



## Nectar Dearth Plant List

### Late Summer & Fall Blooming Plants

Compiled by: The Gardening 4 Bees group of the Sonoma County Beekeepers Association - *Updated June 2021*

If you have honey bees or want to help bees of all types, you can make a difference by providing as much forage as possible in your home garden. This is especially important in the deep dearth of the late summer and fall seasons.

#### Definition of “dearth”

- 1: scarcity that makes dear  
specifically : FAMINE
- 2: an inadequate supply : LACK  
a dearth of nectar

Remember to water new plantings frequently to keep the soil moist during hot spells, to allow the roots to start getting established and allow the maximum blooming/nectar flow. The root balls are about the same size as the pot the plant came in – that area of the soil near the surface needs to remain moist. Deeper watering on occasion encourages the roots to go deeper. Another option: pot up smaller plants into a 1- or 2- gallon size pot and save them to plant in the Fall after rainfall has started.

Bloom times vary by microclimate. Research plant options for mature size, sun/shade requirements, water needs, and other possible suitability issues in your garden. Deadheading promotes an additional round of blooms in many annuals and perennials. Many of the annuals and perennials can be deadheaded to promote an additional round of blooms.

The following list shows plants that are great for bee food and are often available at SCBA plant sales and commercial nurseries at this time of year.

In it you will find:

- Annuals
- Perennials
- Small to Medium Shrubs
- Salvias
- Larger Shrubs/Hedges
- Long/Continual Bloomers or Blooms twice annually

***All plants shown are suitable for Zone 9.***

**Annuals:**

- Coreopsis
- Cosmos varieties - Great last-minute fill in for the Fall, great for pots
- Nicotiana glauca, flowering tobacco (Nightshade family)
- Queen Anne's Lace 'Dara' *Daucus carota*
- Japanese silver leaf sunflower
- Other multi stemmed and long-lasting sunflowers like Chocolate, Autumn Beauty and Mexican Sunflower
- Zinnia varieties - a great last-minute fill in for the Fall, great for pots

**Perennials:**

- Agastache foeniculum, Anise Hyssop (deadhead spent flowers to promote more bloom)
- Aster x frikartii 'Monch,' New England aster (Michaelmas daisy)
- Aster novae-angliae, 'Harrington's Pink' (Michaelmas daisy)
- Calamintha nepetoides,
- Caryopteris clandonensis 'Grand Bleu,' or 'Dark Knight'
- Caryopteris incana 'Bluebeard'
- Echinacea purpurea, Purple coneflower
- Echinops ritro ruthenicus
- Helenium, Sneezeweed 'Mardi Gras'
- Helenium autumnale, Autumn Sneezeweed, CA native
- Liatris, Blazing Star
- Maximillian sunflower (can spread and get very big)
- Oregano (several varieties)
- Penstemon varieties
- Rudbeckia, Black-eyed Susan
- Sedum 'Autumn Joy'
- Solidago rugosa, 'Fireworks' goldenrod
- Symphyotrichum chilense, CA native aster
- Teucrium hircanicum, Iranian wood sage (long blooming)

**Small to Medium Shrubs:**

- Eriogonum fasciculatum, CA Buckwheat, CA native
- Eriogonum giganteum, St. Catherine's Lace, CA Native
- Eriogonum grande var. rubescens
- Other eriogonum varieties
- Epilobium canum, California Fuchsia 'Catalina'
- Tagetes lemmonii, Mexican marigold, blooms into winter

**Salvias:**

- Perovskia atriplicifolia, 'Little Spire,' and plain variety Russian Sage
- Salvia azurea, Blue Pitcher Sage
- Salvia confertiflora, Red Velvet Sage (until frost)
- Salvia elegans, Pineapple Sage
- Salvia guaranitica 'Black and Blue'
- Salvia leucantha, Mexican Bush Sage
- Salvia Mexicana 'Limelight'
- Salvia 'Mystic Spires'
- Salvia 'Phyllis' Fancy' (until frost)

- Salvia 'Wendy's Wish'
- Salvia uliginosa, Bog Sage

**Larger Shrubs/Hedges:**

- Arbutus Marina, CA nativar
- Baccharis pilularis, Coyote Brush/Bush, CA native
- Elaeagnus x ebbingei, Silverberry
- Heteromeles arbutifolia, Toyon/Christmas Berry, CA native
- Vitex agnus-castus, Chasteberry, such as 'Shoal Creek'

**Long/Continual/Repeat Bloomers:**

- Abelia grandiflora 'Edward Goucher'
- Borage
- Callistemon viminalis, Pink Bottlebrush; and Red Bottlebrush
- Cuphea hybrid 'Starfire Pink,' (patented)
- Erigeron glaucus, 'Wayne Roderick' seaside daisy
- Gaillardia, Blanket flower
- Hardy Geranium/Cranesbill, 'Biokovo'
- Hardy Geranium/Cranesbill 'Johnson's Blue'
- Hardy Geranium/Cranesbill 'Rozanne' (patented)
- Scented Geraniums
- Lavandula 'Goodwin Creek Grey'
- Lavandula stoechas 'Winter Bee'
- French lavenders
- Rosa chinensis 'Mutabilis,' Butterfly/China Rose (single-petaled)
- Many single-petaled roses, like 'Altissimo,' 'Iceberg,' and 'Sally Holmes,'
- Oregano varieties
- Penstemon, Beardtongue such as 'Red Rocks' (deadhead for repeat bloom)
- Creeping and Upright Rosemary varieties – also great for winter
- Salvia greggii 'Royal Bumble' (deadhead for re-bloom)
- Scabiosa, pincushion flower, annual and perennial, reseeds easily
- Teucrium chamaedrys
- Teucrium cossonii (majoricum)
- Teucrium fruticans 'Azureum'
- Verbascum nigrum (cut spent spring stems to get second bloom)
- Verbascum chiazii 'Wedding Candles' and 'Sixteen Candles' (cut spent spring stems to get second bloom)
- Verbena bonariensis (Tall verbena, prolific reseeder)

**Sources:**

- *Trusted experienced gardeners in Gardening 4 Bees Group of SCBA*
- *Annie's Annuals nursery and website- <https://www.anniesannuals.com/>*
- *Calscape - <https://calscape.org/>*
- *Calflora Nursery - <https://www.calfloranursery.com/>*
- *Las Pilitas Nursery - <https://www.laspilitas.com/>*
- *Frankie, G. W., et al. California Bees & Blooms: a Guide for Gardeners and Naturalists. Heyday, 2014. <https://heydaybooks.com/catalog/california-bees-and-blooms-a-guide-for-gardeners-and-naturalists/>*