

GARDENING GUIDE for Sacramento based on [CNPS](#), [Bloom](#), and [Homegrown Habitat](#) More and more Californians are choosing native plants for their gardens. SacValleyCNPS.org/HH

Native plants have a beauty unique to California, are climate-conscious, and provide invaluable habitat.

Join the chorus of Californians bringing our state's natural splendor to their backyards, balconies, containers, and beyond. Why?

- Easy care: basic maintenance will keep gardens hassle-free
- Drought tolerance: many of California's native plants need little water to thrive.
- Habitat power: attract butterflies, birds, bees, and other wildlife that share our home

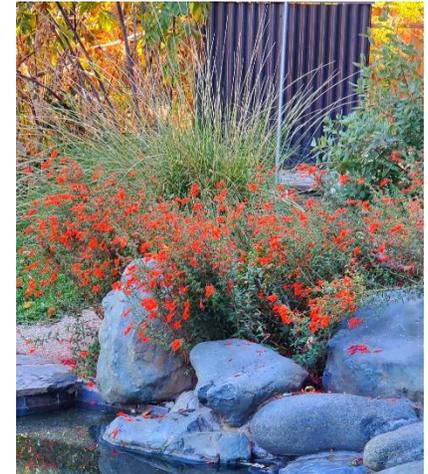
Why plant in the fall?

Planting in the fall can be more beneficial for your native plants, especially the trees and shrubs. Here's the top 2 reasons:

Stronger Root Systems Perhaps the most important benefit to planting in the fall is that it gives your plants more time to develop strong root systems before the intense heat of the summer. While aboveground your native trees, shrubs, and perennials may be going dormant, below ground they will continue to put out roots until the ground freezes. Applying a layer of mulch in the fall can also help keep the ground warm longer, giving roots a little extra time to get established.

Less Stress on Your Plants The cooler nights and (hopefully) rainfall of autumn are less stressful for your plants and more beneficial for new root growth. Once you plant remember to water until Mother Nature takes over for the winter.

California Fuchsia w/ Deer Grass



Know Before You Grow

- **Light conditions:** Observe sun and shade on your site throughout the day. Keep in mind, the sun is at its highest angle during summer and lowest during winter, so exposure will vary across seasons. And as plants grow they'll cast their own shade, changing the sun-shade exposure. Tip: Spend a full day taking photos of your garden every hour, so you can track how the sun moves and how much direct sunlight your space has.
- **Wet spots:** Identify low points (if any) where water might accumulate, perfect for plants that benefit from extra water.
- **Grey water: A great way to add water to your garden** is to reuse your home's grey water. These include, Rain Gardens which capture roof water and distribute from there; Solar Shower, which uses no energy; an Outdoor Shower, which is attached to your home's water and power but distributes water to your garden.
- **Zones:** Based on your observations, divide your site into smaller zones of like conditions.
- **Involvement:** How much time and energy are you willing to spend taking care of your plants? Some plants don't need as much attention as others, but all plants require some basic maintenance! Remember that you can start by transitioning your yard on area at a time. And to enrich your soil, you can always pile wood chips on next year's project areas.
- **Cost:** What is your budget for the project? Adjustments to plant sizes/plant quantities or a phased approach to the design can help keep costs manageable. Ask your Water District if they have any incentives for you to take out a lawn!

Design Tips

- Plant fewer species in higher quantities for a more modern and calming effect.
- Plant in drifts and swaths of like plants, rather than a sprinkling of different plant species, for a simple but powerful visual effect.
- Try to plant in groups of odd numbers.

- Give plants room to grow into their mature dimensions! Always note the mature sizes on the container labels and space plants accordingly. When native annuals are seeded around shrubs and trees that will take time to fill out, they will add color, interest and be habitat for wildlife.
- Give structure to your yard with evergreen shrubs that will remain green year-round and that will act as a backdrop to more colorful perennials and annuals.
- Select a larger species, such as a Manzanita or Oak, as a single specimen for the landscape. Give it space so that it can grow to its full, mature form.
- When planting trees or large shrubs, there will be a lot of space between plantings. So, bonus! these open areas are a great places to plant annual seeds or plants.

Plant Speak

Height and Width: How big will your plant grow? Be mindful to leave space for growth at maturity to avoid overcrowding. It often takes about 3 years or more for plants to reach their maximum size.

Establishment Period

Native plants are not established until the second summer. Remember, it takes a few years for those roots to fully develop. If your plants are properly sited, you will not need to water much after the first full year.

(A few of our) CALIFORNIA NATIVE PLANTS

Keystone plants are native plants critical to the food web and necessary for many wildlife species to complete their life cycle.

Water Needs ONCE ESTABLISHED

VL= Very low- 1 time month

Some=2-3 times month

High = 1-2 times weekly

Sun Needs

Full = 6+ hours day

Part = 3-4 hours day

Shade = less than 3 hours and no afternoon sun

Evergreen / Deciduous

Botanical Name	Common Name	Bloom	Height	VL	Some	High	Sun	Part Sun	Shade	E/D	Wildlife
TREES											
<i>Ceanothus 'Ray Hartman'</i>	Ceanothus 'Ray Hartman'	May-Jun	15-30'		X		X	X		E	Native and Honey Bees love this plant!
<i>Cercis occidentalis</i>	Western Redbud	Feb-Apr	15-25'	X	X	X	X	X	X	D	Hummingbirds, Butterflies, Birds, HOST for 11 caterpillars.
<i>Quercus wislizeni</i>	Interior live oak	Mar-May	30-50'	X	X		X			E	Butterflies & moths hosted: 14 confirmed and 158 likely
<i>Salix exigua</i>	Sandbar Willow	Feb-Mar	10-23'			X	X	X		D	Butterflies & moths HOST: 10 confirmed, 215 likely
<i>Sambucus nigra caerulea</i>	Blue elderberry	Mar-Jul	15-30'		X		X	X		D	Many edible uses. An important food sources for birds. Butterflies & moths host: 23 likely
SHRUBS											
<i>Arctostaphylos viscida</i>	Whiteleaf Manzanita	Jan-Feb	8-18'	X			X			E	Insects, hummingbirds, birds Likely host to 56 moth & Butterfly caterpillars
<i>Baccharis pilularis</i>	Coyote brush	Sep-Jan	4-8'	X			X	X		E	Important for many insects. Confirmed host: 11, likely: 18 caterpillars
<i>Berberis aquifolium</i>	Oregon Grape	Feb-Apr	4-7'		X		X	X		E	Birds, bees, likely host to 5 caterpillars
<i>Eriogonum fasciculatum</i>	California buckwheat	Apr-Sep	3-4'	X	X		X	X		E	Bees, Butterflies; HOST: 15 confirmed, 36 likely
<i>Frangula tomentella</i>	Hoary coffeeberry	Jun-Aug	6-10'	X	X		X	X		E	Birds, Bees. Butterflies & moths hosted: 33 likely
<i>Heteromeles arbutifolia</i>	Toyon	Jun-Aug	8-15'	X			X	X	X	E	Bees, Birds, Butterflies, moths host: 4 confirmed, 4 likely
<i>Lupinus albifrons</i>	Silver Bush Lupine	Apr-Jul	3-5'	X			X	X		E	Bumblebees. Butterflies moths hosted: 7 confirmed, 49 likely
<i>Quercus berberidifolia</i>	Scrub oak	Feb-Mar	10-20'	X			X			E	Birds, mammals, reptiles and insects. Butterflies, moths host: 165 likely
<i>Rhamnus ilicifolia</i>	Holly-leaf Redberry	Apr-Jun	5-15'	X	X		X	X		E	Birds. Butterflies & moths hosted: 19 likely

ANNUALS											
<i>Claytonia perfoliata</i>	Miner's Lettuce (Indian Lettuce)	Feb-May	8-12"		X			X	X	D	Entire plant is edible. Great as salad! Insects, birds love the seeds. Butterflies & moths host: 2 confirmed, 1 likely
<i>Eriogonum roseum</i>	Wand Buckwheat	May-Sep	1-2'	X			X	X		D	Native bees; Predatory insects; Butterflies, moths host: 1 confirmed, 45 likely
<i>Helianthus annuus</i>	Sunflower	Jun-Aug	5-10'		X		X			D	Birds, insects, Butterflies, moths host: 9 confirmed, and 28 likely. + 7 Specialist bees.
<i>Lupinus benthamii</i>	Spider Lupine	Mar-Jun	.7-2'		X	X	X	X		D	numerous insects. Moths, Butterflies, host: 51 likely
<i>Phacelia tanacetifolia</i>	Tansy (Lacey) Phacelia	Mar-May	2-3 ½'		X		X	X		D	Insects, especially bees. Butterflies, moths host: 9 likely; + 15 Specialist Bees
PERENNIALS											
<i>Achillea millefolium</i>	Common Yarrow	Apr-Aug	1-3'		X			X	X	E	Carnivorous insects; butterflies; bees; Host: 5 caterpillars
<i>Asclepias fascicularis</i>	Narrowleaf milkweed	Jun-Sep	2-3'		X		X	X		D	Butterflies, primarily Monarchs
<i>Diplacus aurantiacus</i>	Sticky monkeyflower	Mar-Aug	3-5'	X	X		X	X		E	Hummingbirds, insects. Butterflies & moths host: 1 confirmed, 7 likely
<i>Epilobium canum</i>	California fuchsia	Aug-Oct	1-1 ½'		X		X	X		D	Hummingbirds. Butterflies, moths host: 15 likely
<i>Eschscholzia californica</i> Annual to Perennial	California Poppy	Feb-Sep	2'	X	X		X	X		D	Birds, bees, bumblebees, Butterflies, moths host: 5 confirmed, 2 likely
<i>Grindelia camporum</i>	Gum plant	Apr-Oct	2-4'	X	X		X			D	Many insects, pollinators. Butterflies & moths host: 2 confirmed, 9 likely
<i>Monardella villosa</i>	Coyote mint	Jun-Aug	1-2'	X	X		X	X		D	Leaves make tea. Butterflies & moths host: 7 confirmed, 2 likely
<i>Oenothera elata hookeri</i>	Evening Primrose	Jun-Sep	3-6'		X		X	X		D	Hummingbirds, smaller birds- Goldfinches eat seeds in summer & fall. Butterflies & moths hosted: 15 likely
<i>Penstemon heterophyllus</i>	Foothill Penstemon	May-Jun	1-3'		X			X		E	Hummingbirds, bees. Butterflies & moths hosted: 17 likely; Plus 6 Specialist Bees
<i>Symphyotrichum chilense</i>	California aster	Jul-Aug	1.5-3'	X	X	X	X			D	Flowers attract many beneficial insects. Butterflies & moths hosted: 10 likely
GROUNDCOVERS											
<i>Epilobium canum</i> 'Everett's Choice'	Everett's California Fuchsia	Jun-Oct	6-12"		X		X	X		SD	Hummingbirds
<i>Eriogonum Theodore Payne</i>	T.P. California Buckwheat	Jun-Aug	6-12"	X	X		X	X		E	Bees, butterfly plants
<i>Phyla nodiflora</i>	Lippia		2-4"		X			X		D	Bees love this! Host: 1
VINES											
<i>Aristolochia californica</i>	Dutchman's pipe	Jan-Apr	10-40'	X	X		X	X		D	Sole host plant for Pipevine Swallowtail butterfly, insects
<i>Lonicera hispidula</i>	Pink Honeysuckle	May-Jul	8-20'		X			X		D	Hummingbirds, birds. Butterflies & moths host: 2 confirmed, 22 likely
<i>Lonicera interrupta</i>	Chaparral Honeysuckle	Apr-Aug	8-20'	X	X			X		D	Hummingbird, Bird, Bees, Butterflies. Butterflies & moths hosted: 23 likely
<i>Vitis Roger's Red</i>	Roger's California Grape	May-Jun	15-30'	X	X		X	X		D	Birds love the fruit! As do people. Stunning color in the fall.
GRASSES											
<i>Carex tumulicola</i>	Foothill Sedge	Apr-Jul	2'		X		X	X	X	E	Shelter and Butterflies & moths hosted: 7 likely
<i>Juncus effusus</i>	Common rush	Jun-Aug	18-24"		X	X	X	X		E	Butterflies & moths hosted: 5 likely
<i>Melica torreyana</i>	Torrey's Melicgrass	Mar-Jun	1-3'		X				X	D	Butterflies & moths hosted: 1 likely
<i>Muhlenbergia rigens</i>	Deer grass	May-Jun	4-5'	X	X		X	X		E	Large, Seed eating birds will be attracted to it in summer.