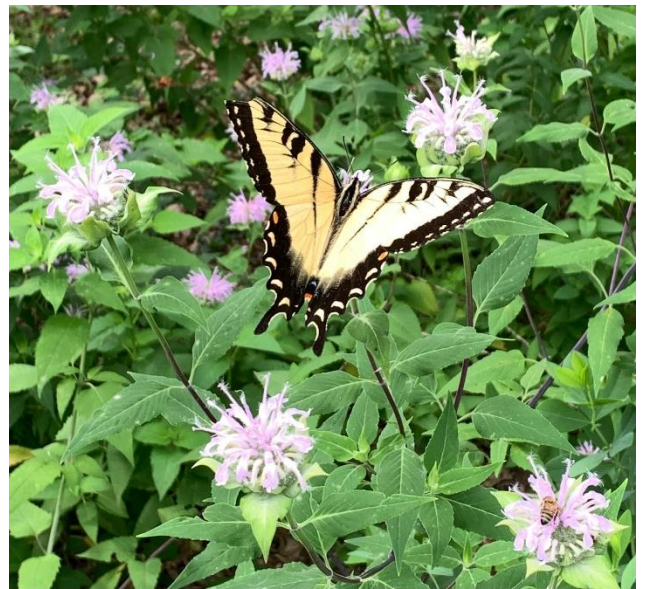


There is no need for herbicides or black plastic to start your own pollinator garden, and, if you plant native plants, they will likely spread, particularly these native species. The plants in this garden can be found in nurseries, box stores and roadsides.



Butterfly weed (*Asclepias tuberosa*) is the milkweed of open forest meadows and is especially valued in New Hampshire. The few remaining wild colonies are actively managed and conserved in our state lands. When you buy and plant a Butterfly weed, you are helping woodland pollinators as well as the caterpillars of Monarch Butterflies. Blooming in late summer, its orange flowers provide copious nectar, and it serves as the larval host for several species of moth.

Bee Balm (*Monarda fistulosa*), also known as wild bergamot, has blue to purple in the summer that attract butterflies and bees. The red variety is an escaped cultivar. *Monarda* grows from slender creeping rhizomes, thus commonly occurs in large clumps. It prefers alkaline or limy soil. Its leaves are fragrant when crushed and was used by native Americans for medicinal purposes, especially as an antiseptic. Extracts can also be used for flavoring. Shown here is a Tiger Swallowtail on purple bee balm.



Spotted Joe-Pye weed (*Eutrochium maculatum*) is the most widespread of the several *Eutrochium* species in New Hampshire. Growing to a height of 6 feet, it prefers non-shaded wetlands. The species name, *maculatum*, meaning spotted, refers to the purple spots on the stem

New England Aster (*Symphotrichum novae-angliae*) is a clump forming perennial with white or purple flowers appearing from August through November. The name aster is derived from the Greek word meaning “star”, in reference to the flower shape. It tolerates dry soil, but prefers damp soil. Its nectar is a favorite for many pollinators and its seeds are a source of winter food for songbirds.



If you want to know more about these plants, look up these websites:

<https://unitedplantsavers.org/species-at-risk-list/butterfly-weed-asclepias-tuberosa/>

<https://gobotany.nativeplanttrust.org/species/asclepias/tuberosa/>

<https://gobotany.nativeplanttrust.org/species/monarda/fistulosa/>

<https://gobotany.nativeplanttrust.org/genus/eutrochium/>

<https://gobotany.nativeplanttrust.org/species/symphotrichum/novae-angliae>