

# Plants for pollinators

Mary Jane Frogge  
Extension Associate

Consider adding plants to your landscape that will benefit pollinators. It is necessary to

have a variety of plants blooming the whole growing season, April through October. Native plants are important to include because they have pollen and nectar sources for our native pollinators. Many of our favorite garden

perennials are great for pollinators. It is fine to include them too, even if they are not native. Do not forget food plants for butterfly caterpillars. Herbs are perfect for pollinator gardens. And remember, no pesticides.

	Common Name	Scientific Name	Comments
Herbs	Basil	<i>Ocimum basilicum</i>	flowers for bees, bumble bees and butterflies
	Borage	<i>Borago officinalis</i>	flowers for bees and butterflies, food for butterfly larva
	Dill	<i>Anethum graveolens</i>	food for swallowtail butterfly larva
	Garden thyme	<i>Thymus vulgaris</i>	flowers for bees and butterflies
	Oregano	<i>Origanum vulgare</i>	flowers for bees, wasps and butterflies
	Parsley	<i>Petroselinum crispum</i>	food for swallowtail butterfly larva
Annual & Biennial Flowers	Blue salvia	<i>Salvia farinacea</i>	flowers for bees, bumble bees and butterflies
	Cosmos	<i>Cosmos</i> spp.	flowers for bees and butterflies
	Hollyhock, single	<i>Alcea rosea</i>	flowers for bumble bees
	Mexican giant hyssop	<i>Agastache Mexicana</i>	flowers for bumble bees and butterflies
	Rocket larkspur	<i>Consolia ajacis</i>	flowers for bumble bees and butterflies
	Sweet alyssum	<i>Lobularia maritima</i>	food for monarch butterfly larva
	Sunflower	<i>Helianthus</i> spp.	flowers for bees and butterflies, food for butterfly larva
	Zinnia	<i>Zinnia</i> spp.	flowers for butterflies
Native Perennials	Common milkweed	<i>Asclepias syriaca</i>	food for monarch butterfly larva
	Dotted gayfeather	<i>Liatris punctate</i>	flowers for bees, bumble bees and butterflies
	Hoary vervain	<i>Verbena stricta</i>	flowers for bees, bumble bees and butterflies
	Large Beardtongue	<i>Penstemon grandifloras</i>	flowers for bees, bumble bees and butterflies
	Pasque flower	<i>Anemone patens</i>	flowers for bees, early bloomer
	Pitcher sage	<i>Salvia azurea</i>	flowers for bees, bumble bees and butterflies
	Prairie ragwort	<i>Senecio plattensis</i>	flowers for bees and butterflies
	Prairie aster	<i>Aster turbinellus</i>	flowers for bees, bumble bees and butterflies
	Purple coneflower	<i>Echinacea purpurea</i>	flowers for bees, bumble bees and butterflies
	Rough gayfeather	<i>Liatris aspera</i>	flowers for bees, bumble bees and butterflies
	Swamp milkweed	<i>Asclepias incarnate</i>	food for monarch butterfly larva
Garden Perennials	Bee balm	<i>Monarda didyma</i>	flowers for bees, bumble bees and butterflies
	Black-eyed Susan	<i>Rudbeckia hirta</i>	flowers for bees and butterflies
	Blanket flower	<i>Gaillardia aristata</i>	flowers for bees and butterflies
	Blue False Indigo	<i>Baptisia australis</i>	flowers for bumble bees
	Butterfly milkweed	<i>Asclepias tuberosa</i>	food for monarch butterfly larva
	Coreopsis	<i>Coreopsis</i> spp.	flowers for bees and butterflies
	Hosta	<i>Hosta</i> spp.	flowers for bumble bees
	New England Aster	<i>Aster novae-angliae</i>	flowers for bees, bumble bees and butterflies
	Speedwell, blue & pink	<i>Veronica spicata</i>	flowers for bees and bumble bees
	Tall Sedum	<i>Sedum spectabile</i>	flowers for bees and butterflies

## GARDEN GUIDE

### THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

In July, a garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.

Many plants are easily propagated by layering in July. Verbenas, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.

A brown or grayish cast over a lawn can be caused by dull or improperly adjusted mower blades that shred grass rather than cut it.

For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.

Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

Check the soil moisture of container grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket.

Cut back and fertilize delphinium and phlox to encourage a second flowering.

Control mosquitoes by eliminating all sources of stagnant water.

Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six inches.

Continue attracting insect eating birds to the garden area by providing them with a fresh water source.

Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or twist ties to secure.

## Helping children benefit from nature's gifts

Leanne Manning  
Extension Educator

Have you ever given thought to all the benefits to children of letting them explore the natural world? When they are outdoors and climbing trees, skipping stones, scaling rocks or rolling down the hill, they are getting much needed physical activity which can help curb childhood obesity.

The visual beauty of nature also has a calming effect on children. They can relax, breathe deeply and reflect on their surroundings. Think about when you were young and you laid down in the grass and looked for shapes among the clouds in the sky and how relaxing that experience was.

Children can also use their senses to explore nature. Ask them, "What do you hear as you stand here under the trees? What do you smell or what does the branch of the evergreen tree



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smell like?" Try taking paint chips to the outdoors and give them to children to go and find something in nature that matches the color of the paint chip. Use the sense of touch to feel the texture on a plant's leaves, the bark on the tree, the surface of a rock or the roughness of a pine cone.

By having children care for a plant or garden they are learning to be responsible. If they don't water a plant it might suffer or die. The same goes for

caring for a pet. This helps children develop empathy as they make the connection between their timely and responsive caregiving to their pet's or plant's well-being. Give children tools to further their nature exploration. Some ideas include: collection boxes, small hand tools like shovels or trowels, packets of seeds to plant, a bucket or tub for water play, magnifying glasses, binoculars, pencils, crayons and paper. Having nature-related storybooks will also encourage children to explore outdoors.

Adults can help children explore nature by planning developmentally appropriate activities and by taking children on trips to parks or other nature areas. Adults can take infants outside and talk to them about what they are seeing or hearing, for example, "Do you hear that cow mooing? Cows use mooing to talk to each other."

When children get older, ask them higher level questions about cows such as, "Where do cows live? What types of food do cows eat?" It is also important to let children explore on their own. When given the time to freely

experience nature, they will build their own relationship and sense of wonder with nature.

Source: Penn State Extension publication, "Children and Nature: Are We Supporting the Connection?"

### Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at [jfoged2@unl.edu](mailto:jfoged2@unl.edu) or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

### Nutrition and Physical Activity Self-Assessment for Childcare workshop (NAP SACC) —

- Monday, July 16 and Tuesday, July 17, 12:30–3:30 p.m. Participants must attend both sessions. FREE. Register by July 9.
- Tuesdays, Sept. 25, Oct. 2 and Oct. 9, 6:15–8:15 p.m. Must attend all three sessions. FREE. Register by Sept. 18.

### Child Care Group Opportunity at Fair

#### Fair Fun Day at Lancaster County Super Fair —

Friday, Aug. 3, 9:30–11:30 a.m. or 1–3 p.m. at the Lancaster Event Center, 84th & Havelock, Lincoln. All child care groups with youth kindergarten graduates through 4th grade are invited to participate. Guided tour includes hands-on activities, demonstrations and displays/animals. A registration fee of \$1 per child. Register by July 16. Registration form at <http://lancaster.unl.edu/family> or contact Jaci Foged at 402-441-7180.