

# All-star Nectar Sources

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Common name	Scientific name	Native?	Nectar source	Host
Firebush	<i>Hamelia patens</i>	Yes	Excellent	
Firebush	<i>Hamelia patens</i> var. <i>glabra</i>	No	Excellent	
Sweet almond	<i>Aloysia virgata</i>	No	Premier, bush-tree	
Cape leadwort	<i>Plumbago auriculata</i>	No	Excellent	Cassius blue
Christmas senna	<i>Cassia bicapsularis</i>	No	Yes	Cloudless sulphur, orange-barred sulphur, sleepy orange
Butterfly milkweed	<i>Asclepias tuberosa</i>	Yes	Very good	Monarch, queen
Tropical milkweed	<i>Asclepias curassavica</i>	No	Very good	Monarch, queen
Tall bright red pentas	<i>Pentas lanceolata</i>	No	Excellent, plant 6-12	
Snow squarestem	<i>Melanthera nivea</i>	Yes	Premier	
Beggarticks-Romerillo	<i>Bidens alba</i>	Yes	Premier	Dainty sulphur
Purple passionflower	<i>Passiflora incarnata</i>	Yes	Good	Zebra longwing, Gulf fritillary
Passiflora incense	<i>Passiflora incarnata</i> x <i>cincinnata</i>	No	Good	Zebra longwing, Gulf fritillary
Eastern redbud tree	<i>Cercis canadensis</i>	Yes	Excellent, spring	Henry's elfin
Groundsel tree	<i>Baccharis halimifolia</i>	Yes	Very good, late fall	
Black cherry tree	<i>Prunus serotina</i>	Yes	Excellent, spring	Tiger swallowtail, red-spotted purple
Chase tree	<i>Vitex agnus-castus</i>	No	Very good, midyear	
Oak tree	<i>Quercus</i>	Yes	Very good, spring	500 butterfly and moth species
Parsley	<i>Petroselinum crispum</i>	No	No	Eastern black swallowtail
Fennel	<i>Foeniculum vulgare</i>	No	Some value	Eastern black swallowtail
Fogfruit-turkey tangle	<i>Phyla nodiflora</i>	Yes	Excellent, ground cover	Phaon crescent, white peacock, common buckeye
Large bush azaleas	<i>Azalea</i> sp.	No	Very good, early spring	