Plant Families that Attract Beneficial Insects

**Apiaceae** - Umbel, Parsley family
  Ex. Angelica, coriander, parsley

**Asteraceae** – Daisy family
  Ex. Cosmos, Yarrow, Sunflower, Coreopsis

**Brassicaeae** – Mustard family
  Ex. Alyssum, cabbage, arugula

**Laminaceae** – Mint family
  Ex. Oregano, Stachys, all mints

**Polygonaceae** - Buckwheat family
  Ex. Buckwheat, Sorrel

**Scrophulariaceae** – Figwort family
  Ex. Penstemon, Indian Paintbrush, Mimulus

**Roseaceae** – Rose family
  Ex. Potentilla, Spirea, Rubus sp., Ninebark

Short list of Predators and Parasitoids

**Predators**
Green/Brown Lacewings
Syrphid Fly
Ground beetle
Assassin bug
Predacious Mites
Lady beetles
Soldier beetles
Spiders – not insects!

**Parasitoids**
Ichnumonid wasps
Braconid wasps
Trichogramma wasps
Tachinid fly