

# Native Habitat Plants for Birds and Pollinators

Cheryl M. English

Botanical Latin Name	Common Name	Service	Season
<i>Trees</i>			
<i>Acer pensylvanicum</i>	Striped Maple	Buds, twigs, seeds, flowers – food for adults <sup>1</sup> ; larval host plant – food for babies <sup>2</sup> ; leaves and seed stalks used in nest building; nesting	Spring
<i>Acer spicatum</i>	Mountain Maple	Buds, twigs, seeds, flowers – food for adults; larval host plant – food for babies; leaves and seed stalks used in nest building; nesting	Spring
<i>Amelanchier arborea</i>	Serviceberry	Fruit – food for adults, especially members of the thrush family; larval host plant – food for babies; nectar.	Spring
<i>Cercis canadensis</i>	Eastern Red-bud	Seeds – food for adults; larval host plant – food for babies; nectar.	Spring
<i>Cornus florida</i>	Flowering Dogwood	Fruit – food for adults; larval host plant – food for babies; nectar.	Spring
<i>Cotinus obovatus</i>		Not native to Michigan	Spring
<i>Prunus virginiana</i>	Chokecherry	Fruit– food for adults; larval host plant – food for babies; nectar	Spring/Summer
<i>Quercus palustris</i>	Pin Oak	Acorns – food for adults; larval host plant – food for babies; twigs and leaves used in nest building; nesting	
<i>Sassafras albidum</i>	Sassafras	Fruit – food for adults (dioecious – requires both genders to fruit; also clonal); larval host plant – food for babies; nectar	
<i>Tilia americana</i>	Basswood	Larval host plant – food for babies; nectar – especially useful for bees (“Bee Tree”)	Summer
<i>Ulmus americana</i>	American Elm	Seed – food for adults; larval host plant – food for babies	Summer
<i>Shrubs</i>			
<i>Amorpha canescens</i>	Lead Plant	Larval host plant – food for babies; nectar.	Summer
<i>Aronia melanocarpa</i>	Black Chokeberry	Fruit – food for adults; larval host plant – food for babies; nectar.	Spring
<i>Ceanothus americanus</i>	New Jersey Tea	Larval host plant – food for babies; nectar.	Summer

<sup>1</sup> Refers to adult birds.

<sup>2</sup> Refers to baby birds.

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<i>Cephalanthus occidentalis</i>	Buttonbush	Fruit – food for adults; larval host plant – food for babies; nectar.	Summer
<i>Cornus sericea</i>	Red-twig Dogwood	Fruit – food for adults; larval host plant – food for babies; nectar.	Spring
<i>Corylus americana</i>	American Hazelnut	Nuts – food for adults; larval host plant – food for babies; nesting	Spring
<i>Hamamelis virginiana</i>	Common Witch-hazel	Larval host plant – food for babies	Autumn
<i>Hydrangea arborescens</i>	Sevenbark	Not native to Michigan	Summer
<i>Hydrangea quercifolia</i>	Oakleaf Hydrangea	Not native to Michigan	Summer
<i>Lindera benzoin</i>	Spicebush	Fruit – food for adults, largely the thrush family, including robins; larval host plant – food for babies	Spring
<i>Physocarpus opulifolius</i>	Common Ninebark	Fruit – food for adults; larval host plant; nectar	Spring
<i>Rhus aromatica</i>	Fragrant Sumac	Fruit – food for adults; larval host plant	Spring; (Autumn)
<i>Rosa carolina</i>	Pasture Rose	Fruit – food for adults; larval host plant – food for babies; nectar; nesting.	Summer
<i>Rubus parviflorus</i>	Thimbleberry	Fruit – food for adults; larval host plant – food for babies; nectar.	Summer
<i>Salix discolor</i>	Pussywillow	Buds, twigs, - food for adults; larval host plant - food for babies	Spring
<i>Sambucus canadensis</i>	American Black Elderberry	Fruit – food for adults; larval host plant; nectar	Summer
<i>Spiraea alba</i>	Meadowsweet	Fruit – food for adults; larval host plant – food for babies	Summer
<i>Spiraea tomentosa</i>	Steeplebush	Fruit – food for adults; larval host plant – food for babies	Summer
<i>Staphylea trifolia</i>	American Lantern Bush	???	Spring; (Autumn)
<i>Viburnum acerfolium</i>	Maple-leaf Viburnum	Fruit – food for adults; larval host plant – food for babies; nectar.	Spring
<i>Viburnum lentago</i>	Nannyberry	Fruit – food for adults; larval host plant – food for babies; nectar.	Spring
<i>Zanthoxylum americanum</i>	Prickly Ash	Fruit – food for adults; larval host plant – food for babies.	Spring
<b>Vines</b>			
<i>Aristolochia tomentosa</i>	Dutchman's Pipe	Larval host plant - food for babies; not native to Michigan	Spring
<i>Celastrus scandens</i>	American Bittersweet	Fruit – food for adults (robins)	Spring
<i>Clematis occidentalis</i>	Spring Virgin's Bower	Seeds – food for adults; nectar	Spring
<i>Clematis virginiana</i>	Virgin's Bower	Seeds – food for adults; nectar	Summer; Winter
<i>Diervilla lonicera</i>	Bush Honeysuckle	Larval host plant – food for babies; nectar	Summer
<i>Dioscorea villosa</i>	Wild Yam	???	Summer
<i>Echinocystis lobata</i>	Wild Cucumber Vine	Seed – food for adults; nectar	Summer

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<i>Euonymus obovatus</i>	Running Strawberry	Fruit – food for adults	Spring
<i>Lonicera dioica</i>	Limber Honeysuckle	Fruit – food for adults; larval host plant – food for babies; nectar	Spring
<i>Menispermum canadense</i>	Moonseed Vine	Fruit – food for adults; <b>toxic for humans</b>	Summer
<i>Parthenocissus quinquefolia</i>	Virginia Creeper	Fruit – food for adults; larval host plant – food for babies; <b>topical and digestive irritant for mammals</b>	Summer
<b>Forbs</b>			
<i>Achillea millefolium</i>	Yarrow	Nectar	Summer
<i>Actea pachypoda</i>	White Baneberry	Fruit – food for adults	Spring
<i>Ageratina altissima</i>	White Snakeroot	???	Autumn
<i>Agastache foeniculum</i>	Anise Hyssop	Seed – food for adults; larval host plant – food for babies; nectar; not native to Michigan	Summer
<i>Agastache nepetoides</i>	Yellow Giant Hyssop	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Allium cernuum</i>	Wild Nodding Onion	Larval host plant – food for babies; nectar	Summer; Winter
<i>Anaphalis margaritacea</i>	Pearly Everlasting	Larval host plant - food for babies	Summer; Winter
<i>Anemone acutiloba</i>	Sharp-leaved Hepatica	???	Spring
<i>Anemone americana</i>	Round-lobed Hepatica	???	Spring
<i>Anemone canadensis</i>	Canadian Anemone	???	Early Summer
<i>Anemone multifida</i>	Red Anemone	???	Summer
<i>Anemone quinquefolia</i>	Wood Anemone	???	Spring
<i>Anemone virginiana</i>	Thimble Weed	???	Summer
<i>Anemonella thalictroides</i>	Rue Anemone	???	Spring
<i>Angelica atropurpurea</i>	Purplestem Angelica	Larval host plant - food for babies	Spring
<i>Antennaria neglecta</i>	Field Pussy-toes	Larval host plant - food for babies; nectar	Spring
<i>Antennaria plantaginifolia</i>	Plantain-leaved Pussy-toes	Larval host plant - food for babies; nectar	Spring
<i>Apocynum androsaemifolium</i>	Spreading Dogbane	Nectar – food for adults; larval host plant – food for babies	Summer
<i>Aquilegia canadensis</i>	Eastern Columbine	Nectar – food for adults; larval host plant – food for babies	Spring
<i>Aralia nudicaulis</i>	Wild Sarsaparilla	Fruit – food for adults	Autumn
<i>Aralia racemosa</i>	Spikenard	Fruit – food for adults	Autumn
<i>Arisaema dracontium</i>	Green Dragon	Fruit – food for adults	Summer
<i>Arisaema triphyllum</i>	Jack-in-the Pulpit	Fruit – food for adults	Spring
<i>Asarum canadense</i>	Wild Ginger	Larval host plant – food for babies;	Spring
<i>Asclepias exaltata</i>	Poke Milkweed	Seed – food for adults; larval host plant - food for babies; nectar	Summer

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<i>Asclepias incarnata</i>	Rosy Milkweed	Seed – food for adults; larval host plant - food for babies; nectar	Summer
<i>Asclepias syriaca</i>	Common Milkweed	Seed – food for adults; larval host plant - food for babies; nectar	Summer; Winter
<i>Asclepias tuberosa</i>	Butterfly Milkweed	Seed – food for adults <sup>3</sup> ; larval host plant - food for babies; nectar	Summer
<i>Asclepias verticillata</i>	Whorled Weed	Seed – food for adults; larval host plant - food for babies; nectar	Summer
<i>Baptisia alba</i>	White False Indigo	Seed – food for adults; larval host plant – food for babies; nectar	Spring
<i>Baptisia australis</i>	Blue False Indigo	Not native to Michigan	Spring
<i>Baptisia tinctoria</i>	Yellow Wild Indigo	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Campanula rotundifolia</i>	Harebell	???	Summer
<i>Campanulastrum americana</i>	Tall Bellflower	Nectar	Summer
<i>Cardamine concatenata</i>	Cut-leaf Toothwort	Larval host plant – food for babies; nectar	Spring
<i>Caulophyllum thalictroides</i>	Blue Cohosh	Fruit – food for adults	Spring
<i>Chamaecrista fasciculata</i>	Partridge Pea	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Chamerion angustifolium</i>	Fireweed	Larval host plant – food for babies; nectar	Summer
<i>Chelone glabra</i>	White Turtlehead	Larval host plant - food for babies	Autumn; Winter
<i>Claytonia virginica</i>	Spring Beauty	???	Spring
<i>Coreopsis lanceolata</i>	Sand Tickseed	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Coreopsis palmate</i>	Prairie Tickseed	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Coreopsis tripteris</i>	Tall Tickseed	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Cypripedium parviflorum</i>	Yellow Lady's Slipper	???	Spring
<i>Dalea purpurea</i>	Purple Prairie Clover	Larval host plant – food for babies; nectar	Summer
<i>Desmodium canadense</i>	Showy Tick Trefoil	Seed – food for adults; larval host plant – food for babies; nectar	Summer; Winter
<i>Desmodium glutinosum</i>	Pointed-leaf Tick Trefoil	Seed – food for adults; larval host plant – food for babies; nectar	Summer; Winter

<sup>3</sup> Refers to adult birds.  
Habitat Plant List (2).doc

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<i>Desmodium marilandica</i>	Smooth Small-Leaf Tick Trefoil	Seed – food for adults; larval host plant – food for babies; nectar	Summer; Winter
<i>Dicentra cucularia</i>	Dutchman’s Breeches	???	Spring
<i>Dodecatheon meadia</i>	Shooting Star	???	Spring
<i>Doellingeria umbellata</i>	Flat-topped White Aster	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Echinacea pallida</i>	Pale Purple Coneflower	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Echinacea purpurea</i>	Purple Coneflower	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Eryngium yuccifolium</i>	Rattlesnake Master	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Erythronium albidum</i>	White Troutlily	???	Spring
<i>Erythronium americanum</i>	Yellow Troutlily	???	Spring
<i>Eupatorium perfoliatum</i>	Boneset	Larval host plant – food for babies; nectar	Summer
<i>Euphorbia corollata</i>	Flowering Spurge	Seed – food for adults; nectar	Summer
<i>Eurybia macrophylla</i>	Big-leaved Aster	Seed – food for adults; larval host plant – food for babies; nectar	Autumn; Winter
<i>Eutrochium maculatum</i>	Sweet Joe-Pye Weed	Seed – food for adults; larval host plant – food for babies; nectar	Summer; Winter
<i>Eutrochium purpureum</i>	Sweet Joe-Pye Weed	Seed – food for adults; larval host plant – food for babies; nectar	Summer; Winter
<i>Filipendula rubra</i>	Queen of the Prairie	???	Summer
<i>Fragaria virginiana</i>	Wild Strawberry	Fruit – food for adults; larval host plant – food for babies; nectar	Spring
<i>Gentiana andrewsii</i>	Bottle Gentian	???	Autumn
<i>Geranium maculatum</i>	Wild Geranium	Seed – food for adults; larval host plant – food for babies; nectar	Spring
<i>Geum triflorum</i>	Prairie Smoke	???	Spring
<i>Helenium autumnale</i>	Sneezeweed	Seed – food for adults; nectar	Autumn; Winter
<i>Helianthus divaricatus</i>	Woodland Sunflower	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Helianthus giganteus</i>	Giant Sunflower	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Helianthus mollis</i>	Downy Sunflower	Seed – food for adults; larval host plant – food for babies; nectar	Autumn

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<i>Helianthus occidentalis</i>	Western Sunflower	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Heliopsis helianthoides</i>	False Sunflower	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Heracium venosum</i>	Rattlesnake Weed	???	Spring
<i>Heuchera americana</i>	American Alumroot	???	Spring
<i>Heuchera richardsonii</i>	Richardson's Alumroot	???	Spring
<i>Hibiscus moscheutos</i>	Swamp Mallow	Larval host plant – food for babies; nectar	Summer
<i>Hydrophyllum virginianum</i>	Virginia Waterleaf	???	Spring
<i>Impatiens capensis</i>	Jewelweed	Seed – food for adults; nectar – food for adults	Summer
<i>Iris versicolor</i>	Northern Blue Flag	Nectar – food for adults	Spring
<i>Iris virginica</i>	Southern Blue Flag	Nectar – food for adults	Spring
<i>Jeffersonia diphylla</i>	Twinleaf	Larval host plant – food for babies;	Spring
<i>Lespedeza capitata</i>	Round-headed Bush-Clover	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Liatris aspera</i>	Rough Blazing Star	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Liatris cylindracea</i>	Cylindrical Blazing Star	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Liatris spicata</i>	Blazing Star	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Lilium michiganense</i>	Michigan Lily	Seed – food for adults; nectar	Summer
<i>Lobelia cardinalis</i>	Cardinal Flower	Nectar – food for adults; larval host plant – food for babies	Summer
<i>Lobelia siphilitica</i>	Great Blue Lobelia	Nectar – food for adults; larval host plant – food for babies	Summer
<i>Lupinus perennis</i>	Perennial Lupine	Seed – food for adults; larval host plant - food for babies; nectar	Spring
<i>Lysimachia ciliata</i>	Fringed Loosestrife	Elaiphoric – offers oils instead of nectar to its pollinators	Summer
<i>Maianthemum racemosum</i>	False Solomon's Seal	Fruit – food for adults; nectar	Spring
<i>Maianthemum stellatum</i>	Starry False Solomon's Seal	Fruit – food for adults; nectar	Spring
<i>Meehania cordata</i>	Meehan's Mint	Not native to Michigan	Spring
<i>Menyanthes trifoliata</i>	Buck Bean	Seed – food for adults; larval host plant – food for babies; nectar	
<i>Mertensia virginiana</i>	Virginia Bluebells	???	Spring
<i>Mimulus ringens</i>	Monkey Flower	Larval host plant – food for babies; nectar	Summer
<i>Mitella diphylla</i>	Bishop's Cap	???	Spring

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<i>Monarda fistulosa</i>	Wild Bergamot	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Monarda punctata</i>	Dotted Horse Mint	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Opuntia humifusa</i>	Eastern Prickly Pear Cactus	Not of significant use in our region	Summer
<i>Packera aurea</i>	Golden Groundsel	Larval host plant; nectar	Spring
<i>Packera obovata</i>	Round-leaved Groundsel	Larval host plant; nectar	Spring
<i>Parthenium integrifolium</i>	Wild Quinine	Nectar	Summer
<i>Penstemon digitalis</i>	Foxglove Beardtongue	Negligible	Summer
<i>Penstemon hirsutis</i>	Hairy Beardtongue	Negligible	Summer
<i>Phlox divaricata</i>	Blue Wood Phlox	Larval host plant – food for babies; nectar	Spring
<i>Phlox pilosa</i>	Downy Phlox	Larval host plant – food for babies; nectar	Spring
<i>Physostegia virginiana</i>	Obedient Plant	Nectar	Summer
<i>Podophyllum peltatum</i>	Mayapple	Fruit – food for adults; larval host plant – food for babies	Spring
<i>Polemonium reptans</i>	Jacob's Ladder	Nectar	Spring
<i>Polygonatum biflorum</i>	True Solomon's Seal	Fruit – food for adults; larval host plant – food for babies; nectar	Spring
<i>Potentilla arguta</i>	Tall Cinquefoil	Seed – food for adults; nectar	Summer
<i>Pseudognaphalium obtusifolium</i>	Sweet Everlasting	Seed – food for adults; larval host plant – food for babies; nectar	Summer; Winter
<i>Pycnanthemum tenuifolium</i>	Virginia Mountain Mint	Larval host plant; nectar; dormant stems used for nest-building	Summer
<i>Ranunculus septentrionalis</i>	Swamp Buttercup	Seed – food for adults	Spring
<i>Ratibida pinnata</i>	Gray-headed Coneflower	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Rudbeckia fulgida</i>	Orange Coneflower	Seed – food for adults; larval host plant – food for babies; nectar	Summer; Winter
<i>Rudbeckia hirta</i>	Black-eyed Susan	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Rudbeckia laciniata</i>	Green-headed Coneflower	Seed – food for adults (particularly favored by goldfinches); larval host plant – food for babies; nectar	Summer, Fall; Winter
<i>Rudbeckia triloba</i>	Brown-eyed Susan	Seed – food for adults; larval host plant – food for babies; nectar	Autumn; Winter
<i>Ruellia humilis</i>	Wild Petunia	Larval host plant – food for babies; nectar	Summer
<i>Sanguinaria canadensis</i>	Bloodroot	Larval host plant – food for babies; nectar	Spring
<i>Scutellaria lateriflora</i>	Mad-dog Skullcap	Larval host plant – food for babies; nectar	Summer



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<i>Senna hebecarpa</i>	Wild Senna	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Silphium integrifolium</i>	Rosin Weed	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Silphium laciniatum</i>	Compass Plant	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Silphium perfoliatum</i>	Cup Plant	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Silphium terebinthinaceum</i>	Prairie Dock	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Sisyrinchium angustifolium</i>	Blue-eyed Grass	???	Summer
<i>Solidago caesia</i>	Bluestem Goldenrod	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Solidago canadensis</i>	Canada Goldenrod	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Solidago flexicaulis</i>	Zig-zag Goldenrod	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Solidago riddellii</i>	Riddell's Goldenrod	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Solidago rigida</i>	Stiff Goldenrod	Seed – food for adults; larval host plant – food for babies; nectar	Autumn; Winter
<i>Spigelia marilandica</i>	Indian Pink	Not native to Michigan.	Summer
<i>Stylophorum diphyllum</i>	Celandine Poppy	???	Spring
<i>Symphotrichum cordifolium</i>	Heart-leaved Aster	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Symphotrichum laeve</i>	Smooth Aster	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Symphotrichum novae-angliae</i>	New England Aster	Seed – food for adults; larval host plant – food for babies; nectar	Autumn; Winter
<i>Symphotrichum oolentangiense</i>	Sky-blue Aster	Seed – food for adults; larval host plant – food for babies; nectar	Autumn
<i>Tephrosia virginiana</i>	Goat's Rue	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Thalictrum dasycarpum</i>	Purple Meadow-rue	Seed – food for adults; larval host plant – food for babies	Summer
<i>Thalictrum dioicum</i>	Early Meadowrue	Seed – food for adults; larval host plant – food for babies	Spring
<i>Thalictrum pubescens</i>	King of the Meadow	Seed – food for adults; larval host plant – food for babies	Summer



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<i>Tiarella cordifolia</i>	Foamflower	???	Spring
<i>Tradescantia ohiensis</i>	Spiderwort	No nectar – pollen important for native bees	Summer
<i>Trillium erectum</i>	Wakerobin	???	Spring
<i>Trillium grandiflora</i>	Great White Trillium	???	Spring
<i>Trillium luteum</i>	Yellow Toadshade	???	Spring
<i>Trillium recurvatum</i>	Prairie Trillium	???	Spring
<i>Trillium sessile</i>	Toadshade	???	Spring
<i>Triosteum aurantiacum</i>	Orange-fruited Horse Gentian	Fruit – food for adults; larval host plant – food for babies; nectar	Spring
<i>Uvularia grandiflora</i>	Large Merrybells	Nectar	Spring
<i>Verbena hastata</i>	Blue Vervain	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Verbena stricta</i>	Hoary Vervain	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Verbena urticifolia</i>	White Vervain	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Verbesina alternifolia</i>	Wingstem	Seed – food for adults; larval host plant – food for babies; nectar	Summer
<i>Vernonia missurica</i>	Missouri Ironweed	Seed – food for adults; larval host plant – food for babies; nectar	Autumn; Winter
<i>Veronicastrum virginica</i>	Culver's Root	Larval host plant – food for babies; nectar	Summer
<i>Viola canadensis</i>	Canadian White Violet	Seed – food for adults; larval host plant – food for babies; nectar	Spring
<i>Viola procumbens</i>	Yellow Forest Violet	Seed – food for adults; larval host plant – food for babies; nectar	Spring
<i>Viola rostrata</i>	Long-spur Violet	Seed – food for adults; larval host plant – food for babies; nectar	Spring
<i>Zizia aptera</i>	Heart-leaved Alexanders	Seed – food for adults; larval host plant – food for babies; nectar	Spring
<i>Zizia aurea</i>	Golden Alexanders	Seed – food for adults; larval host plant – food for babies; nectar	Spring
<b>Ferns</b>			
<i>Adiantum pedatum</i>	Maidenhair Fern	???	
<i>Athyrium filix-femina</i>	Lady Fern	???	
<i>Cystopteris bulbifera</i>	Bulblet Fern	???	
<b>Grasses and Sedges</b>			

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<i>Acorus calamus</i>	Sweet Flag	???	Spring
<i>Carex eburnea</i>	Ivory Sedge	Seed – fruit for adults	Spring
<i>Carex grayi</i>	Gray's Sedge	Seed – fruit for adults; larval host plant – food for babies	Spring
<i>Carex muskingumensis</i>	Palm Sedge	Seed – food for adults; larval host plant – food for babies	Summer
<i>Carex pennsylvanica</i>	Penn Sedge	Seed – fruit for adults; larval host plant – food for babies	Spring
<i>Carex plantaginea</i>	Plantain Sedge	Seed – fruit for adults; larval host plant – food for babies	Spring
<i>Carex rosea</i>	Rosy Sedge	Seed – fruit for adults	Spring
<i>Carex vulpinoidea</i>	Fox Sedge	Seed – fruit for adults; larval host plant – food for babies	Spring
<i>Chasmanthium atifolium</i>	Northern Sea Oats	Seed – food for adults; larval host plant – food for babies	Summer
<i>Elymus hystrix</i>	Bottlebrush Grass	Seed – food for adults; larval host plant – food for babies	Summer
<i>Eragrostis spectabilis</i>	Purple Love Grass	Seed – food for adults; larval host plant – food for babies	Summer
<i>Schizachyrium scoparium</i>	Little Bluestem	Seed – food for adults; larval host plant – food for babies	(Autumn); Winter
<i>Scirpus cyperinus</i>	Woolgrass	Seed – food for adults; larval host plant – food for babies	Summer
<i>Sporobolus heterolepis</i>	Prairie Dropseed	Seed – food for adults; larval host plant – food for babies	Summer
<b>"Weeds"</b>			
<i>Ambrosia spp.</i>	Ragweeds	Seed – food for adults; larval host plant – food for babies	
<i>Phytolacca americana</i>	Pokeweed	Fruit – food for adults; larval host plant – food for babies	
<i>Solanum dulcamara</i>	Bitter Nightshade	Fruit – food for adults	
<i>Toxicodendron radicans</i>	Poison Ivy	Fruit – food for adults	

Sources:

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Copious research on the internet, including the Lady Bird Johnson Wildflower Center, the United States Department of Agriculture, numerous arboreta and other sources.

This is a living document. If you have additional or conflicting information, please share so I can provide the most accurate data possible.  
Thank you.