

Nectar and Pollen Plants for Pollinators in Portland Oregon

Scientific Name	Common Name	Plant type	Bloom Time												Misc. Information	H & P Yields in Pounds per Acre	Sugar Concentration	Crude Protein %	Pollen per unit per day microliters	Nectar per unit per day micrograms
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec						
January																				
Brassica oleracea	broccoli	edible	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec				22-27%		
Taraxacum officinale	common dandelion	weed	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec			51%		1	2200
Rosmarinus officinalis	rosemary	herb	Jan	Feb	Mar	Apr	May	Jun	Jul											
Viburnum burkwoodii	viburnum	shrub	Jan	Feb	Mar	Apr														
Erica carnea, vulgaris	heath	shrub	Jan	Feb																
Lonicera fragrantissima	winter Honeysuckle	vine	Jan	Feb												100-200lbs H,				
Mahonia japonica lomariifolia	Arthur Menzies mahonia	shrub	Jan	Feb																
Corylus avellana	filbert, hazelnut	tree	Jan	Feb												200-500lbs P				
Hamamelis intermedia	witchhazel	shrub	Jan	Feb																
Sarcococca confusa	sweet box	shrub	Jan	Feb																
Jasminum nudiflorum	winter jasmine	perennial	Jan											Dec						
February																				
Arctostaphylos columbiana	Manzanita	shrub		Feb	Mar	Apr														
Pieris japonica	Andromeda	shrub		Feb	Mar	Apr														
Alnus rubra	Red Alder	tree		Feb	Mar										pollen only					
Crocus vernus	crocus, spring	bulb		Feb	Mar															
Crocus sativus	crocus, saffron	bulb		Feb	Mar															
Populus trichocarpa	Black Cottonwood	tree		Feb	Mar										pollen only					
Ribes sanguineum	Currant	shrub		Feb	Mar												19%			
Salix	willow, pussy willow	tree		Feb	Mar										Very high quality pollen	100-150lbs H, 1500lbs P	40%	21.90%		
March																				
Tulips	Tulips	bulb			Mar										Almost black pollen					
Acer circinatum	Vine Maple	tree			Mar	Apr	May									20-50lbs H, 300-400lbs P				
Acer macrophyllum	Bigleaf Maple	tree			Mar	Apr										800-1200lbs H	42%			
Mahonia aquifolium	Oregon grape	shrub			Mar	Apr										800-1200lbs H				
Malus	Apple	tree			Mar	Apr	May										45%	25%		
Prunus avium	Sweet Cherry	tree			Mar	Apr											55%	22-25%		
Pyrus pyrifoliamis	Asian Pear	tree			Mar	Apr												26.20%		
Veronica	Veronica	perennial			Mar	Apr	May	Jun	Jul	Aug	Sep					30-35lbs H, 150lbs P				
April																				
Rubus idaeus	Everbearing Raspberry	edible				Apr	May											21.30%		major
Berberis	Barberry	shrub				Apr	May									30-35lbs H				
Ceanothus thyrsiflorus 'Blue Blossom	Ceanothus	shrub				Apr	May													
Centaurea cyanus	Cornflower					Apr	May	Jun	Jul							100-150lbs H			1	1000
Echium vulgare	Vipers bugloss, blue thistle	shrub				Apr	May	Jun		Aug	Sep				Protects nectar from f	300-1000lbs H, 500-2000lbs dark blue P	22-48%	34.90%		700
Rhamnus purshiana	Cascara	tree				Apr	May													
Tussilago farfara	Coltsfoot	perennial				Apr									high quality pollen	25-30lbs H, 80-300lbs P				
Aesculus hippocastanum	Horsechestnut	tree				Apr	May									50-100lbs H				
Celtis occidentalis	Hackberry	tree				Apr	May									50-100lbs H				
Fraxinus	Ash	tree				Apr	May													
Genista	Broom	shrub				Apr	May											20.60%		
Ilex aquifolium	English holly	tree				Apr	May											50%		
Vaccinium corymbosum	Highbush Blueberry	shrub				Apr	May								low quality pollen	50-90lbs H,		13.9		
Prunus domestica Green Gage	Plum	tree				Apr												40%		
Pyrus communis	Pear	tree				Apr												20%	26.20%	
Scilla siberica	Siberian quill	bulb				Apr														
Ulmus americana	American Elm	tree				Apr														
May																				
Ajuga reptans	Bugleweed	perennial					May	Jun												minor
Aronia	Chokeberry	shrub					May									50-100lbs H				
Brassica napus, rapa	Oilseed Rape, Canola	annual					May	Jun							lemon pollen					Major

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Coriandrum sativum	Coriander	herb					May	Jun							Helps control Varroa	200-350lbs H, 100-150lbs P					
Gleditsia	Honeylocust	tree					May	Jun								50-100lbs H					
Liriodendron tulipifera	Tulip tree	tree				Apr	May	Jun									20%				
Melissa officinalis	Lemon Balm	perennial					May	Jun							delicate H, light pink color	150-250lbs H, 50-120lbs P				major	
Phacelia tanacetifolia	Phacelia	cover crop					May	Jun	Jul	Aug	Sep				one of the best spring sources forage, produces nectar throughout day,	180-1500lbs H, 300-1000lbs P	30%	30%			
Valerian	Valerian	perennial					May	Jun								60-70lbs H					
Fagopyrum esculentum	Buckwheat	cover crop					May	Jun	Jul	Aug	Sep										
Oregano vulgare	Oregano	herb					May	Jun	Jul	Aug	Sep										
Mellilotus alba	White Sweetclover	annual					May	Jun	Jul	Aug	Sep				top Hbee plant	200-300lbs H		24%		yellow po	major
Mellilotus officinalis	Yellow Sweetclover	annual					May	Jun	Jul	Aug	Sep				top Hbee plant	300-400lbs H		24%		yellow po	major
Trifolium repens	White Clover	cover crop					May	Jun	Jul	Aug	Sep							22-25%		major	
Allium	Allium, Chives	bulb					May	Jun	Jul	Aug	Sep									minor	
Ligustrum amurense	Privet	shrub					May	Jun	Jul												
Lupinus	Lupine	perennial					May	Jun	Jul									28-34%			
Papaver	Poppy	perennial					May	Jun	Jul						dk blue pollen	2030lbs H, 80-120lbs P		25%		6 t	
Rosa rugosa	Rugosa Rose	shrub					May	Jun	Jul												
Rubus armeniacus	Blackberry	shrub/vine					May	Jun	Jul									20%		major	
Thymus	Thyme	perennial					May	Jun	Jul							50-150lbs H, 200-250lbs P					
Campanula	Bellflower	perennial					May	Jun													
Robinia pseudoacacia	Black Locust	tree					May	Jun								800-1200lbs H					
Rubus	Boysenberry, Marionberry	shrub/vine					May	Jun									35%	20%			
Fica faba	Fava Beans	cover crop					May											22-24%			
Limnanthes douglasii	Douglas Meadowfoam	annual					May														
Styrax japonica	Japanese Snowbell	tree					May														
Trachycarpus fortunei	Windmill Palm	tree					May														
Trifolium incarnatum	Crimson Clover	cover crop					May											22%			
Trifolium nigrescens	Small White Clover	cover crop					May											22-25%			
Trifolium pratense	Red Clover	annual					May									788 lb H,					
Crataegus phaenopyrum	Washington Hawthorn	tree					May	Jun	Jul							50-100lbs H, 200lbs P					
June																					
Epilobium angustifolium	Fireweed	perennial					Jun	Jul	Aug	Sep										major	
Cosmos bipinnatus	Cosmos	annual					Jun	Jul	Aug	Sep	Oct	Nov									
Oxalis articulata	Pink Wood Sorrel	perennial					Jun	Jul	Aug	Sep	Oct	Nov									
Borago officinalis	Borage	herb					Jun	Jul	Aug	Sep	Oct				self seeding	200lbs H, 60-160lbs P				major	
Calendula officinalis	Marigold	annual					Jun	Jul	Aug	Sep									2	500	
Dahlia	Dahlia collarette varieties	bulb					Jun	Jul	Aug	Sep	Oct										
Helianthus annuus	Sunflower	annual					Jun	Jul	Aug	Sep	Oct					30-100lbs H, 200-250lbs	32%	13-18%			
Geranium 'Rosanne'	Geranium	perennial					Jun	Jul	Aug	Sep											
Lavandula	Lavender	perennial					Jun	Jul	Aug	Sep								19.40%			
Salvia guaranitica	Anise sage, Brazilian Sage	perennial					Jun	Jul	Aug	Sep											
Cirsium arvense	Canada Thistle	weed					Jun	Jul	Aug											2600	
Lagerstromia indica	Crepe Myrtle	Tree					Jun	Jul	Aug	Sep											
Lavandula stoechas	French/Spanish Lavender	perennial					Jun	Jul	Aug							70-120lbs H, 250-300lbs P					
Verbascum thapsus	Mullein	weed					Jun	Jul	Aug												
Ailanthus altissima	Tree of Heaven	tree					Jun	Jul													
Asclepias speciosa, syriaca	Milkweed	weed					Jun	Jul	Aug							446-535 lbs H				major	
Castanea dentata	American Chestnut	tree					Jun	Jul										25%			
Catalpa speciosa	Catalpa	tree					Jun	Jul								50-100lbs H					
Ilex crenata 'Convexa'	Japanese Holly	shrub					Jun	Jul									50%				

