**“Growing Medicinal Herbs for Pollinators and Joy”**

Melody Wright of Pleasant Valley Botanicals, presented at Walk in the Woods, 2018

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**Online resources:**

CT Pollinator Portal is an excellent starting point, especially “A Citizen's Guide to Creating Pollinator Habitat in Connecticut”; \* includes helpful lists including New England Native Plants for New England Specialist Bees \*

http://www.ct.gov/caes/pollinators

CT Butterfly Association list host plants for larvae

https://www.nrcs.usda.gov/wps/portal/nrcs/detail/ct/technical/ecoscience/invasive/?cid=nrcs142p2\_011119

Xerces Society for Invertebrate Conservation

https://xerces.org/

60 page document with detailed information on specific plant species for pollinators

https://www.nrcs.usda.gov/Internet/FSE\_DOCUMENTS/nrcs144p2\_027028.pdf

Detailed pollinator habitat and planting guides based on region

http://pollinator.org/guides#zip

New England Wildflower Society with plant list native species including for pollinators

http://newenglandwild.org/grow

http://newenglandwild.org/grow/pollinators/pollinators.html

General tips for creating backyard wildlife habitat in CT

http://ctenvirothon.org/wp-content/uploads/2014/08/Picone-BackyardHabitat.pdf

Backyard autumn clean-up tips to promote pollinators

https://xerces.org/2017/10/06/leave-the-leaves/

**Seed Resources:**

Strictly Medicinals, Fedco, High Mowing, Johnny’s, Seed Savers Exchange, United Plant Savers

**Community Resources:**

Bionutrient Food Association, Northeast Organic Farmers Association (NOFA)

**Favorite Books:**

Pollinator Friendly Gardening by Rhonda Fleming Hayes

100 Plants to Feed the Bees by The Xerces Society

The Forager’s Harvest and The Forager’s Garden by Samuel Thayer

The Organic Medicinal Herb Farmer by Jeff and Melanie Carpenter

The Medicinal Herb Grower by Richo Cech

The Chinese Medicinal Herb Farm by Peg Schafer

Identifying and Harvesting Edible and Medicinal Plants by Wildman Steve Brill

Peterson Field Guide to Medicinal Plants and Herbs by Steven Foster and James A. Duke

**Top Spring Plants for Pollinators:**

• Wild lupine

• Willows

• Spicebush

• Maples

• Oaks

• Raspberry/Blackberry (Rubus spp.)

• Dandelions

• Violets

• Wild geranium

• Blueberry

• Rhododendron

• Uva Ursi (Bearberry)

**Top Summer Plants for Pollinators:**

• Coreopsis

• Thyme \*

• Bee Balm (Monarda spp.) \*

• Evening Primrose

• Self Heal

• Milkweed \*

• Angelica \*

• Boneset \*

• Joe Pye Weed \*

• Yarrow \*

• Anise Hyssop \*

• Korean Mint

• Mints (esp Wooly Mint) \*

• Mountain Mint \*

• Echinacea \*

• Lobelia spp.

• Black-eyed Susan

• Blue Vervain

• Catnip

• Jewelweed

• Blazing Star

• Motherwort \*

• Culver’s Root

• Sage (Salvia spp.)

• Hyssop

• Lavender

• Chives

• Valerian

• Elecampane

• Figwort \*

• Borage

• Ammi Majus \*

• Sunflowers

• Parsley

• Fennel

• Dill

• Buckwheat

• Korean Mint

• Holy Basil \*

• Phacelia \*

• Cosmos

• Crimson clover

• Scarlet Runner Bean

• California Poppy

• Cleome

• Culinary Basil flowers

• Coriander (Cilantro flowers)

**Top Fall Plants for Pollinators:**

• Goldenrod spp.

• Aster spp.

• Dandelions

• Meadowsweet

• Mint (Mentha spp.)

**Top Larval Host Plants for Butterflies:**

* Anise
* Dill
* Fennel
* Mint
* Parsley
* Milkweed \*
* Aster
* Marshmallow
* Echinacea
* Hollyhock
* Nettles
* Plantain
* Violet
* Spicebush
* Passionflower

**Top Nectar-Rich Connecticut Native Plants/Herbs:** (see website for latin names for specific species)

* Blueberries
* Meadowsweet
* Sumac
* Asters
* Monarda spp.
* Boneset
* Goldenrod spp.
* Joe Pye Weed spp.
* Blue Vervain
* Dogbane (poisonous)
* Milkweed spp.

**Top Plants for Hummingbirds:**

* Anise Hyssop
* Bee Balm (Monarda spp.)
* Catnip
* Hyssop
* Lavender
* Mint
* Sage
* Scarlet Runner Bean
* Tobacco (flowering)
* Jewelweed
* Sweet Peas

**Seed Planting Meditation:**

Planting Seeds, Practicing Mindfulness with Children by Thich Nhat Hanh

Breathing in, I know I am breathing in,

Breathing out, I know I am breathing out.

Breathing in, my breath goes deep,

Breathing out, my breath goes slowly.

Aware of my body, I breathe in,

Relaxing my body, I breathe out.

Calming my body, I breathe in,

Caring for my body, I breathe out.