

Nectar and pollen plants of Massachusetts as observed in the central Connecticut Valley region.							
Special circular #27, Revised F.R. Shaw, Department of Entomology, University of Massachusetts, 2-2-56							
Listed in order of approximate blooming periods with observations on the sugar concentration of certain nectars.*							
Common Name	Scientific Name	Value	Plant Type	Occurance**	Sugar Min.	Conc. Of Nectar Max.	Avg.
March							
Crocus	Crocus	Pollen	Bulb	G			
Japanese Witch Hazel	Hammamelis Japonica	Pollen & Nectar	Shrub	G			
Skunk Cabbage	Symplocarpus Foetidus	Pollen	Herbaceous Perennial	N			
April							
Andromeda-Fetter Bush	Xolisma Lucida	Nectar & Pollen	Evergreen Shrub	N			
American Aspen	Populus Tremuloides	Pollen	Tree	N			
Americam Elm	Ulmus Americana	Pollen	Tree	N			
Ash	Fraxinus spp.	Pollen	Hardy Tree	N			
Beech	Fagus Grandifolia	Pollen	Tree	N			
Birch	Betula spp.	Pollen	Tree	N			
Blackhaw	Viburnum spp.	Nectar & Pollen	Hardy shrub	N			
Bloodroot	Sanguinaria Canadensis	Pollen	Herbaceous Perennial	N			
Box Elder	Acer Negundo	Pollen & Nectar	Tree	E			
Cassandra	Chamaedaphne Calyculata	Nectar & Pollen	Shrub	N			
Dandelion	Taraxacum Officinale	Nectar & Pollen	Herbaceous Perennial	N	16.0	61.0	40.9
Deutzia	Deutzia Lemoinei	Nectar & Pollen	Shrub	G	10.0	57.5	40.3
Gill-Over-The -Ground	Nepeta Hederacea	Nectar & Pollen	Herbaceous	E			
Hazelnut	Corylus Americana	Pollen	Shrub	N			
Marsh Marigold, Cowslip	Calthe Palustris	Pollen	Annual	N			
Narcissus	Narcissus	Nectar & Pollen	Bulb	G			

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April (con't)							
Red Maple	Acer Rubrum	Pollen & Nectar	Tree	G	37.4	44.3	41.1
Shadbush	Amelanchier spp.	Nectar & Pollen	Shrub or Tree	N			
Silver Maple	Acer Dasycarpum	Nectar & Pollen	Tree	G			
Spicebush	Benzoin Aestivale	Nectar & Pollen	Shrub	N			
Tag Alder or Speckled Alder	Alnus Incana	Pollen	Bulb	N			
Tulip	Tulipa	Pollen	Bulb	G			
Willows - Many Species	Salix spp.	Pollen & Nectar	Small Shrub to Trees	N	37.0	46.1	44.2
May							
Apple	Pyrus Malus	Pollen & Nectar	Tree	G	41.0	57.7	50.6
Barberry	Berberis Vulgaris	Nectar & Pollen	Shrub	E			
Beach Plum	Prunus Maritima	Nectar & Pollen	Shrub	N			
Black Alder	Ilex Verticillata	Nectar & Pollen	Shrub	N			
Blueberry (High Bush)	Vaccinium Corymbosm	Nectar & Pollen	Shrub	N	16.0	26.4	20.8
Blueberry (low Bush)	Vaccinium Pennsylvanicum	Nectar & Pollen	Shrub	N			
Cherry	Prunus Avium Cerasus	Nectar & Pollen	Tree	G	27.5	47.0	37.7
Chick Weed	Stellaria Media	Nectar	Annual	E	36.4	50.6	44.2
Chick Weed (Mouse Eared)	Cerastium spp.	Nectar	Biennial	E			
Choke Cherry	Prunus Virginiana	Nectar & Pollen	Shrub or Small Bush	N	27.4	35.2	31.3
Current	Ribes spp.	Nectar & Pollen	Shrub	N			
Dogwood	Cornus spp.	Nectar & Pollen	Small Tree	N			
Flowering Dogwood	Cornus Florida	Nectar & Pollen	Tree	N			
Highbush Cranberry	Viburnum Trilobum	Nectar	Shrub	N			
Hobblebush	Viburnum Alnifolium	Nectar & Pollen	Shrub	G			
Honeysuckle	Lonicera Tatarica	Nectar	Vine or Shrub	G	30.5	48.0	35.9

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					Min.	Max.	Avg.
Horsechestnut	Aesculus Hippocastanum	Pollen & Nectar	Tree	N	43.8	52.0	47.2
Huckleberry	Gaylussacia Frondosa	Pollen & Nectar	Shrub	N			
Japanese Barberry	Berberis Thunbergii	Pollen & Nectar	Shrub	G	18.0	47.0	33.9
Japanese Flowering Crab	Malus Floribunda	Pollen & Nectar	Shrub	G			
Lilac	Syringa spp.	Pollen & Nectar	Shrub	G			
Mustard	Brassica Nigra	Nectar	Biennial	E	41.2	55.7	48.6
Norway Maple	Acer Platanoides	Nectar & Pollen	Tree	G			
Pear	Pyrus Communis	Nectar & Pollen	Tree	G	11.0	30.2	20.1
May (con't)							
Plums	Prunus spp.	Nectar & Pollen	Tree	G			
Poppy	Papaver spp.	Pollen	Annual & Perennial	G			
Raspberry	Rubus spp.	Nectar & Pollen	Shrub	N & G	26.0	34.4	30.7
Red Oak	Quercus Rubra	Pollen	Tree	N			
Siberian Crab	Pyrus Baccata	Nectar	Tree	G			
Strawberry	Fragaria Virginiana	Nectar & Pollen	Perennial	N	26.4	36.0	30.2
Sour Gum	Nyssa Sylvatica	Nectar & Pollen	Tree	N			
Sugar Maple	Acer Saccharum	Pollen & Nectar	Tree	N			
Weigelia	Weigelia Rosea	Pollen & Nectar	Shrub	G			
Wild Black Cherry	Prunas Serotina	Nectar & Pollen	Tree or Shrub	N			
Winged Euonmus	Euonmus Alata	Nectar & Pollen	Shrub	G	31.4	41.0	35.8
Yellow Rocket	Barbarea Vulgaris	Nectar	Biennial	E	32.4	40.1	37.6
June							
Alfalfa	Medicago Sativa	Nectar	Perennial	G	27.0	44.6	32.7
Alsike Clover	Trifolium Hybridum	Nectar & Pollen	Perennial	G	26.5	48.0	40.5

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Asparagus	Asparagus Officinalis	Nectar & Pollen	Perennial	G			
Bittersweet	Calastrus Officinalis	Nectar & Pollen	Vine	N	33.0	44.5	36.7
Blackberry	Rubus spp.	Nectar & Pollen	Shrub	N			
Black Locust	Robinia Pseudo-acacia	Nectar & Pollen	Tree	N	36.2	49.6	46.3
Carrot	Daucus Carota	Nectar & Pollen	Biennial	N			
Catalpa	Catalpa Speciosa	Nectar & Pollen	Biennial	N			
Cranberry	Vaccinium Macrocarpon	Pollen & Nectar	Vine	N			
	Var. Howes	Pollen & Nectar	Vine	N	46.5	58.0	50.2
	Var. Early Black	Pollen & Nectar	Vine	N	40.0	62.0	54.7
	Var. MacFarlin	Pollen & Nectar	Vine	N	38.0	53.0	45.7
Devil's Paint Brush	Hieracium Aurantiacum	Nectar	Perennial	E	17.2	33.4	24.6
Elder	Sambucus Canadensis	Pollen	Shrub	N			
European Linden	Tilia Europea	Nectar & Pollen	Tree	G	54.0	58.0	56.1
Fox Grape	Vitis Labrusca	Pollen	Vine	N			
Hollyhock	Althaea Rosea	Nectar & Pollen	Annual	G			
Lavendar	Lavandula Vera	Nectar	Perennial	G			
Lupine	Lupinus ssp.	Pollen	Annual or Perennial	G			
June (con't)							
Magnolia	Magnolia Virginiana	Nectar & Pollen	Tree	N			
Mignonette	Reseda Odorata	Nectar	Annual	G			
Mints	Labiatae (many species)						
Privet	Ligustrum Vulgare	Nectar & Pollen	Shrub	G	18.0	31.0	23.5
Rose	Rosa spp.	Pollen	Climbing Shrub	G & N			
Sage	Salvia Officinalis	Nectar	Annual	G			
Snowberry	Symphoricarpos Albus	Nectar & Pollen	Shrub	N			
Staghorn Sumac	Rhus Typhina	Nectar & Pollen	Shrub	N	37.0	53.5	46.8

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Sweet Mockorange	Philadelphus Coronarius	Pollen & Nectar	Shrub	G			
Tulip Tree	Liriodendron Tulipifera	Nectar & Pollen	Shrub	G			
Vetch	Vicia Cracca	Nectar & Pollen	Perennial	E	31.0	52.0	42.3
Viper's Eugloss, Blue Thistle	Echium Vulgare	Nectar & Pollen	Biennial	E	37.0	49.2	42.2
White Clover	Trifolium Repens	Nectar & Pollen	Biennial	N	27.0	56.0	39.7
White Sweet Clover	Melilotus Alba	Nectar & Pollen	Biennial or Annual	G	34.0	48.0	40.2
Yellow Sweet Clover	Melilotys Officinalis	Nectar & Pollen		G	38.0	58.4	51.7
July							
Aster	Aster Acuminatus	Nectar & Pollen	Herbaceous Perennial	N	31.0	46.0	37.3
Aster	Aster Novea Angliae	Nectar & Pollen	Herbaceous Perennial	N	26.0	35.0	31.6
Aster	Aster Prealtus	Nectar & Pollen	Herbaceous Perennial	N	21.0	36.0	30.0
Aster	Aster Viminus	Nectar & Pollen	Herbaceous Perennial	N	51.3	55.5	53.6
Basswood	Tilia Americana	Nectar & Pollen	Tree	N	28.2	42.0	36.4
Bee Balm	Monarda Punctata	Nectar & Pollen	Perennial	G			
Buckwheat	Fagopyrum Esculentum	Nectar	Annual	G	37.6	48.5	42.5
Butterfly-Bush	Buddleia Davidi	Nectar	Shrub	G			
Buttonbush	Cephalanthus Occidentalis	Nectar & Pollen	Shrub	N	32.1	41.0	36.9
California Poppy	Eschscholtzia Californica	Nectar & Pollen	Annual	G			
Canada Thistle	Cirsium Arvense	Nectar	Perennial	N			
Clematis	Clematis Virginiana	Nectar & Pollen	Herbaceous Perennial	N			
Corn	Zea Mays	Pollen	Annual	G			
Cucumber	Cucumis Sativa	Nectar & Pollen	Annual	G			
Dogbane (spreading)	Apocynum Sativa	Nectar & Pollen	Perennial	N	24.0	28.0	26.2
Dwarf Sumac	Rhus Copallina	Nectar & Pollen	Shrub	N			
July (con't)							

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English Ivy	Hebera Helix	Nectar	Vine	G	17.0	30.0	26.2
Fireweed	Epilobium Angustifolium	Nectar & Pollen	Perennial	N	28.6	48.5	38.2
Golden-Rain Tree	Koelreuteria Paniculata	Nectar & Pollen	Tree	G			
Goldenrod	Solidago ssp.(many species)	Nectar & Pollen	Herbaceous Perennial	N			
	S. Graminifolia				22.0	40.0	29.8
	S. Rugosa				27.0	48.0	37.9
	S. Speciosa				26.0	29.0	27.0
Hardhack	Spiraea Tomentosa	Nectar	Shrub	N			
Marjoram	Origanum	Nectar & Pollen	Perennial	E			29.6
Meadowsweet	Spiraea Latifolia	Nectar	Shrub	N	19.0	26.5	23.3
Milkweed	Asclepias spp.	Nectar & Pollen	Perennial	N	20.0	32.0	25.6
Jersey-tea	Ceanothus Americanus	Nectar & Pollen	Shrub	N			
Jewelweed	Impatiens Biflora	Nectar	Annual	N	21.0	28.0	21.3
Onion	Allium Cepa	Nectar	Biennial	G			
Purple Loosestrife	Lythrum Salicaria	Nectar & Pollen	Perennial	N	28.3	38.4	34.6
Purple Vervain	Verbena Hastata	Nectar & Pollen	Herbaceous Perennial	N			
Rhubarb	Rheum	Nectar & Pollen	Perennial	N			
Rock-rose	Helianthemum Canadense	Pollen	Annual	G			
Smooth Sumac	Rhus Glabra	Nectar & Pollen	Shrub	N	42.0	58.5	48.5
Swamp Loosestrife	Decodon Verticillatus	Nectar & Pollen	Perennial	N			
Sweet Pepperbush, Clethra	Clethra Alnifolia	Nectar & Pollen	Shrub	N	19.5	34.0	26.2
Thyme	Thymus Serpyllum	Nectar	Herbaceous Perennial	E	38.0	47.5	43.2
Wild Cucumber	Echinocystis Lobata	Nectar & Pollen	Annual	N			
Winter Squash	Cucurbita Maxima	Nectar & Pollen	Annual	G	18.0	38.0	29.7

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August							
Bachelor's Button	Centaurea Cyanus	Nectar	Herbaceous Perennial	G			
Boneset	Eupatorium Perfoliatum	Nectar & Pollen	Herbaceous Perennial	N	21.0	28.0	21.3
Burdock	Arctium Minus	Nectar & Pollen	Biennial	E	20.0	34.0	30.1
Bur-marigold	Bidens Laevis	Nectar	Perennial	N			
Goldenrod	Rudbeckia Laciniata	Pollen & Nectar	Perennial	N			
Heart's Ease	Polygonum Persicaria	Nectar	Perennial	N	39.6	50.0	43.7
Joe-Pye Weed	Eupatorium Purpureum	Nectar & Pollen	Herbaceous Perennial	N	27.5	39.0	33.3
Regweed	Ambrosia Aremsiifolia	Pollen	Annual	N			
Virginia Creeper	Parthenocissus Quinquefolia	Pollen & Nectar	Vine	N			
September							
False-chamomile	Boltonia Asteroides	Nectar & Pollen	Perennial	N			
Japanese Bamboo	Polygonum Cuspidatum	Nectar	Perennial	G	28.5	35.5	31.9
October							
Witch Hazel	Hamamelis Virginiana	Pollen	Shrub	N			

*A note of explanation may be necessary relative to the flowering dates indicated. These indicate the approximate blooming periods as observed in the central Connecticut Valley region of Massachusetts. Of course some plants may bloom more than once, others may have a period of bloom extended over a month or more. Thus some asters and goldenrod may bloom from July - October. Thw dates indicated may vary from 7 - 14 days

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According to the region of the state and also the season.						
F.R. Shaw, Department of Entomology with appreciation to Roscoe Johnson of Barre, William Parker of Braintree, Ivan Rawson of Richmond and W.G. Vinal of Norwell for data relative to nectar and polleen plants in these areas of the state.						
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University of Massachusetts, United States Department of Agriculture and County Extension Services Cooperating.						
** Occurance: N = Native, G = Garden or Cultivated, E = Escaped (a plant which has been introduced to the area but which is now growing wild)						