

Perennial Plants for Pollinators

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Consider adding perennial plants to your landscape that

will benefit pollinators. It is important to have a variety of plants blooming the whole growing season, April through October. In the Cherry Creek Pollinator Habitat we have over 40 native perennials established.

These native plants have pollen and nectar sources for 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.

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
GARDEN PERENNIALS	Swamp milkweed	<i>Asclepias incarnate</i>	food for monarch butterfly larva
	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, bumble bees
	Tall Sedum	<i>Sedum spectabile</i>	flowers for bees and butterflies

Pollinator Week: June 17–23

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Pollinator Week is an international celebration of the valuable contribution provided by bees, birds, butterflies, bats and beetles. The week of June 17–23 will spotlight an opportunity to learn about some amazing animals, the pollinators. Pollinators are responsible for 1 out of every 3 bites of food we eat. In the United States, bees undertake the astounding task of pollinating over \$15 billion in added crop value, particularly for crops such as almonds, blueberries, apples, peaches, tomatoes and squash. Beginning in 2006, pollinators started to decline rapidly in numbers. Participating in Pollinator Week can help save these important animals.

What you can do to help pollinators:

- Plant a pollinator garden using native plants to Nebraska and the Midwest.
- Consider certifying your habitat. Learn more about The Nebraska Pollinator Habitat Certification program and view the application at <http://entomology.unl.edu/pollinator-habitat-certification>.
- Avoid pesticides in your home landscape.
- Provide nesting sites, like bee houses or insect hotels, for pollinators.
- Provide a water source such as a bird bath, small pond or water feature.
- Learn more about the Cherry Creek Pollinator Habitat located at the Lancaster Extension Education Center by reading the blog, The Buzz at Cherry Creek, at <https://buzzatcherrycreekunl.wordpress.com>.
- Go to the Pollinator Partnership website at <http://pollinator.org> to learn more about pollinators.



GARDEN GUIDE

THINGS TO DO THIS MONTH

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Mid- to late-June is an excellent time to take softwood cuttings of shrubs to start new plants. Some shrubs which can be propagated in this way are spirea, lilac and viburnum.

Start a gardening notebook. Keep all your gardening records in this one location.

Spring flowering shrubs such as spirea, viburnum, lilac and forsythia should be pruned as soon as they are done blooming.

Remove foliage from spring bulbs after it turns yellow and begins to dry.

Use bark mulch around young trees to protect them from lawn mower damage.

When you buy nursery stock that is container grown, check the root ball and make sure it is not bound too tightly. A mass of circling roots will stay that way even after it is planted in the ground.

Remove old flower heads from annual bedding plants to keep them blooming.

Leftover vegetable and flower seeds may be stored in a cool, dry location to be saved for planting next year.

Keep a close eye on the quality of your spring crops. Hot weather causes lettuce to bolt and become bitter. Plant a warm-season crop as soon as the spring vegetables are harvested.

In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons can be prevented. Do this by maintaining uniform soil moisture by mulching.

Identify garden pests before you attempt to control them. If you decide to use chemical control, read the label carefully.

Bats can be an effective way to control insects. One big brown bat can eat 3,000–7,000 insects each night. Attract bats by building and placing bat houses in your yard.

During the hot summer months, mulch can be especially useful for conserving water. For vegetable gardens, shredded leaves or grass clippings are good mulch material. For ornamentals, pine needles or wood bark do the best job.

Upcoming Early Childhood 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 or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) Training for Childcare Providers – Thursday, June 13, 9 a.m.–3:30 p.m. FREE. Lunch on your own. Register by June 6 at <https://go.unl.edu/napsacc>.

Nebraska Early Development Network

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Research shows us the first three years of a child's life are the most important time for learning. What happens early in life affects all aspects of a child's development. Providing early intervention at the first signs that a child may need some additional support offers the best chance for children to reach optimal life course outcomes.

What is the Early Development Network?

The Nebraska Early Development Network (EDN) brings together the Nebraska Department of Education, Health and Human Services, Educational Service Units and other organizations to provide assistance to families with children 0–3 years of age. Services



provided are unique to the needs of each child and family. Services coordination, early childhood special education, occupational therapy, transportation, nutrition services, speech and language therapy are just a few of the services provided by EDN. Participation in these intervention services are voluntary and free.

How Can I Find Out If My Child Qualifies for Services?

If you feel your child is not developing typically or if your child has been diagnosed with a condition that affects his/her

development you should contact the Office of Special Education, Nebraska ChildFind at 888-806-6287. If you request a referral, within 45 days, your child will be evaluated, your family will complete an assessment and (if it is determined your child qualifies for services) your first Individual Family Service Plan (IFSP) will be developed.

What Happens When My Child Turns 3?

Your child will continue to receive services from EDN until Aug. 31 after your child turns 3. At that time, your child will transition from their IFSP to an Individual Education Plan (IEP). Your child's team of service providers will help ensure the transition goes smoothly.



Nebraska Extension's NebGuide Ages and Stages series

What Does Typical Development Look Like?

There are guidelines to help parents determine how their child compares to other children of a similar age. If you

- Infant (0–12 Months)
- Toddler (12–24 Months)
- 2- and 3-Year-Olds
- 3-, 4- and 5-Year-Olds

Additional resources for families with children with special needs can be found at <https://edn.ne.gov>.

are concerned about your child's development, talk with your health-care provider or contact EDN.

EDN's website lists development milestones by age group at <https://edn.ne.gov/cms/resources/staying-on-track-as-your-child-grows-and-learns>.

Nebraska Extension has four NebGuides on Ages and Stages available for free at <http://extension-pubs.unl.edu> to help you learn about and follow your child's development: