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 Bee balm Monarda didyma Bee balm is a summer-blooming perennial in the mint family that spreads easily Its name suggests bees love it most, but actually the long, red, tubular flowers are better nectar sources for hummingbirds. Few bees have long enough tongues to reach the nectar. It's also called Oswego tea, named by an explorer botanist named John Bartram who found the plant growing near the Oswego River. in 1743 	 Cardinal flower Lobelia cardinalis A late summer bloomer, cardinal flower is suited to pollination via hummingbirds as the flowers' reproductive organs project from the mouth of the tube, so they make contact with the heads of visiting birds. Its name refers to the bright red robes of Catholic priests. Only hummingbirds and very long-tongued insects can reach the nectar in this flower. 	 Fire pink Silene virginica Another hummingbird favorite, fire pink blooms in May in full sun to part shade and thrives in dry to well-drained soil. Another name is catchfly as the stems, leaves, and calyx are covered with sticky hairs that catch tiny insects that land on it. Silene means saliva and the sticky substance exuded on the calyx and stems prevents ants and other insects from stealing the nectar.
 D Foxglove beardtongue Penstemom digitalis Beardtongue gets its name from the dark hair-like anthers at the mouth of the tubular white flower. The Latin word digitalis means "finger-like" - the flowers resemble fingers of a glove, hence the name, foxglove. A June bloomer that is extremely deer-resistant, many pollinators love it as it has an easy-access landing platform and they can crawl right in for the pollen and nectar reward. 	 Black cohosh Actaea racemosa A plant of many names; bugbane, snakeroot, and fairy candles. Cohosh is an Algonquin word meaning pointed and furry (for the fuzzy white spikes of flowers). Cohosh is a historically important medicinal plant that was used for everything from whooping cough to child labor. Blooms naturally in the shade in woodlands and attracts flies as it has a fetid smell. In a garden 	 White turtlehead Chelone glabra A late summer bloomer, turtlehead flourishes in wetlands and comes in white and pink. Relies on larger bees like bumblebees for pollination and when they squeeze inside and wiggle around to reach the nectar, they cause the front lips to open and close like turtles chewing. Host plant for the Baltimore checkerspot butterfly.
 G Anise hyssop Agastache foeniculum A deer-resistant member of the mint family, called licorice mint because it smells and tastes like anise. A wonderful pollinator plant because it blooms June - September and reproduces readily from underground runners and seed. Native Americans used it for respiratory ailments, as a flavorful tea, and as a sweetener. 	 Great blue lobelia Lobelia siphilitica This lobelia has shorter flower tubes than the cardinal flower and attracts bees more than hummingbirds. The scientific name refers to its historical use for treating syphilis in western medicine, but Native Americans had many medicinal uses. A true blue biennial that grows in wetlands, it is an easy-care late summer addition to a pollinator garden. 	 Virginia bluebell Mertensia virginica An early spring ephemeral, Virginia bluebells are important sources of nectar and pollen for bumblebee queens that emerge in April. Folk names include old ladies' bonnets, lungwort oysterleaf, and Jefferson's blue runnels because Thomas Jefferson called them this. Bumblebees, honeybees, mason bees, leaf-cutting bees, miner bees, hummingbirds, moths, and butterflies can reach the nectar deep in the trumpets.



















