands, stream banks, slough peripheries, fields and waste areas throughout the Ohio. These flowers are insect pollinated. Some of these pollinating insects consist of Checkered White Butterflies, Swallowtail Butterflies, Skippers, Bumblebees, Honeybees, and Mining Bees.

Vernonia fasciculata

Common Name: Prairie Ironweed

Family: Compositae (Asteraceae)

Height: 2-4 ft.

Bloom Time: July-September

Bloom Color: magenta

Sun: full

Water: wet to moist

Vernonia fasciculata is distinguished from other Ohio *Vernonia* species by its glabrous leaves that are pitted beneath, and an unusually flat and densely flowered inflorescence. Although this species seems restricted to prairie areas of Ohio, its true range and status in the state are not known with certainty. It is easily misidentified as the common Ironweed (*Vernonia gigantea*) and also hybridizes with that species. The flowers attract long-tongued bees, butterflies, and skippers primarily. Other visitors include bee flies and Halictid bees. These insects seek nectar, although bees also collect pollen. Among the long-tongued bees, are such visitors as bumblebees, Epeoline cuckoo bees, Miner bees, and large Leaf-Cutting bees. The caterpillars of several moths feed on Ironweed, including Parthenice Tiger Moth and Red Groundling. The bitter foliage of Ironweed deters consumption by mammalian herbivores.



Lobelia cardinalis

Common Name: Cardinal flower, Red lobelia

Plant Type: Herbaceous perennial

Family: Campanulaceae

Height: 2 to 4 feet

Spread: 1 to 2 feet

Bloom Time: July - September

Bloom Color: Scarlet, white or rose

Sun: Full sun to part shade

Water: Medium to wet

Needs constant moisture, tolerates full sun in cool, northern climates, but otherwise appreciates part shade. The flowers attract the Ruby-Throated Hummingbird and the Black Swallowtail, Spicebush Swallowtail, and Pipevine Swallowtail. Sometimes bumblebees steal nectar through slits in the tubular corolla. Halictid bees gather pollen but are ineffective at pollination. The caterpillars of the Pink-washed Looper Moth feed on the leaves.



Viola cucullata

Common Name: Marsh Blue Violet

Family: Violet family (Violaceae)

Height: 6 to 8 inches

Bloom Time: mid to late spring

Bloom Color: blue violet

Sun: full sun to part shade

Water: wet to moist

The floral nectar of Marsh Violet attracts bumblebees, mason bees, Halictid bees, Andrenid bees, bee flies, butterflies, and skippers. Some of the bees also collect pollen. The caterpillars of several Fritillary butterflies feed on the foliage of violets primarily in open areas: Meadow Fritillary, Silver-Bordered Fritillary, Variegated Fritillary, Aphrodite Fritillary, Atlantis Fritillary, Great Spangled Fritillary, and Regal Fritillary. Other insect feeders include caterpillars of the Grateful Midget moth and The Beggar moth. The seeds and other parts of violets are eaten occasionally by such birds as the Ruffed Grouse, Wild Turkey, and Mourning Dove, and they are also consumed by the White-Footed Mouse, Pine Mouse, and Eastern Chipmunk. Similarly, the foliage of these low-growing plants is a source of food for the Cottontail Rabbit and Wood Turtle.



Rudbeckia fulgida speciosa

Common Name: Showy coneflower, Sullivant's Coneflower

Plant Type: Herbaceous perennial

Family: Asteraceae

Height: 1.5 to 2.5 feet

Spread: 2 to 2.5 feet

Bloom Time: June - October

Bloom Color: Orange / yellow

Sun: Full sun

Water: moist to medium

Floral insect visitors include leaf-cutting bees, Andrenid bees, Halictid bees, small butterflies and skippers, various flies, and sometimes soldier beetles. Several moth caterpillars are known to feed on *Rudbeckia* spp.; they are usually found on the flowers, and include such species as Blackberry Looper Moth, Common Eupithecia, Wavy-Lined Emerald, and Sunflower Moth. Mammalian herbivores that browse on the foliage include deer, rabbits, groundhogs, cattle, and other farm animals.



Wavy-lined Emerald caterpillar (left) and adult moth (above)



Liatris pycnostachya

Common Name: Prairie blazing star

Family: Asteraceae

Height: 2 to 5 feet

Spread: 1 to 2 feet

Bloom Time: July-August

Bloom Color: Reddish purple

Sun: Full sun

Water: medium to wet

The height of this plant can vary considerably with the moisture in the soil. During a drought, the lower leaves may wither away, otherwise this plant presents few problems. The most common visitors of the flowers are long-tongued bees, butterflies, and skippers, which seek nectar primarily. Other insect visitors include day-flying moths, bee flies, and short-tongued Halictid bees, the latter collecting pollen. Mammalian herbivores eat this and other Blazing stars readily; groundhogs and rabbits favor younger plants, while deer and livestock are more likely to browse on mature plants. The corms are eaten by the Prairie Vole and Meadow Vole. Prairie Blazingstar is an attractive plant while in bloom, resembling a magic wand. It is more common in flower gardens than in the wild, although some of these are undoubtedly hybrids with similar species.



Hibiscus moscheutos

Common Name: Swamp (Crimson-eyed) Rose Mallow

Family: Mallow family (Malvaceae)

Height: 4 to 6 feet

Spread: 2 to 4 feet

Bloom Time: July - September

Bloom Color: white or pink

Sun: Full or partial sun

Water: wet to consistently moist

Each flower usually has a reddish purple throat at the base of its petals, although sometimes this is absent. This wildflower spreads by reseeding



itself. The flowers are cross-pollinated by bumblebees and other long-tongued bees. The Ruby-throated Hummingbird is another nectar-seeking visitor of the flowers. Some insects feed on various parts of Rose Mallows. The caterpillars of Common Checkered Skipper and the Painted Lady butterfly sometimes feed on the leaves, while the caterpillars of the Gray Hairstreak butterfly feed on the developing seeds.

Filipendula rubra

Common Name: Queen-of-the-Prairie

Family: Rose family (Rosaceae)

Height: 3-6 feet

Spread: rhizomes, tends to form colonies

Bloom Time: early to mid-summer

Bloom Color: pink

Sun: full or partial sun

Water: wet to moist

The colorful flowers provide pollen as a reward for

insect visitors, but not nectar. Various species of bees collect pollen from the flowers and probably are the most important pollinators. Beetles and flies feed on the pollen. Wasps and butterflies may land on the flowers looking for nectar, but their search will be futile. Little is known about the floral-fauna relationships for birds and mammals. The foliage does not seem to be bothered by deer and other herbivorous mammals. In prairies, the pink flowers rise above the surrounding vegetation and can be seen from a considerable distance. It has a very distinctive appearance and can't be confused with any other native plant. This is an indicator plant of high-quality habitats.



Eupatoriadelphus fistulosus

Common Name: Hollow Joe-Pye Weed

Plant Type: perennial

Family: Aster family (Asteraceae)

Height: 3-9'

Spread: 2-3 ft.

Bloom Time: mid-summer to early fall

Bloom Color: pale pink-lavender to deep rosy pink

Sun: full or partial sun

Water: wet to moist

This wildflower is an impressive sight as it towers above the surrounding vegetation in open areas. Hollow-Stemmed Joe-Pye habitats include wet sand prairies, seeps and springs in partially wooded areas, soggy thickets, fens, rocky sandstone ravines along streams, and low areas along railroads and roadsides. The flowers are visited by honeybees, bumblebees, and other long-tongued bees; other floral visitors include bee flies (Bombyliidae), butterflies, skippers, and moths. Most of these visitors obtain nectar from the flowers, although some bees also collect pollen.



Carex vulpinoidea

Common Name: Brown Fox Sedge

Family: Sedge family (Cyperaceae)

Height: 1 $\frac{1}{2}$ - 3 $\frac{1}{2}$ ft.

Bloom Time: July - September

Bloom Color: green

Sun: full sun to part sun

Water: moist to medium

Like other wetland *Carex* sedges, Brown Fox Sedge is a food plant of sedge grasshoppers, the Common Meadow Katydid, caterpillars of several skippers, caterpillars of the Eyed Brown, the Tufted Sedge and other moths, semi-aquatic leaf beetles and other insects. Some wetland birds feed on the seeds of sedges in wetlands including ducks, rails, and songbirds. When the Brown Fox Sedge forms large colonies, it provides good cover for many species of wetland animals, including nesting habitat for the Sedge Wren.



Asclepias incarnata

Common Name: Swamp milkweed

Plant Type: Herbaceous perennial

Family: Asclepiadaceae

Height: 4 to 5 feet

Spread: 2 to 3 feet

Bloom Time: July - August

Bloom Color: White, pink, mauve

Sun: Full sun

Water: Medium to wet

Maintenance: Low

Excellent host plant for Monarchs; adults nectar and lay eggs on the underside of leaves, caterpillars feed on the leaves. Great for sunny borders, stream/pond banks, butterfly gardens. A good plant for low spots or other moist areas in the landscape but can tolerate average soil.

