

Great Wildflowers for Birds

Numbers next to species correspond to photos inside.



Attracting Birds with Florida's Native Wildflowers

Common name	Scientific name	Light	Bloom color	Bloom season	Soil moisture	Region	Value to birds
Wild columbine ¹	<i>Aquilegia canadensis</i>	☁☁	●	☀	💧	N	Nectar
Crossvine ²	<i>Bignonia capreolata</i>	☀☁	●●	☀	💧💧	N C S	Nectar
American beautyberry	<i>Callicarpa americana</i>	☁☁	○●	☀	💧💧	N C S	Fruit
Trumpet creeper	<i>Campsis radicans</i>	☀☁	●●	☀☀	💧	N C S	Nectar
Thistle ³	<i>Cirsium</i> spp.	☀	○●	☀☀☀	💧💧	N C S	Seeds
Mistflower ⁴	<i>Conoclinium coelestinum</i>	☁☁	●●	☀☀	💧💧	N C S	Seeds
Tickseed ^(cover image)	<i>Coreopsis</i> spp.	☀☁	●	☀☀	💧💧	N C	Insects, nectar
Purple coneflower ⁵	<i>Echinacea purpurea</i>	☀☁	●	☀	💧	N C	Insects
Coralbean	<i>Erythrina herbacea</i>	☀☁☁	●	☀	💧💧	N C S	Nectar
Firebush	<i>Hamelia patens</i>	☁☁	●	☀☀☀	💧💧	C S	Nectar, fruit
Sneezeweed ⁶	<i>Helenium</i> spp.	☀	●	☀	💧	N C S	Insects, nectar
Sunflower ⁷	<i>Helianthus</i> spp.	☀☁	●	☀☀	💧💧	N C S	Insects, seeds
Standing cypress ⁸	<i>Ipomopsis rubra</i>	☀	●	☀	💧	N C	Nectar
Blazing star ⁹	<i>Liatris</i> spp.	☀☁	●●	☀☀	💧💧	N C S	Insects
Cardinalflower ¹⁰	<i>Lobelia cardinalis</i>	☀☁	●	☀☀	💧💧	N C	Nectar
Coral honeysuckle	<i>Lonicera sempervirens</i>	☀☁	●●	☀☀	💧💧	N C S	Nectar
Dotted horsemint ¹¹	<i>Monarda punctata</i>	☀☁	○●●	☀☀☀	💧💧	N C S	Insects, seeds
Beardtongue ¹²	<i>Penstemon</i> spp.	☀☁	○●	☀☀☀	💧💧	N C S	Insects
Wild coffee	<i>Psychotria nervosa</i>	☁☁	○	☀	💧	C S	Fruit
Black-eyed Susan ¹³	<i>Rudbeckia</i> spp.	☀☁	●	☀	💧	N C S	Insects, seeds
Tropical sage ¹⁴	<i>Salvia coccinea</i>	☀☁	●	☀☀☀	💧💧	N C S	Insects, seeds, nectar
Lyreleaf sage ¹⁵	<i>Salvia lyrata</i>	☁☁	●●	☀☀	💧💧	N C S	Insects, seeds
Little false bluestem	<i>Schizachyrium scoparium</i>	☀	○	☀	💧	N C S	Seeds
Helmet skullcap ¹⁶	<i>Scutellaria integrifolia</i>	☀☁	●	☀☀	💧💧	N C	Seeds
Goldenrod ¹⁷	<i>Solidago</i> spp.	☀☁	●	☀☀	💧💧	N C	Insects
Indian pink	<i>Spigelia marilandica</i>	☁☁	●	☀	💧💧	N	Insects
Stokes' aster	<i>Stokesia laevis</i>	☀☁	●	☀☀	💧	N C	Insects
Germander ¹⁸	<i>Teucrium canadense</i>	☀☁☁	○●●	☀☀☀	💧💧	N C S	Seeds
Eastern gamagrass	<i>Tripsacum dactyloides</i>	☀☁☁	●●●	☀☀☀	💧	N C S	Insects, seeds
Blueberry	<i>Vaccinium</i> spp.	☀☁	○●	☀	💧💧	N C S	Fruit
Frostweed ¹⁹	<i>Verbesina virginica</i>	☀☁☁	○	☀	💧💧	N C	Seeds
Ironweed	<i>Vernonia</i> spp.	☀☁	●	☀☀	💧💧	N C S	Nectar

TAKE ACTION
Add wildflowers to your landscape now to help birds thrive!



For more information on plant selection, flower bloom and growing tips, visit www.FlaWildflowers.org/planting.

Support provided by Florida Power & Light Company through its charitable arm, the NextEra Energy Foundation, and Audubon Florida. For information on birds, visit www.FL.Audubon.org.



Wildflowers for Nectar

Hummingbirds gather nectar from wildflowers with tubular flowers. Many flowers produce fruit that other birds will eat.

- Wild columbine (*Aquilegia canadensis*)
- Crossvine (*Bignonia capreolata*)
- Trumpet creeper (*Campsis radicans*)
- Standing cypress (*Ipomopsis rubra*)
- Firebush (*Hamelia patens*)
- Cardinalflower (*Lobelia cardinalis*)
- Coral honeysuckle (*Lonicera sempervirens*)
- Beardtongue (*Penstemon* spp.)

Gardening tips

- Choose a diversity of wildflowers that bloom across the seasons.
- Include species of various heights.
- Cluster wildflowers in groups of 3 or more of each species.
- Leave space in your plantings for growth and movement.
- Include native trees such as oaks, black cherry, maples and pines that provide insects. Remember: Decomposing leaf litter used as mulch is also a source for insects.
- Add a birdbath to complete your bird sanctuary.

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Wildflowers for Seeds and Fruits

Sparrows, warblers, finches, nuthatches, titmice, chickadees, cardinals and indigo buntings feed on seeds and fruits, as well as larger birds like thrashers, redwing blackbirds, bobwhites, doves, mockingbirds, catbirds and grosbeaks.

After wildflowers have bloomed, leave seedheads on the plants for birds. Other flowerheads may shatter, scattering seeds on the ground that attract smaller birds, such as finches.

- Thistle (*Cirsium* spp.)
- Mistflower (*Conoclinium coelestinum*)
- Tickseed (*Coreopsis* spp.)
- Coneflowers (*Echinacea purpurea*, *Rudbeckia* spp.)
- Sunflowers (*Helianthus* spp.)
- Wild coffee (*Psychotria nervosa*)
- Sage (*Salvia* spp.)
- Little false bluestem (*Schizachyrium scoparium*)
- Eastern gamagrass (*Tripsacum dactyloides*)
- Blueberry (*Vaccinium* spp.)
- Ironweed (*Vernonia* spp.)



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Wildflowers for Insects and Caterpillars

Most birds feed insects to their chicks, and many insects visit wildflowers for nectar and pollen. Insect-eating birds include goldfinches, chickadees, titmice, cardinals, grosbeaks, wood warblers, blue jays, sparrows, thrashers, nuthatches, crows and mockingbirds.

Some great Florida wildflowers to plant for attracting insects are:

- Tickseed (*Coreopsis* spp.)
- Sneezeweed (*Helenium* spp.)
- Blazing star (*Liatris* spp.)
- Dotted horsemint (*Monarda punctata*)
- Beardtongue (*Penstemon* spp.)
- Black-eyed Susan (*Rudbeckia* spp.)
- Sage (*Salvia* spp.)
- Skullcap (*Scutellaria* spp.)
- Goldenrod (*Solidago* spp.)
- Stokes' aster (*Stokesia laevis*)
- Germander (*Teucrium canadense*)
- Frostweed (*Verbesina virginica*)

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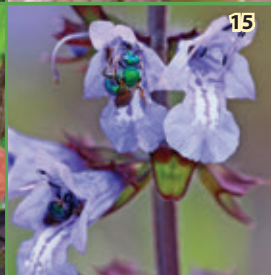
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