



Native Plants for Bee Forage North Carolina Piedmont

The following was compiled by Debbie Roos of the North Carolina Cooperative Extension. The plants are native to the Piedmont region of North Carolina unless otherwise indicated. A few non-native plants known for being bee magnets are included. For additional information, see the extension's [Growing a Pollinator Garden](#) and [Protect Our Pollinators](#) webpages.

HERBACEOUS PERENNIALS		
Common Name	Scientific Name	Origin
Anise hyssop	<i>Agastache</i> spp.	some species native
Nodding onion	<i>Allium cernuum</i>	native
Milkweed	<i>Asclepias</i> spp.	native
Wild indigo	<i>Baptisia</i> spp.	native
Tall tickseed	<i>Coreopsis tripteris</i>	native
Purple coneflower	<i>Echinacea purpurea</i>	native
Rattlesnake master	<i>Eryngium yuccafolium</i>	native
Joe-pye weed	<i>Eupatorium</i> spp.	native
Boneset	<i>Eupatorium perfoliatum</i>	native
Lanceleaf blanketflower	<i>Gaillardia aestivalis</i>	native
Sneezeweed	<i>Helenium</i> spp.	native
Swamp sunflower	<i>Helianthus angustifolius</i>	native
Oxeye daisy	<i>Heliopsis helianthoides</i>	native
Seashore mallow	<i>Kosteletzkya virginica</i>	native
Blazing star	<i>Liatris</i> spp.	native
Great blue lobelia	<i>Lobelia siphilitica</i>	native
Bee balm	<i>Monarda</i> spp.	native
Beardtongue	<i>Penstemon</i> spp.	native
Garden phlox	<i>Phlox paniculata</i>	native
Obedient plant	<i>Physostegia virginiana</i>	native
Mountain mint	<i>Pycnanthemum</i> spp.	native
Prairie coneflower	<i>Ratibida columnifera</i>	native
Skullcap	<i>Scutellaria</i> spp.	native
Stonecrop	<i>Sedum</i> spp.	some species native
Goldenrod	<i>Solidago</i> spp.	native
Stokes' aster	<i>Stokesia laevis</i>	native
Aster	<i>Symphyotrichum</i> spp.	native
Spiderwort	<i>Tradescantia</i> sp.	native
Blue vervain	<i>Verbena hastata</i>	native
Ironweed	<i>Vernonia noveboracensis</i>	native

Culver's root	<i>Veronicastrum virginicum</i>	native
Golden alexander	<i>Zizia aurea</i>	native

TREES AND SHRUBS		
Common Name	Scientific Name	Origin
Red maple	<i>Acer rubrum</i>	native
Serviceberry	<i>Amelanchier arborea</i>	native
New Jersey Tea	<i>Ceanothus americanus</i>	native
Buttonbush	<i>Cephalanthus occidentalis</i>	native
Redbud	<i>Cercis canadensis</i>	native
Pepperbush	<i>Clethra alnifolia</i>	native
Eastern persimmon	<i>Diospyrus virginiana</i>	native
St. John's Wort	<i>Hypericum frondosum</i>	native
Inkberry/Winterberry	<i>Ilex glabra</i>	native
Tulip poplar	<i>Liriodendron tulipifera</i>	native
Southern magnolia	<i>Magnolia grandiflora</i>	native
Sourwood	<i>Oxydendrum arboreum</i>	native
Black cherry	<i>Prunus serotina</i>	native
Azalea	<i>Rhododendron</i> spp.	native
Sumac	<i>Rhus</i> spp.	native
Blackberry	<i>Rubus</i> spp.	naturalized
Willow	<i>Salix</i> spp.	native
Basswood	<i>Tilia americana</i>	native
Blueberry	<i>Vaccinium</i> spp.	native
Viburnum	<i>Viburnum</i> spp.	native

VINES		
Common Name	Scientific Name	Origin
Climbing aster	<i>Ampelaster carolinianus</i>	native
Coral honeysuckle	<i>Lonicera sempervirens</i>	native
Passionflower	<i>Passiflora incarnata</i>	native

PERENNIAL HERBS		
<i>These non-natives herbs are included because they provide excellent forage for bees.</i>		
Common Name	Scientific Name	Origin
Onion/chives	<i>Allium</i> spp.	exotic
Calamint	<i>Calamintha</i> spp.	exotic
Lavender	<i>Lavendula</i> spp.	exotic
Catmint	<i>Nepeta</i> spp.	exotic
Oregano	<i>Origanum</i> spp.	exotic
Rosemary	<i>Rosmarinus officinalis</i>	exotic
Comfrey	<i>Symphytum peregrinum</i>	exotic
Thyme	<i>Thymus</i> spp.	exotic

ANNUAL FLOWERS AND HERBS

These non-natives flowers and herbs are included because they provide excellent forage for bees.

Common Name	Scientific Name	Origin
Borage	<i>Borago officinalis</i>	exotic
Spiderflower	<i>Cleome</i> spp.	exotic
Cosmos	<i>Cosmos</i> spp.	exotic
Sunflower	<i>Helianthus annuus</i>	native
Basil	<i>Ocimum</i> spp.	exotic
Mexican sunflower	<i>Tithonia rotundifolia</i>	exotic
Zinnia	<i>Zinnia</i> spp.	exotic