

Plants for Attracting Beneficial Insects

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Umbellifers, Apiaceae (Carrot family): produce large amounts of nectar for short periods of time, produce lots of seeds

Angelica (*Angelica archangelica*)
Anise (*Pimpinella anisum*)
Caraway (*Carum carvi*)
Carrot (*Daucus carota*)
Celeriac (*Apium graveolens*)
Celery (*Apium graveolens*)
Chervil (*Anthriscus cerefolium*)
Coriander (*Coriandrum sativum*)
Cumin (*Cuminum cyminum*)
Dill (*Anethum graveolens*)
Fennel (*Foeniculum vulgare*)

Gotu Kola (*Centella asiatica*)
Hemlock (*Conium* spp.)
Lovage (*Levisticum officinale*)
Parsley (*Petroselinum hortense*)
Parsnips (*Pastinaca sativa*)
Queen Anne's Lace (*Daucus carota*)
Sea Holly (*Eryngium maritimum*)
Skirret (*Sium sisarum*)
Sweet Cicely (*Myrrhis odorata*)
White Lace Flower (*Amni viaga*)

Composites, Asteraceae (Daisy family): flower heads mature over a longer time, lengthening the flow of nectar

Artemisia (*Artemisia* spp.)
Asters (*Aster* spp.)
Artichoke (*Cynara cardunculus*)
Black-eyed Susan (*Rudbeckia hirta*)
Blazing Star (*Liatis* spp.)
Calendula (*Calendula officinalis*)
Cardoon (*Cynara cardunculus*)
Chicory (*Cichorium* spp.)
Coreopsis (*Coreopsis* spp.)
Costmary (*Tanacetum balsamita*)
Dahlia (*Dahlia* spp.)
Dandelion (*Taraxacum vulgare*)
Echinacea (*Echinacea purpurea*)
Elecampagne (*Inula helenium*)
Endive (*Cichorium endivia*)
Feverfew (*Tanacetum parthenium*)
Gaillardia (*Gaillardia pulchella*)
Gazania (*Gazania* spp.)
German Chamomile (*Matricaria recutita*)
Globe Artichoke (*Cynara scolymus*)

Golden Marguerite (*Anthemis tinctoria*)
Goldenrod (*Solidago altissima*)
Jerusalem artichoke (*Helianthus tuberosus*)
Knapweed (*Centaurea*)
Lettuce (*Lactuca sativa*)
Marigolds (*Tagetes* spp.)
Mexican Sunflower (*Tithonia rotundifolia*)
Roman Chamomile (*Chamaemelum nobile*)
Safflower (*Carthamus tinctorius*)
Salsify (*Tragopogon* spp.)
Shunkiku (edible chrysanthemum)
(*Chrysanthemum* spp.)
Sunflower (*Helianthus annuus*)
Tansy (*Tanacetum vulgare*)
Thistle
Yacon (*Smallanthus sonchifolius*)
Yarrow (*Achillea millefolium*)
Zinnias (*Zinnia* spp.)

Other Plants to Attract Beneficials

Brassicaceae (Cabbage family)

Arugula
Broccoli (*Brassica oleracea*)
Candytuft (*Iberis umbellata*)
Forget-me-Not (*Myosotis sylvatica*)
Mustards (*Brassica hirta*, *Brassica juncea*)

Sweet Alyssum (*Lobularia maritima*)
Sweet Rocket (*Hesperis matronalis*)
Wallflower (*Cheiranthus allionii*)

Dipsaceae (Scabiosa family)

Cephalaria (*Cephalaria gigantea*)
Pincushion flower (*Scabiosa caucasica*)

Scabiosa (*Scabiosa atropurpurea*)

Fabaceae (Legume family)

Alfalfa (*Medicago sativa*)
Clover (*Trifolium spp.*)
Melilot

Hydrophyllaceae (Waterleaf family)

Fiddleneck (*Phacelia tanacetifolia*)

Polygonaceae (Buckwheat family)

Buckwheat (*Eriogonum spp.* And *Fagopyrum spp.*)

Plants to Attract Butterflies

Ageratum (*Ageratum houstonianum*)
Beautybush (*Kolkwitzia amabilis*)
Bee Balm (*Monarda didyma*)
Black Eyed Susan (*Rudbeckia hirta*)
Bumalda spiraea (*Spiraea x bumalda*)
Butterfly Bush (*Buddleia davidii*)
Butterfly Weed (*Asclepias tuberosa*)
Candytuft (*Iberis sempervirens*)
Dianthus (*Dianthus spp.*)
Purple Conflower (*Echinacea purpurea*)
Flowering Dogwood (*Cornus florida*)

Flowering Tobacco (*Nicotiana spp.*)
Lantana (*Lantana spp.*)
Lilac (*Syringa vulgaris*)
Lobelia (*Lobelia erinus*)
Sea Pink (*Armeria spp.*)
Shasta Daisy (*Chrysanthemum x superbum*)
Sweet Alyssum (*Lobularia maritime*)
Sweet Rocket (*Hesperis matronalis*)
Verbena (*Verbena x hybrida*)
Wallflower (*Erysimum linifolium*)