

**Pollinator (n.) - anything that moves pollen from male flower parts to female flower parts.**



### What Moves Pollen?

**Bees** are considered the powerhouses of pollination, effectively pollinating one third of the food that we eat.

**Butterflies, moths, wasps, flies, and beetles** are all considered pollinators.

**Birds, bats, and small mammals** pollinate a variety of different plants. Some desert dwelling bats pollinate cactus flowers.

**Wind** moves pollen to and from many grass species, cereals, certain trees, and the allergy-inducing ragweed.

**Water** can move pollen from one aquatic plant to another.

**Humans** can facilitate pollination either by brushing up against a flower or by manually moving pollen from one flower to another.

## Rutgers Cooperative Extension of Ocean County



Rutgers New Jersey Agricultural Experiment Station (NJAES) and Rutgers Cooperative Extension of Ocean County provide research-based information for our county residents in the areas of Agriculture & Natural Resources, Family & Community Health Sciences, Marine Resources, Lawn & Garden, and 4-H Youth Development.

We provide information and programs to help educate our diverse population and improve their lives for the rapidly changing future.



[Facebook](#)



Photos by: Patti Dixon,  
Horticultural Consultant



[Instagram](#)

To learn more about Rutgers Cooperative Extension's upcoming programs and events, join our mailing list by contacting us at 732-349-1246

Cooperating Agencies: Rutgers, the State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

**RUTGERS**

New Jersey Agricultural  
Experiment Station

■ Cooperative Extension



## Pollinator Friendly Plants



**Bee covered in pollen on  
*Monarda fistulosa* - Beebalm Plant**

1623 Whitesville Road  
Toms River, NJ 08755  
732-349-1246  
ocean.njaes.rutgers.edu

Attract pollinators by adding a few of these native favorites to your garden.

**Spring Bloomers (March - May)**

*Amelanchier* spp. - Serviceberry (Tree)  
*Cercis canadensis* - Eastern Redbud (Tree)  
*Fothergilla gardenia* - Fothergilla (Shrub)  
*Ilex* spp. - Holly (Shrub)  
*Lindera benzoin* - Northern Spicebush (Shrub)  
*Aquilegia canadensis* - Columbine (Perennial)  
*Baptisia australis* - False Indigo (Perennial)  
*Mertensia virginica* - Bluebells (Perennial)  
*Phlox subulata* - Mountain Pinks (Perennial)

**Summer Bloomers (June - August)**

*Chionanthus virginicus* - Fringetree (Tree)  
*Clethra alnifolia* - Summersweet (Shrub)  
*Itea virginica* - Sweetspire (Shrub)  
*Asclepias* spp. - Milkweed (Perennial)  
*Echinacea* spp. - Coneflower (Perennial)  
*Eutrochium* spp. - Joe-Pye Weed (Perennial)  
*Liatris* spp. - Blazing Star (Perennial)  
*Lobelia cardinalis* - Cardinal Flower (Perennial)  
*Monarda* spp. - Beebalm (Perennial)  
*Pycnanthemum* spp. - Mountain Mint (Perennial)  
*Rudbeckia* spp. - Black-Eyed Susan (Perennial)

**Fall Bloomers (September - November)**

*Hamamelis virginiana* - Witchhazel (Tree)  
*Conoclinium coelestinum* - Blue Mistflower (Perennial)  
*Solidago* spp. - Goldenrod (Perennial)  
*Symphyotrichum* spp. - Asters (Perennial)  
*Vernonia noveboracensis* - NY Ironweed (Perennial)  
*Panicum virgatum* - Switchgrass (Grass)  
*Schizachyrium scoparium* - Little Bluestem (Grass)

Don't forget to add some pollinator friendly annuals for extra color throughout the season.



- Ageratum
- Basil
- Celosia
- Cleome
- Coleus
- Cosmos
- Fennel
- Lantana
- Marigold
- Pentas
- Salvia
- Sunflower
- Zinnia

**What Else Can I Do?**

-  Provide a variety of plants that will produce pollen and nectar from early spring through late fall - winter.
-  Eliminate or reduce your pesticide use.
-  Provide a shallow water source.
-  Leave the leaves. This will help to provide overwintering habitat for pollinators.

**Top Pollinator Picks**



*Asclepias* spp.  
Milkweeds



*Symphyotrichum* spp.  
Asters



*Solidago* spp.  
Goldenrods



*Pycnanthemum* spp.  
Mountain Mint

There are several varieties of each of these plants, making it easy to find one that will be suitable for most garden environments. If you're not sure which variety to choose, we're here to help! Send inquiries to: [oceanag@njaes.rutgers.edu](mailto:oceanag@njaes.rutgers.edu)