



**An excerpt
from *Pest
Control:
Growing Plants
to Attract
Beneficial
Insects***

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What flowers are most often used to sustain adult beneficial insects? To answer this question, Whitney Cranshaw, Colorado State University entomologist, surveyed Front Range flower collections, including the Denver Botanic Gardens. The accompanying list shows flowers that are most visited and relied on as nectar or pollen food sources.

Including early blooming flowers such as Basket of Gold (*Aurinia saxatilis*) followed by midseason bloomers such as English lavender (*Lavandula angustifolia*) and late blooming goldenrod (*Solidago virgaurea*) you'll have a season-long food source for beneficial insects.

If you don't provide food for adult beneficials, it's likely they won't inhabit the garden and you'll inherit their work. Plant a wide range of plants that bloom throughout the growing season to gain the benefits of natural insect control in your garden. Note that this approach must include minimal pesticide use or at least use of pesticides "friendly" to beneficials.

Flowers used by beneficial insects:

Early blooming

Basket of Gold *Aurinia saxatilis*, [Rocky Mountain penstemon](#) *Penstemon strictus*, [Native potentilla](#) *Potentilla verna*, [Creeping thyme](#) *Thymus serpyllum*, [Sweet alyssum](#) *Lobularia maritima*, [Columbine](#) *Aquilegia x hybrida*, Carpet bugleweed *Ajuga reptans*

Midseason blooming

[Common yarrow](#) *Achillea filipendulina* 'Coronation Gold', Dwarf alpine aster *Aster alpinus*, [Spike speedwell](#) *Veronica spicata*, [Wine cups](#) (Poppy mallow) *Callirhoe involucrata*, Cilantro (Coriander) *Coriandrum sativum*, [English lavender](#) *Lavandula*

angustifolia, sulfur cinquefoil *Potentilla recta* 'Warrenii', Edging Lobelia *Lobelia erinus*, [Mint](#) *Mentha sp.*, [Stonecrop](#) (various) *Sedum sp.*

Late blooming

Fernleaf yarrow *Achillea millefolium*), Lavender globe lily *Allium tanguticum*, Dill *Anethum graveolens*, Dyer's camomille *Anthemis tinctoria*, Fennel *Foeniculum vulgare*, Sea lavender *Limonium latifolium*, [Wild bergamot](#) *Monarda fistulosa*, European goldenrod *Solidago virgaurea*

To learn more about beneficial insects, request [CSU Fact Sheets, "beneficial insects in the yard and garden--5.550" and "Friendly pesticides for home gardens--2.945"](#) from any county office of Colorado State University Cooperative Extension.

Some additional plants to consider:

Excerpted from: *Organic Pest Control: The Best Plants to Attract Beneficial Insects and Bees*, <http://motherearthnews.com/plants-to-attract-beneficial-insects...>

Annuals:

Alyssum
Bachelor's Buttons
Basils
Borage
Calendula
Chervil
Coriander
Cosmos
Mexican Sunflower (*Tithonia*)
Pincushion Flowers
Rye
Sunflowers

Perennials:

Asters
Blanketflowers
Catmint
Coneflowers (*Echinaceae*)
Coreopsis
Creeping Thyme
Crocus
Feverfew
Lupines
Milkweeds
Mints
Penstemons
Peonies
Pincushion Flower