

Plants for Birds

Learn more about native plants for birds at ct.audubon.org/plantsforbirds

LOCAL PLANT LIST

You can make a difference! By choosing to plant native plants in your yard, container garden, or in community parks and schoolyards, you can make your community better for birds and the environment. Native plants provide shelter and essential food for birds, but they also help displace the use of fertilizers and carbon-pollution-spewing lawn mowers to improve local watersheds and mitigate climate change. Below is a list of plants that occur naturally in this region.

Caterpillar plants

Warblers, vireos, and many other beloved songbirds depend on these plants to provide caterpillars to feed their babies.

- | | Common Name | Scientific Name |
|-----------------------|-------------|------------------------------------|
| • White Oak | | <i>Quercus alba</i> |
| • Wild Black Cherry | | <i>Prunus serotina</i> |
| • Flowering Dogwood | | <i>Cornus florida</i> |
| • Common Boneset | | <i>Eupatorium perfoliatum</i> |
| • New England Aster | | <i>Symphotrichum novae angliae</i> |
| • Sugar Maple | | <i>Acer saccharum</i> |
| • High-bush Blueberry | | <i>Vaccinium corymbosum</i> |
| • White Pine | | <i>Pinus strobus</i> |
| • Black Birch | | <i>Betula lenta</i> |
| • Showy Goldenrod | | <i>Solidago sp.</i> |



For the fruit-loving birds

Thrushes, Waxwings, and Orioles -- they all love berries and other fruits that provide essential energy for fall migration and winter feeding.

- | | Common Name | Scientific Name |
|-------------------------|-------------|-------------------------------|
| • Shadbush Serviceberry | | <i>Amelanchier canadensis</i> |
| • Red-osier Dogwood | | <i>Cornus sericea</i> |
| • Spicebush | | <i>Lindera benzoin</i> |
| • Winterberry | | <i>Ilex verticillata</i> |
| • Bayberry | | <i>Myrica pensylvanica</i> |
| • Fox Grape | | <i>Vitis vulpina</i> |
| • Black Raspberry | | <i>Rubus occidentalis</i> |
| • Black Chokeberry | | <i>Aronia melanocarpa</i> |
| • Viburnums | | <i>Viburnum sp.</i> |
| • Black Gum | | <i>Nyssa sylvatica</i> |



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Seeds and grains for lasting nutrition

You can help goldfinches, chickadees, and many other winter birds who depend on the seeds of our native plants.

- **Purple Coneflower**
Echinacea purpurea
- **Black-eyed Susan**
Rudbeckia hirta
- **Bristlegrass**
Setaria sp.
- **Little Bluestem**
Schizachyrium scoparium
- **Big Bluestem**
Andropogon gerardi
- **Woodland Sunflower**
Helianthus divaricatus
- **Showy Goldenrod**
Solidago speciosa
- **Balsam Fir**
Abies balsamea
- **Eastern Red Cedar**
Juniperus virginiana
- **Pitch Pine**
Pinus rigida



Nectar-producing plants

Ruby-throated humming-birds depend on the essential sugars in the nectar of many flowering plants.

- **Narrow-leaved Mountain Mint**
Pycnanthemum tenuifolium
- **Trumpet Honeysuckle**
Lonicera sempervirens
- **Cardinal Flower**
Lobelia cardinalis
- **Bee Balm**
Monarda didyma
- **Tulip Tree**
Liriodendron tulipifera
- **Foxglove Beardtongue**
Penstemon digitalis
- **Pussy Willow**
Salix discolor
- **Red Columbine**
Aquilegia canadensis
- **Milkweeds**
Asclepias sp.
- **Joe Pye Weed**
Eutrochium purpureum



Nuts for the fall and winter

Jays, Nuthatches, and Crossbills are among the many birds that depend on the protein-rich energy found in nuts.

- **White Oak**
Quercus alba
- **Pin Oak**
Quercus palustris
- **Hickory**
Carya sp.
- **American Hazelnut**
Corylus americana
- **Red Oak**
Quercus rubra
- **American Beech**
Fagus grandifolia
- **American Hornbeam**
Carpinus caroliniana
- **Ironwood**
Ostrya virginiana

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