

| NEDERLANDSE NAAM | WETENSCHAPPELIJKE NAAM | Bijen – Nectar waarde | Bijen – Pollen waarde | Vlinders Waard – planten | Vlinders Nectar-planten |
|--------------------------|------------------------------|-----------------------|-----------------------|--------------------------|-------------------------|
| Afrikaantje (hoge soort) | Tagetes patula | N3 | | | |
| Agrimonie | Agrimonia eupatoria | | | W | |
| Akelei – varia | Aquilegia 'varia' | | | | |
| Anijs | Pimpinella anisum | | | | |
| Anjer – ruige | Dianthus armeria | | | | |
| Balsemwormkruid | Tanacetum balsamita | | | | |
| Barbarakruid/Winterkers | Barbara vulgaris | N1 | P1 | | Nc |
| Bieslook – grof | Allium fistulosum | N1 | P1 | | |
| Bieslook – knoflook | Allium tuberosum | N3 | P3 | W | Nc |
| Blauwe knoop | Succisa pratensis | N2 | P2 | W | Nc |
| Bolderik | Agrostemma githago | | | | |
| Chinese chrysant | Chrysanthemum coronarium | | | | |
| Cichorei – wilde | Cichorium intybus | N3 | P3 | | |
| Daslook | Allium ursinum | N2 | P2 | | |
| Esparcette | Onobryz viciifolia | N5 | P5 | W | Nc |
| Galega / Geitenruit | Galega officinalis | | | W | |
| Ganzerik – rechte | Potentilla erecta | N0 | P1 | W | |
| Glad Parelzaad | Lithospermum officinalis | N3 | P3 | | |
| Goudsbloem – akker | Calendula arvensis | | | | |
| Griekse alant | Inula helenium | N0 | P0 | | |
| Hartgespan | Leonurus cardiaca | N3 | P3 | | |
| Honingklaver – akker | Melilotus officinalis | N5 | P5 | W | |
| Juffertje in het groen | Nigella damascena | N1 | P1 | | |
| Kamille – echte | Matricaria chamomilla | | | | |
| Kamille – roomse | Anthemis nobilis | | | | |
| Kardoen | Cynara cardunculus | N1 | P0 | | |
| Klaproos – gemengd | Papaver rhoeas en dubium | N0 | P5 | | |
| Klaproos – grote | Papaver rhoeas | N0 | P5 | | |
| Klokje – rapunzel | Campanula rapunculus | N3 | P3 | | Nc |
| Klokje – ruig | Campanula trachelium | N3 | P3 | | |
| Komkommerkruid | Borago officinalis | N5 | P5 | | |
| Koninginnenkruid | Eupatorium cannabinum | N3 | P3 | W | Nc |
| Mariadistel | Silibium marianum | N3 | P3 | | |
| Marjolein – wilde | Origanum vulgare | N5 | P5 | | Nc |
| Marjolein – lage soort | Origanum 'Compactum' | N5 | P5 | | Nc |
| Moederkruid | Tanacetum parthenium | N1 | P1 | | |
| Moerasspirea | Filipendula ulmaria | N0 | P3 | W | |
| Morgenster paarse | Tragopogon porrifolius | | | | |
| Oerprei | Allium ampeloprasum holmense | N3 | P3 | | |

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| Pekbloem – rode | Silene armeria | | | | |
| Scharlei | Salvia sclarea | N0 | P0 | | |
| Sint janskruid | Hypericum perforatum | N0 | P3 | | |
| Slaapbol – echte | Papaver somniferum | N0 | P5 | | |
| Teunisbloem – middelste | Oenothera biennis | N3 | P3 | W | |
| Wede | Isatis tinctoria | | | W | |
| Wondklaver | Anthyllis vulneraria | N1 | P1 | W | |
| Zonnebloem | Helianthus annuus | N5 | P5 | | |
| Zwartmoeskervel | Smyrnium olusatrum | | | | |

In de kleine bak meer zaden, maar in kleinere hoeveelheid. OP is OP.

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|--------------------------|--------------------------------|----|----|---|----|
| Afrikaantje (hoge soort) | Tagetes patula 'Mexican Twist' | N3 | | | |
| Bleekgele Hennepnetel | Galeopsis segetum | N1 | P1 | | |
| Boompioen | Paeonia lutea | | | | |
| Borstelkrans | Clinopodium vulgare | N3 | P3 | | Nc |
| Guldenroede – echte | Solidago virgaurea | N3 | P3 | | Nc |
| Helmkruid – knopig | Scrophularia nodosa | N5 | P5 | W | |
| Kaardenbol – wevers | Dipsacus laciniatus | N0 | P0 | | |
| Kamille – gele | Anthemis tinctoria | N1 | P1 | W | |
| Lepelblad | Cochlearia officinalis | | | | |
| Peen – wilde | Daucus carota | N4 | P4 | W | Nc |
| Rode Spoorbloem | Centranthus ruber | | | W | Nc |
| Sleutelbloem – gulden | Primula veris | N0 | P1 | W | |
| Sleutelbloem – slanke | Primula elatior | N2 | P2 | W | |
| Stalkaars | Verbascum densiflorum | N0 | P3 | W | |
| Toorts – zwarte | Verbascum nigrum | N0 | P3 | W | |
| Vinkel | Foeniculum vulgare | N3 | P3 | W | Nc |
| Verbena – tuin | Verbena hastata | N3 | P0 | | |
| Vingerhoedskruid – wild | Digitalis purpurea | N1 | P1 | W | |
| Vingerhoedskruid wollig | Digitalis lanata | | | | |
| Vlasbekje | Linaria vulgaris | N1 | P1 | W | |
| Vlozaad | Plantago psyllium | | | | |
| Vossenboon | Thermopsis lanceolata | | | | |
| Zeepkruid | Saponaria officinalis | N1 | P0 | | Nc |