

SACRAMENTO REGION'S MOST IMPORTANT PLANTS



CALIFORNIA NATIVE
PLANT SOCIETY
Sacramento Valley Chapter

WUCOL = Very Light, Light, Medium, Heavy - **Water Use Consumption:** [LINK](#)

Sun = SH shade, FS full sun, PS part sun, S sun



Scientific Name	Common Name	Life Cycle	Height	WUCOL	Sun	Approximate Bloom time and Notes
<i>Achillea millefolium</i>	Common Yarrow	P	3'	L-H	FS/PS	April-Aug. Looks best with regular water; semi deciduous in drier conditions; Host to 5 moth larva
<i>Acmispon glaber</i>	California Broom (Deerweed)	P	3'	VL	FS	March-Aug. Not too showy subshrub with high habitat value Larval host 9 butterflies and 6 moths
<i>Aesculus californica</i>	California Buckeye	P	10-30'	L/M	FS	Apr-July. Beautiful flowers are significant nectar sources for butterflies and bees.
<i>Aristolochia californica</i>	Dutchmans Pipe	P	20'	L/M	S/PS	Jan-April. Deciduous vine, grows in moist woods along streams sole larval host of the Pipevine Swallowtail
<i>Artemisia douglasiana</i>	Mugwort	P	3-6'	L	PS/SH	May-Oct. Various insects are attracted to the flowers. Butterflies & moths hosted: 3 confirmed, 28 likely
<i>Asclepias fascicularis</i>	Narrowleaf Milkweed	P	1.5'	M	FS	June-Sept. Lovely flower cluster; tolerates clay; host to Monarch larva
<i>Asclepias speciosa</i>	Showy Milkweed	P	5'	L/M	FS	Jun-July. Tolerates clay soils; spreads through underground rhizomes host to Monarch larva
<i>Baccharis pilularis</i>	Coyote Brush	P	10'	VL/L	FS/PS	Sept-Jan. Easy to grow shrub; extremely valuable for wildlife; variable forms; blooms into winter larval host to 11 moths
<i>Calchortus albus</i>	Fairy Lantern	Bulb	1-2'	L	PS	Apr-May. This beautiful bulb is required 5 Bee Species plus is likely host to one moth.
<i>Ceanothus cuneatus</i>	Buck Brush	P	5'-12'	VL	FS	Feb-April. Needs fast drainage; fast to moderate growth, evergreen larval host to 4 butterflies and 5 moths/
<i>Cercis occidentalis</i>	Western Redbud	P	10'-20'	L	S/PS	Feb-April. Drought-tolerant; also tolerates semi-riparian conditions Butterflies & moths hosted: 11 likely
<i>Cercocarpus betuloides</i>	Mountain Mahogany	P	8'-20'	VL/L	FS/PS	Mar-May. In the valley this plant will do better with PM shade larval host to 10 moths
<i>Chlorogalum pomeridianum</i>	Soap Plant	Bulb	3'	L	FS/PS	May-Aug. Soap Lily has long, strap-like, wavy leaves that lie along the ground. Larval host to 1 moth
<i>Clarkia unguiculata</i>	Elegant Clarkia	A	.5'	L	FS/PS	Jun-Sept. Showy pink flowers, reseeds readily larval host to 2 moths
<i>Claytonia perfoliata</i>	Miners Lettuce	A	1.3'	L/M	PS	Feb-May. Edible spreading annual herb; in the valley, does best in part shade larval host to 2 moths
<i>Clematis ligusticifolia</i>	Virgin's Bower	P	30'	L/M	PS/SH	Jun-Aug. vine; showy white flowers; summer deciduous; part shade to shade larval host to 1 moth

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<i>Diplacus aurantiacus</i>	Sticky Monkeyflower	P	2-5'	L/M	FS/PS	Mar-Aug. These plants are named for their funny-face-flowers that look like grinning Monkeys. Monkey flowers are more floriferous in full sun. It is host to several local butterflies.
<i>Epilobium canum</i>	California Fuchsia	P	3'	L	FS	Aug-Oct. Hummingbird favorite; spreads; cut back in winter Butterflies & moths hosted: 15 likely
<i>Erigeron foliosus</i>	Fleabane Daisy	P	3.3'	L	PS	May-Sept. Showy blue flowers larval host likely to at least 13 butterflies and moths
<i>Eriogonum fasciculatum</i>	California Buckwheat	P	2.5'	VL/L	FS	Apr-Sept. Tough, easy to grow, prefer good drainage larval host to 15 butterflies and moths
<i>Eriogonum roseum</i>	Wand Buckwheat	A	4'	EL/VL	FS/PS	May-Sept. Small annual; tolerates most soils; winter semi-deciduous Butterflies & moths hosted: 1 confirmed, 46 likely
<i>Eriogonum nudum</i>	Nude Buckwheat	P	6'	L	FS	May-Aug. Summer semi-deciduous; leafless stems Butterflies & moths hosted: 9 confirmed, 39 likely
<i>Eriophyllum lanatum</i>	Woolly Sunflower	P	2'	L	FS/PS	May-Aug. Summer semi-deciduous; can be extremely drought-tolerant larval host to 7 butterflies and moths
<i>Erythranthe guttata</i>	Seep Monkeyflower	A	5'	M/H	FS/PS	Apr-June. Aquatic annual plant; good in ponds or rain gardens larval host to 2 butterflies
<i>Eschscholzia californica</i>	California Poppy	A/P	.5'	VL/L	FS	Feb-Sept. CA State flower, tolerates clay soil, readily reseeds larval host to 5 butterflies and moths
<i>Frangula californica ssp. tomentella</i>	Hoary Coffeberry	P	20'	L	FS/PS	Jun-Aug. Beautiful shrub with velvety soft leaves. Bees love it in May! Larval host likely to 32 butterflies and moths
<i>Gilia capitata</i>	Globe Gillia	A	1'	L/M	FS	Feb-April. Showy pink to lavender flowers larval host to at least one moth
<i>Grindelia camporum</i>	Gumplant	P	4'	L	FS	Apr-Oct. Tolerates most soils; can be cut back in winter larval host to 2 moths
<i>Helianthus annuus</i>	Common Sunflower	A	5'	M	FS	Jun-Aug. Tolerates most soils; can get very large bright yellow flowers Butterflies & moths hosted: 9 confirmed, 28 likely
<i>Heteromeles arbutifolia</i>	Toyon	P	12'	L	FS/PS	Jun-Aug. Evergreen shrub easy to grow, white flowers early summer, red berries in fall larval host to 4 butterflies and moths
<i>Lonicera interrupta</i>	Chaparral Honeysuckle	P	15'	VL/L	FS/PS	Apr-Aug. Hardy, woody chaparral shrub/vine, summer flowering, edible/bitter berries Butterflies & moths hosted: 23 likely
<i>Lupinus albifrons</i>	Silver Bush Lupine	P	3'	L	FS/PS	Apr-July. Requires good drainage, PM shade in valley Butterflies & moths hosted: 7 confirmed, 49 likely
<i>Lupinus benthamii</i>	Spider Lupine	A	2.5'	L	FS	Mar-June. The flower is bright to deep blue in color larval host likely to 51 butterflies and moths
<i>Lupinus bicolor</i>	Miniature Lupine	A	1.3'	L	FS	Mar-June. Showy purple and white flowers, plant with CA poppies larval host likely to 54 butterflies and moths

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<i>Madia elegans</i>	Common Madia	A	2'	L	FS/PS	Jun-Sept. Annual herb; showy yellow flowers; tolerates many soils Butterflies & moths hosted: 3 likely
<i>Monardella villosa</i>	Coyote Mint	P	2'	L	PS/S	Jun-Aug. Requires good drainage, needs PM shade in the valley larval host to 7 butterflies and moths
<i>Muhlenbergia rigens</i>	Deergrass	P	5'	L	FS	May-June. Attractive bunch grass; easy to grow; grows in most soils Butterflies & moths hosted: 1 likely
<i>Nemophila menziesii</i>	Baby Blue Eyes	A	.25'	L	FS/PS	Mar-June. Annual herb larval host to a butterfly
<i>Oenothera elata</i>	Hooker's Evening Primrose	P	5'	M-H	FS/PS	Jun-Sept. Wetland-riparian but still drought tolerant; reseeds aggressively Butterflies & moths hosted: 15 likely
<i>Penstemon heterophyllus</i>	Foothill Penstemon	P	5'	L	FS/PS	May-July. Perennial evergreen herb. May need pm shade in valley Butterflies & moths hosted: 17 likely
<i>Phacelia imbricata</i>	Pine Bee Flower	P	1'	L	FS/PS	Feb-Apr. Perennial herb; tolerates clay soil; can re-seed Butterflies & moths hosted: 9 likely
<i>Phacelia tanacetifolia</i>	Lacy Phacelia	A	3'	VL/L	FS	Mar-May. Tolerates clay soils; good plant for biological pest control Butterflies & moths hosted: 9 likely
<i>Phyla nodiflora</i>	Lippia	P	6"	L	FS/PS	May-June. Flowering ground cover; spreads rapidly larval host to 2 butterflies
<i>Pseudognaphalium californicum</i>	California Everlasting	P	3'	VL/L	FS	Jan-July. Semi deciduous, may like some afternoon shade in summer larval host to a butterfly
<i>Quercus berberidifolia</i>	Scrub Oak	T	15'-19'	VL	FS/PS	Feb-Mar. Slow growing evergreen small tree/shrub. Supports larval host to 165 likely
<i>Quercus douglasii</i>	Blue Oak	P	16'-82'	VL	FS/PS	Mar-May. Slow grower deciduous, supports many species larval host to 11 butterflies and moths
<i>Quercus durata</i>	Leather Oak	T	3'-8'	VL	FS/PS	Apr-May. Slow growing evergreen small tree/shrub. Supports larval host to 2 confirmed , 166 likely
<i>Quercus lobata</i>	Valley Oak	P	60'-100'	L	FS	Feb-March. Fast growing (20' in 5 years); drought tolerant larval host to 17 butterflies and moths
<i>Quercus wislizenii</i>	Interior Live Oak	P	15'-50'	VL	S/PS	Mar-May. Medium to large evergreen, moderate grower larval host to 14 butterflies and moths
<i>Rhamnus ilicifolia</i>	Hollyleaf Redberry	P	9'	L	PS	Apr-June. PM shade in the valley, siting is critical for success, beautiful red berries in summer Butterflies & moths hosted: 19 likely
<i>Rosa californica</i>	California Wildrose	P	8'	M	FS/PS	May-Aug. Tolerates clay soils; drought-tolerant; spreads through underground runners larval host to 2 butterflies and moths
<i>Rubus ursinus</i>	California Blackberry	P	6'	M/H	FS/PS/S	Feb-May. Requires substantial moisture, wide spreading larval host to 4 moths

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<i>Salix melanopsis</i>	Dusky Willow	P	10'-23'	H	FS	May-Jul. Constant moisture; spreads by basal shoots to any moisture likely larval host to 218 butterflies and moths
<i>Salix lasiolepis</i>	Arroyo Willow	P	7'-35'	H	FS	Feb-May. Likes marshes/wet areas; spreads by root runners; deciduous larval host to 13 butterflies and moths + likely 211
<i>Salvia sonomensis</i>	Sonoma Sage	P	1.3'	VL	PS	Mar-July. Moderately drought tolerant if given part shade Butterflies & moths hosted: 9 likely
<i>Sambucus nigra ssp. cerulea</i>	Blue Elderberry	P	20'-30'	M	FS	Mar-July. Easy to grow, fast growing deciduous shrub/tree; host plant for endangered Valley Elderberry Longhorn Beetle Butterflies & moths hosted: 23 likely
<i>Scrophularia californica</i>	Bee Plant	P	4'	L	PS	Feb-May. Strong bee attractant; tolerates most soils; needs good drainage larval host to 7 butterflies and moths
<i>Solidago californica</i>	California Goldenrod	P	3'	VL/M	FS/PS/S	Jul-Oct. Easy to grow; spreader likely larval host to 39 butterflies and moths
<i>Symphoricarpos albus</i>	Snowberry	P	6'	L	PS/SH	Jun-July. Shady areas; winter deciduous; spreads by rhizomes larval host to 10 butterflies and moths
<i>Symphyotrichum chilense</i>	California Aster	P	5'	VL/L	FS/PS	Jul-Aug. Tolerates clay soil and RAIN Gardens; winter deciduous; aggressive spreader likely larval host to 10 butterflies and moths
<i>Trichostema lanceolatum</i>	Vinegarweed	A	1'	L	FS	Aug-Oct. It is an important summer nectar source for the following bees; sow individually; tolerates dry clay soils likely larval host to 5 butterflies and moths
<i>Trifolium willdenovii</i>	Tomcat Clover	A	4-8"	L	FS	Apr-May. It is great for a bird garden and a butterfly garden. Larval host: 67 likely
<i>Verbena lasiostachys</i>	Vervain	P	1-3'	M/H	FS/PS	Apr-Sept! and is also great for erosion control and attracts loads of butterflies and pollinators. Larval host: 2 confirmed, 6 likely
<i>Vitis californica</i>	California Wild Grape	P	10'-40'	L/M	FS/PS	May-Jun. Common along rivers and streams, winter deciduous Butterflies & moths hosted: 41 likely

Homegrown Habitat, supporting bees, birds and butterflies, and the rest of Nature

The native plant habitat we protect or add to our landscapes today will determine what LIFE looks like tomorrow.

SacValleyCNPS.org/HH

THINK GLOBALLY, ACT LOCALLY