



Poughkeepsie Pollinator Plant Guide

Native plants of the “reed-covered lodge by the little water place” and the pollinators who love them.

Special Thanks

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Acknowledgement of Indigenous Peoples

Poughkeepsie Farm Project is located on the ancestral homelands of the Munsee Lenape and Mohecan peoples. “Poughkeepsie” originates from the language of the Wappinger peoples, of the Munsee language group. Poughkeepsie means “reed-covered lodge by the little water place.”

Poughkeepsie sits on the waterfront of the Hudson River. This river was originally referred to as the “river that flows both ways,” or “Mahicantuck” by Lenape peoples.

We center the wisdom of indigenous peoples as we learn about this land. We recognize acknowledgment is a single step on the journey of healing from colonizing forces which are still at work today through the institutions and systems through which we live, work, and play.

Author's Note: Caring for the Littlest Ones

I have long been captivated by some of the smallest creatures, especially insects, who grace the earth. These tiny beings contribute to our lives in big, meaningful ways.

Did you know pollinators like bees, butterflies and bats all contribute to a third of all available food resources? Imagine! A third of the food on your plate made possible by a little critter, some no bigger than your pinkie fingernail.

Pollinator plants sustain these tiny but mighty animals. When we fill our gardens, windowsills, and meadows with native flowering plants, many of which are also healing culinary and medicinal herbs, we are taking a stand for the little ones in our world who spend their days moving pollen here to there. Listen as they softly murmur, chirp, flutter, click and buzz, bringing life to our beautiful blue-green home.

Gratefully,
SonyaJoy Key, PFP Community Engagement Manager, October 2021

How to Use This Book

Suggestions for educators and caregivers using this book to teach.

You can use this book to:

- help you identify native pollinator plants by their flowers, leaves, and stems
- learn about pollinators and pollinator plants by coloring in the illustrations found in this book
- select plants to grow in your pollinator garden if you live in the Northeastern US
- prepare herbal tea and culinary recipes with your harvest

Remember! DO NOT use any plant topically (on your skin) or eat any part of a plant unless you have identified it with a skilled person.

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Anise Hyssop

Where does it grow?

It grows in a sunny location with moist soil.

What time of year does this plant bloom?

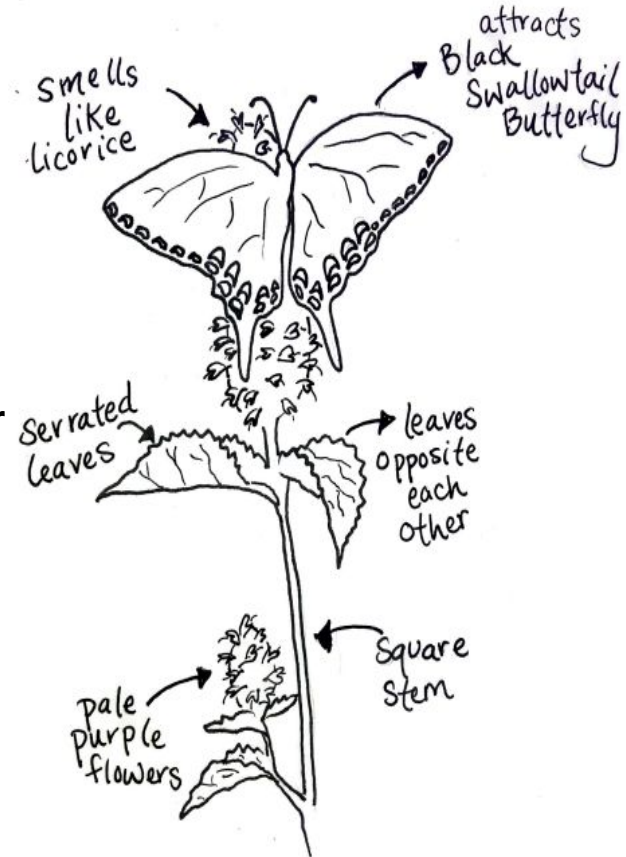
Anise hyssop blooms during the summer months.

Which pollinating animals relate to this plant most?

Butterflies of all kinds love this plant.

Are any parts of this plant edible?

Yes, the leaves and flowers are edible and make a delicious herbal tea.



Aster

Where does it grow?

Aster grows in well drained soil with full sunlight.

What time of year does this plant bloom?

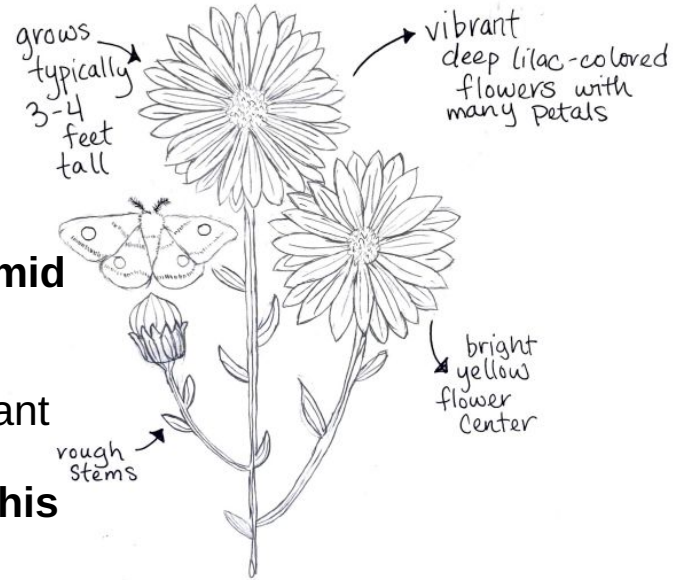
Aster blooms in late summer through mid fall.

Which pollinating animals relate to this plant most?

Mites and slugs are typically seen on this plant.

Are any parts of this plant edible?

Yes, the leaves and flowers of the aster are edible.



Bee Balm

Where does it grow?

Bee balm like to grow In moist well-drained soil with full sun.

What time of year does this plant bloom?

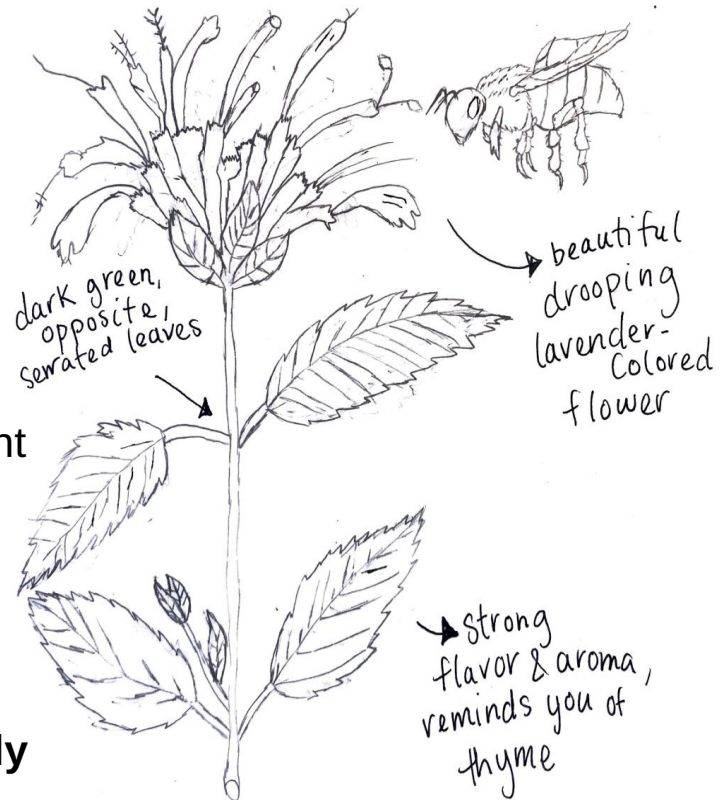
It blooms during the summer.

Which pollinating animals relate to this plant most?

Bees and butterflies are attracted and commonly found on this plant.

Are any parts of this plant edible?

Bee balm flowers are edible and typically used in herbal medicine.



Butterfly Weed

Where does it grow?

This plant grows in full sun in medium, well-drained soil.

What time of year does this plant bloom?

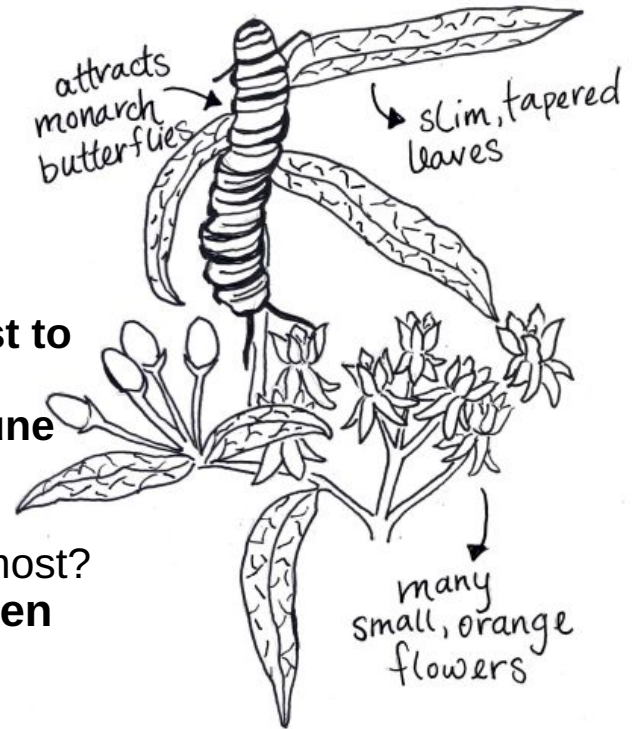
It blooms in the summer. However, it is best to plant seeds in the fall as they need to go through a cold treatment and will bloom June through August.

Which pollinating animals relate to this plant most?

Bees and butterflies are commonly seen on butterfly weed.

Are any parts of this plant edible?

No, some parts of the plant are toxic, so it is best to avoid eating it.



Cone Flower (Echinacea)

Where does it grow?

Echinacea prefers well drained, moist soil.

What time of year does this plant bloom?

It blooms in early summer to mid fall.

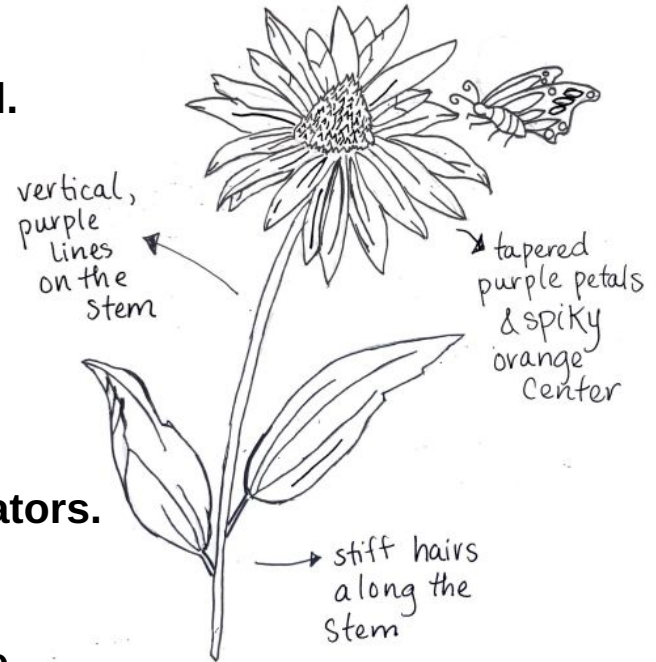
Fall is the best time to plant echinacea.

Which pollinating animals relate to this plant most?

Butterflies are echinacea's biggest pollinators.

Are any parts of this plant edible?

Yes, most parts of the echinacea plant are edible and the leaves, flowers and buds are harvested to make herbal tea.



Goldenrod

Where does it grow?

This plant is found in dry soils, typically in prairie or grassland environments.

What time of year does this plant bloom?

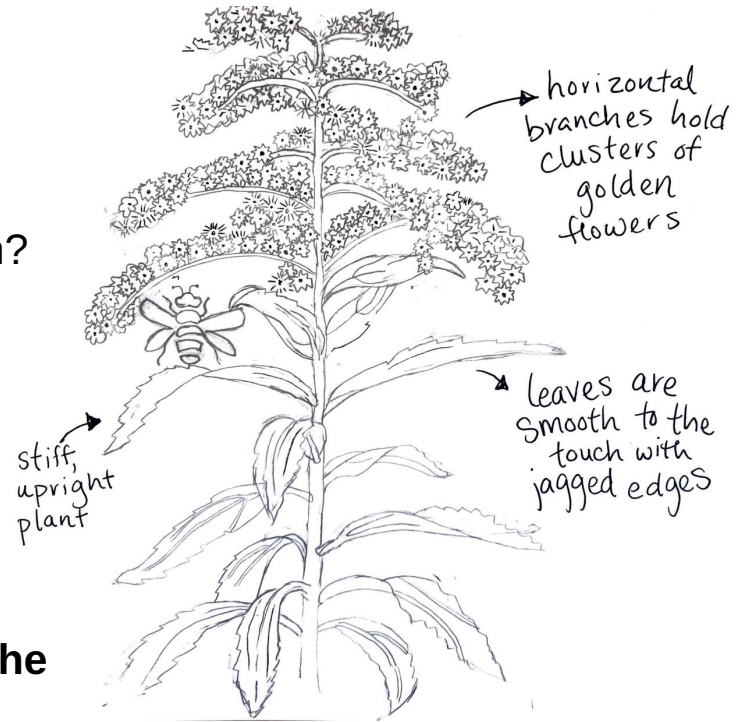
Goldenrod flowers from August through October.

Which pollinating animals relate to this plant most?

Bees, wasps, butterflies and soldier beetles pollinate goldenrod.

Are any parts of this plant edible?

Yes, you can cook or make tea with the flowers and leaves.



Nettle

(illustration of Dead Nettle)

Where does it grow?

Nettles grow in places like gardens, fields and woodlands.

What time of year does this plant bloom?

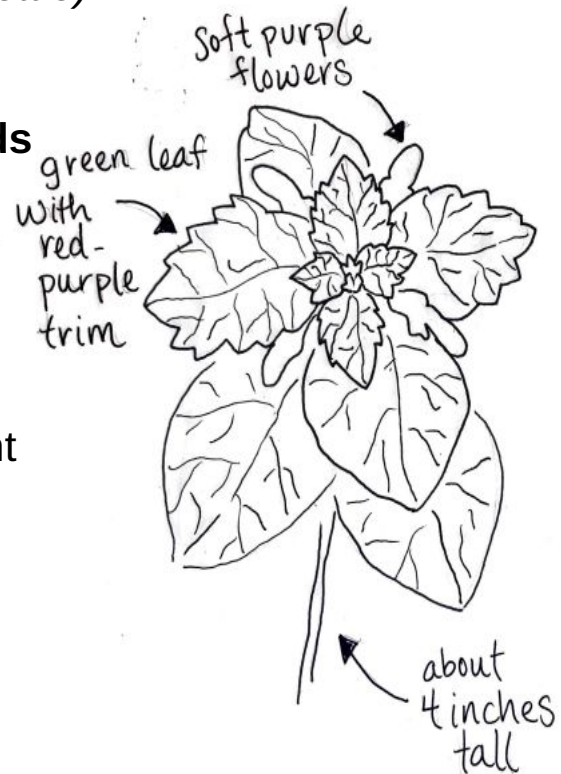
This plant blooms in May and June.

Which pollinating animals relate to this plant most?

Caterpillars and peacock butterflies are commonly found on nettles.

Are any parts of this plant edible?

Yes, the leaves are edible.



Swamp Milkweed

Where does it grow?

Swamp milkweed likes to grow in sunny openings of swamps or marshes.

What time of year does this plant bloom?

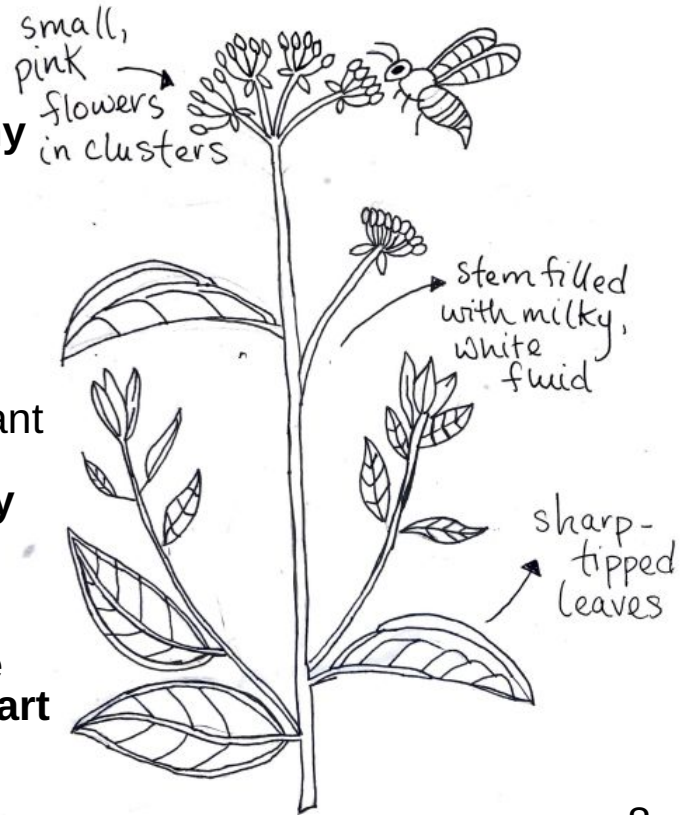
It blooms June through August in the northeast.

Which pollinating animals relate to this plant most?

Milkweed attracts butterflies, especially monarchs.

Are any parts of this plant edible?

Milkweed contains substances that are toxic to humans. Best not to eat any part of it.



Yarrow

Where does it grow?

Yarrow grows in lawns or meadows and prefers well drained soil with full sun.

What time of year is this plant in bloom?

Yarrow blooms in the summer, from June to August.

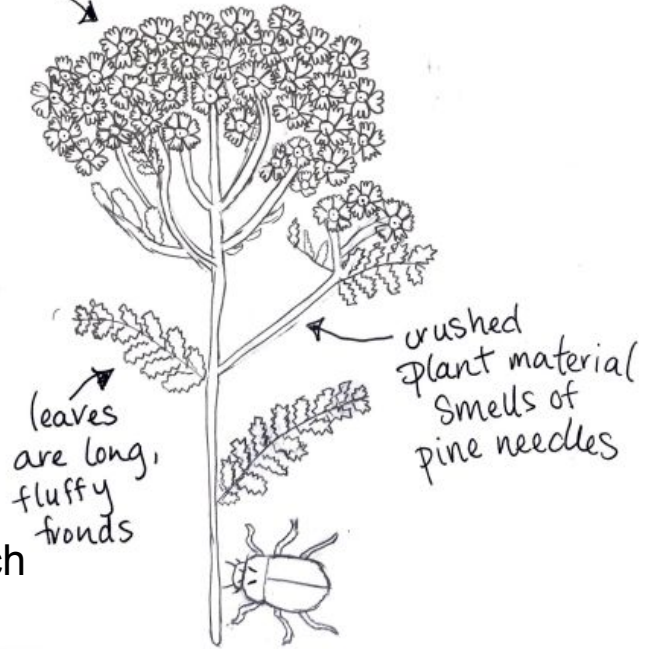
Which pollinating insects relate to this plant most?

Bees are commonly found on the Yarrow plant.

Are any parts of this plant edible? If so, which ones?

Yes, the leaves on the Yarrow plant are edible. The flowers can be used in herbal teas and tinctures.

flowers
are clusters of
white or pink



Herbal Tea Blend Recipe

Ingredients

2 cups fresh or 1 cup dried herbs including any of the following:

anise hyssop

lemon balm

lemongrass

mint

nettle

red clover

stevia

tulsi

Directions

Boil herbs in 2 quarts of water. Turn off heat and steep for 5-10 minutes. Strain and serve hot or add ice. Serve with honey if desired. Makes 6-8 servings.



Anise Hyssop

Nettle Sauté

Ingredients

2 cups tightly packed fresh nettle leaves***
1 tablespoon olive oil
1 slice of bacon, minced (optional)
1 small onion, thinly sliced
2 tablespoons balsamic vinegar (or to taste)
salt and pepper to taste

Directions

Simmer nettle leaves in boiling water for about two minutes then drain. Allow them to cool slightly and then chop them up.

Heat the olive oil in a medium skillet and add the bacon and onion slices when hot. Cook bacon through and until onions are translucent.

Add the prepared nettles. Mix well and add a drizzle of balsamic vinegar. Season with salt and pepper to taste and serve hot. Serves 2-3.

***If using common nettle, handle with gloves as plant may sting. Dead nettles have no stinging effect.

Beet Salad with Fennel & Anise Hyssop

Ingredients

1 lb heirloom beets such as red, white, gold, or chioggia varieties
2 tablespoons plus 1 teaspoon sunflower oil or other vegetable oil
kosher salt and pepper to taste
1 bulb of fennel shaved thin on a mandoline or sliced, avoiding the core
1 small red onion, sliced
1/4 teaspoon maple syrup or other natural sweetener
1/4 cup apple cider vinegar
large handful of whole small, anise hyssop leaves and flowers (larger leaves should be torn)
2 oz aged goat cheese or blue cheese sliced

Directions

Preheat oven to 375 degrees. Season beets lightly with oil, salt and pepper. Wrap beets in aluminum foil and place on a cookie sheet. Roast for 45 minutes or until tender, remove and let cool. Once beets are cool, peel them and slice them 1/4 in thick.

In a separate bowl, season sliced onion lightly with salt, pepper, sugar, vinegar and teaspoon of sunflower oil. Allow onion to sit for 4-5 minutes then combine with sliced fennel and reserve.

Plate beets topped with fennel and onion slices. Garnish with cheese and scatter anise hyssop leaves and flowers over the whole dish. Serves 4-5.

Leaf Rubbing Activity



Place the leaf you want to create a rubbing of on a flat surface. A large, hardcover book is very good for this purpose. Place a sheet of white printer paper on top.

With the side of a crayon, rub across the paper to reveal the markings of the leaf underneath.

Layer colors for a rainbow effect.

Draw the stem, roots, or flowers of the plant by hand to finish your artwork!

Credits

Cover Photo Credit
Tom Potterfield

Meadow Gardens, Longwood Gardens 2014

Illustration Credits

Coloring page illustrations - Julia Roberts and SonyaJoy, PFP Staff
Leaf rubbings - SonyaJoy with assistance from Boys & Girls Club of
Poughkeepsie youth

Research Credits

Danielle Wolf, SAGE Dietetics Intern

Sources

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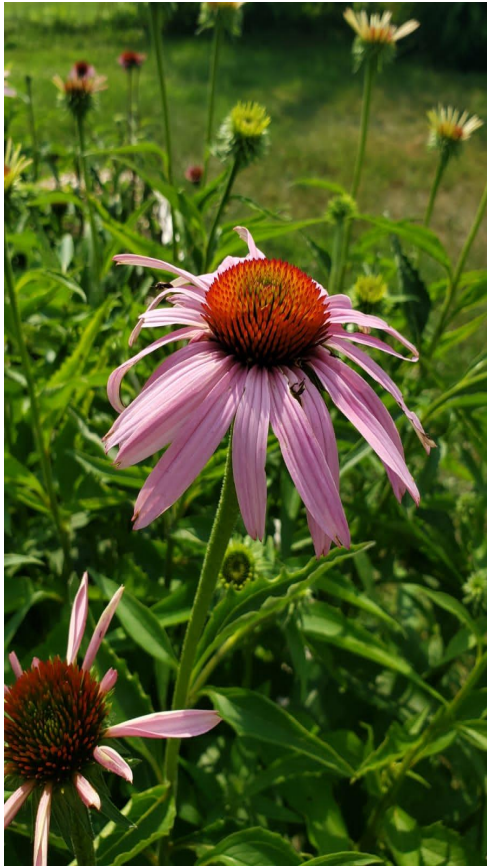
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https://www.fs.fed.us/wildflowers/plant-of-the-week/asclepias_incarnata.shtml (Title: Swamp Milkweed, Author: Forest Russell Holmes)



Our mission is to cultivate local leadership in sustainable farming, food access and education and to foster an inclusive, welcoming space for everyone.



Our vision is a community that works collaboratively to provide equitable access to nutritious food via a just and resilient food system.

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