

Native Forb Seed Sowing at Clifton Park Transfer Station
Compiled by Curious By Nature

Common Name	Scientific Name	Habitat	Begins Blooming	Bloom Color	Pollinators	Fall Leaf Color
Blue Vervain	<i>Verbena hastata</i>	Moist thickets, shores and meadows	May week 3	Blue	Long-tongued and short-tongued bees, including honey bees, bumblebees, cuckoo bees (<i>Triepeolus</i> spp.), digger bees (<i>Melissodes</i> spp.), Halictid bees, and dagger bees (<i>Calliopsis</i> spp.), including the oligolectic Verbena Bee (<i>Calliopsis verbenae</i>).	Reddish Purple
Common Milkweed	<i>Asclepias syriaca</i>	Fields and roadsides	June week 4	Brownish pink or greenish purple	Long-tongued bees, short-tongued bees, wasps, flies, skippers, butterflies, and moths, including Sphinx moths.	Yellow
Early Goldenrod	<i>Solidago juncea</i>	Fields and borders	July week 4	Yellow	Long-tongued and short-tongued bees, wasps, flies, butterflies, moths, and beetles, including <i>Chauliognathus pennsylvanicus</i> (Goldenrod Soldier Beetle)	Plum
Flat-topped Goldenrod	<i>Euthamia graminifolia</i>	Moist to dry sandy soils in meadows, prairies, roadsides and shores	August week 4	Yellow	Long-tongued bees, short-tongued bees, wasps, flies, butterflies, moths, and beetles. Various wasps and a few beetle species, such as <i>Chauliognathus pennsylvanicus</i> (Goldenrod Soldier Beetle) and <i>Epicauta pensylvanica</i> (Black Blister Beetle), seem to be especially attracted to the flowers.	Yellow/Brown
Foxglove Beardtongue	<i>Penstemon digitalis</i>	Fields and borders of woods	June week 2	White	Long-tongued bees, including honeybees, bumblebees, Anthophorine bees, Miner bees, Mason bees, and large Leaf-Cutting bees. To a lesser extent, Halictid bees, butterflies, Sphinx moths, and hummingbirds may visit the flowers, but they are not effective pollinators	Red
Hemp Dogbane	<i>Apocynum cannabinum</i>	Dry thin forests, rocky openings, fields, thickets, gravely stream banks, and roadsides	June week 3	Greenish white	Cuckoo bees (<i>Nomada</i> spp.), Halictid bees, plasterer bees (<i>Colletes</i> spp.), masked bees (<i>Hylaeus</i> spp.), Sphecid wasps, Syrphid flies, bee flies (<i>Bombyliidae</i>), Tachinid flies, Calliphorid flies, butterflies, skippers, and beetles.	Yellow

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Hog Peanut	<i>Amphicarpaea bracteata</i>	Moist thickets	August week 2	Lilac, pale purple or white	Bees and butterflies	Yellow
Tall Goldenrod	<i>Solidago altissima</i> ssp. <i>altissima</i>	Dry open places	August week 2	Yellow	Long-tongued bees, short-tongued bees, wasps, flies, beetles, and a few butterflies and moths.	Yellow/Red

Also these naturalized forbs:

Black-eyed Susan (*Rudbeckia hirta*) and White Campion (*Silene latifolia*)