

**Wild bergamot** (*Monarda fistulosa*)



Wild bergamot has violet blossoms from July to September and distinctively aromatic foliage. It is native to most of North America and was often used for medicinal applications among indigenous people.

The nectar of the flowers attracts long-tongued bees, bee flies, butterflies, skippers, and hummingbird moths.

Mammalian herbivores usually avoid this plant as a food source, probably because of the oregano-mint flavor of the leaves and their capacity to cause indigestion; they may contain chemicals that disrupt populations of beneficial bacteria in the digestive tract. - [Illinois Wildflowers](#)

(Aggressive colonizer)

**Bee balm** (*Monarda didyma*)



*Monarda didyma* 'Jacob Cline' has showy scarlet red tubular flowers from June-August. The tubular, nectar-rich flowers are beloved by hummingbirds and butterflies. It has fragrant foliage and stems which are typical of the mint family of which it is a member.

It grows best in full sun in moist to wet soil and will spread aggressively in favorable conditions and is deer resistant.

(Aggressive colonizer)

**Mountain mint** (*Pycnanthemum muticum*)



Mountain mint is one of the best summer nectar source for many pollinators including bees, butterflies, wasps, and other beneficial insects. It blooms over an extended period from mid to late summer. The small, white to pink tubular flowers are surrounded by showy silvery bracts.

It is adaptable to a variety of sites from full sun to shade and dry to moist conditions. It spreads vigorously so needs room to grow. Deer resistant.

(Aggressive colonizer)