

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; moderate growth, evergreen larval host to 4 butterflies and 5 moths/ 2 specialist bees use
<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 / 7 specialist bees use
<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. It is host to several local butterflies. / 2 specialist bees use
<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 / 4 specialist bees use
<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 / 4 specialist bees use
<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 / 3 specialist bees use
<i>Helianthus annuus</i>	Common Sunflower	A	5'	M	FS	Jun-Aug. Tolerates most soils; can get very tall bright yellow flowers Butterflies & moths hosted: 9 confirmed, 28 likely / 7 specialist bees use
<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

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<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
<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 / 6 specialist bees use
<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 / 15 specialist bees use
<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

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<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
<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 / 8 specialist bees use
<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

SacValleyCNPS.org/HH

THINK GLOBALLY, ACT LOCALLY