

Food Plants In Our Garden For Beneficial Insects

These insects have short mouthparts and need easily accessible nectar.

Asteraceae

<i>Achillea</i>	Lady beetles, parasitic wasps, hover flies,
<i>Tagetes</i>	Lady beetles, hover flies
<i>Cosmos</i>	Hover flies,
<i>Zinnia</i>	Hover flies, parasitic wasps

Apiaceae

Parsley	Hover flies, tachinid flies
Coriander	Lacewings, lady beetles, hover flies, parasitic wasps,
Fennel	Lacewings, parasitic wasps, predatory wasps, hover flies
Carrot	Lacewings, predatory wasps, parasitic wasps, minute pirate bugs, tachinid flies, lady beetles, hover flies

Lamiaceae

<i>Lavendula</i>	Hover flies
Mint	Predatory wasps, hover flies, tachinid flies
<i>Oregano</i>	
<i>Thymus</i>	Tachinid flies, hover flies

Brassicaceae

<i>Cheiranthus/Erysimum</i>	
<i>Lobulea maritima</i>	Hover flies

Limnanthaceae

<i>Limnanthes douglassii</i>	Hover flies
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Polygonaceae

<i>Eriogonum</i>	Hover flies, minute pirate bugs, tachinid flies
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Sources:

- 1."Plants that attract beneficial insects" NC State University Extension
- 2."Plants for attracting beneficial insects"
<http://tomclothier.hort.net/page44.html>