

FALL FOR NATIVE PLANTS

Incorporating the Region's Flora into Your Garden



People need nature, Nature needs people.

SACVALLEY CNPS NURSERY & GARDENS ~ CALIFORNIA NATIVE PLANT SOCIETY



We aren't HERE anymore when nature stayed in balance on it's own,
but we can help nature, right in our own yards.

And Fall is the best time of year to establish new plants in your garden. This fall, consider planting native flora.



Fall colors come early for Common Buckeye

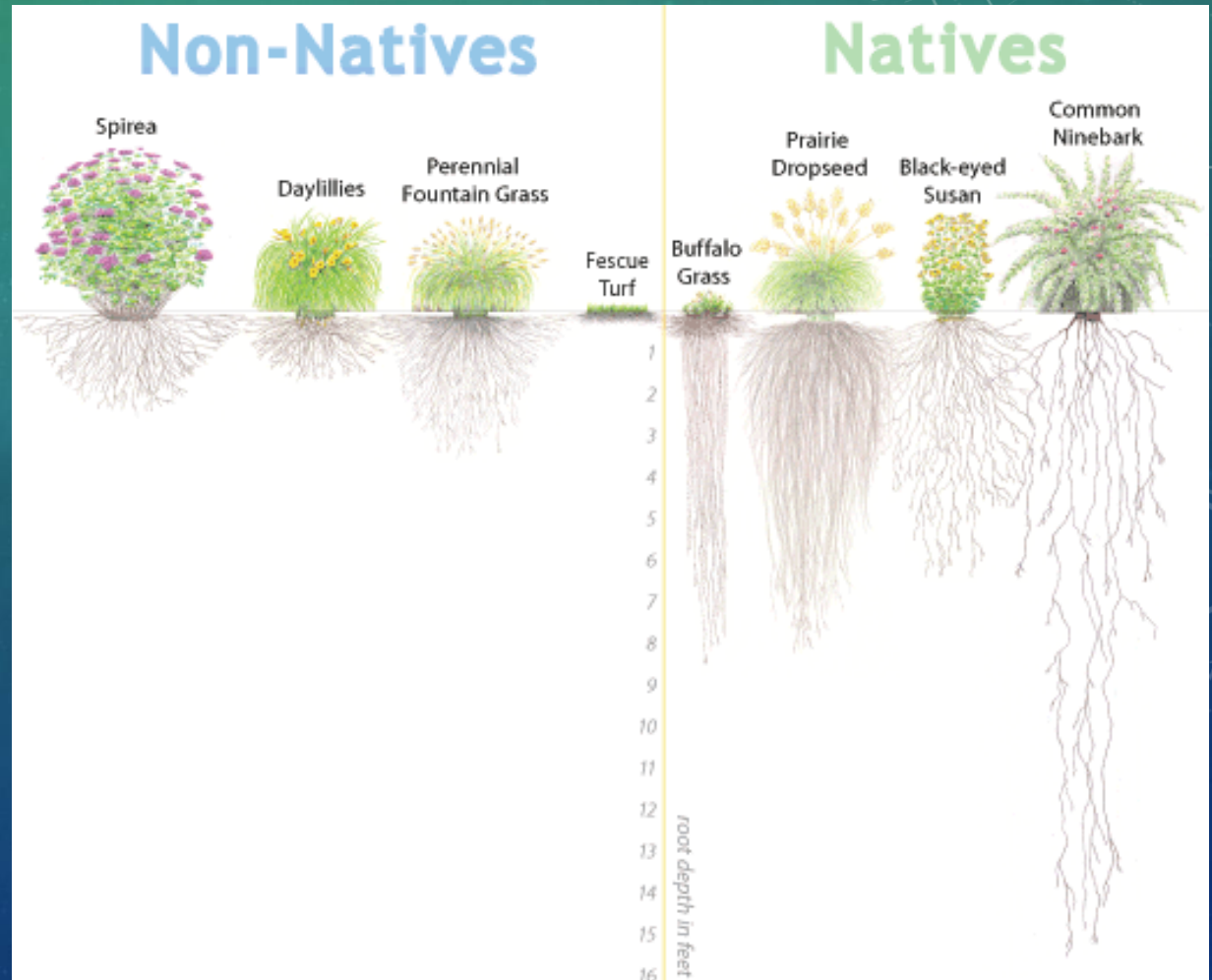
PLANTING IN THE FALL, GIVES PLANTS TIME TO DEVELOP THEIR ROOT SYSTEM

ROOT SYSTEM?

Yes, the root systems of native plants are often why they can withstand the Sacramento region's punishing summer heat with little irrigation (once established).

The first year, they sleep; the 2nd year, they creep; and the 3rd year, they leap!

(Native plants need regular watering in their establishment years.)



WHY ARE NATIVE PLANTS SO IMPORTANT? HERE'S WHY...



Native Plants are the building blocks of native ecosystems – **habitats for our native fauna**. By providing this natural habitat, we *help our birds, bees, butterflies and the rest of nature*.

They are more than drought-tolerant – they are **climate-adapted!**

Native plants have **adapted** to the natural features of the region, including **climate, soil, and water efficiency**.

Which is a Native Plant landscape? Which the Mediterranean landscape?

The Native Plant landscape will be habitat for many more birds, bees, and butterflies, be able to withstand the heat better than most and it turns out one more thing. ...

... A landscape design professional friend told me her experience with native plants. She lives at 2,000' elevation and has both a Native Plant garden and a Mediterranean garden. They had snow that lasted for 10 days. All of the Native Plants recovered; none of the Mediterranean plants. Native Plants are *CLIMATE ADAPTABLE*.



NATIVE PLANTS TO THE RESCUE!

The news media contacts CNPS when there's a CRISIS!

2021: BUMBLEBEES ARE
FACING EXTINCTION!

Many native plants provide nectar,
pollen or are host plants for
bumble bees

2017: POPULATION OF
MONARCH BUTTERFLIES
HAS DECREASED BY 86%

Monarchs need WEEDS!- yes,
Milkweeds

1986–1992, 2006–2010:
WATER CRISIS!

Native plants are drought tolerant

2005: HONEY BEE CRISIS!

Native plants provide food for
honey bees year round.

WHY ARE WE IN SUCH BAD STRAITS?

HERE'S ONE REASON - DID YOU KNOW?
**CALIFORNIA IS THE MOST
HYDROLOGICALLY ALTERED LANDMASS ON
THE PLANET**

FACT

- Wetlands: More than 90% have disappeared
- Riparian Woodlands: Only 1% still considered intact
- Vernal Pools: 66% have been destroyed
- Freshwater Marshlands: Less than 6% remain
- California Native Grasslands: Only 2-3% remain

Source: www.CNPS.org



Black Phoebe eating Blue Elderberries, photo by Jim Wadsworth



IMPORTANCE OF WATER



We all need it.
Water is a limited
resource.

Here are our
thoughts on the
best choices of
how to use it.



Classic lawn – it makes sense in England's climate.

In Tuscany, no lawn. They have plants, Mediterranean plants!

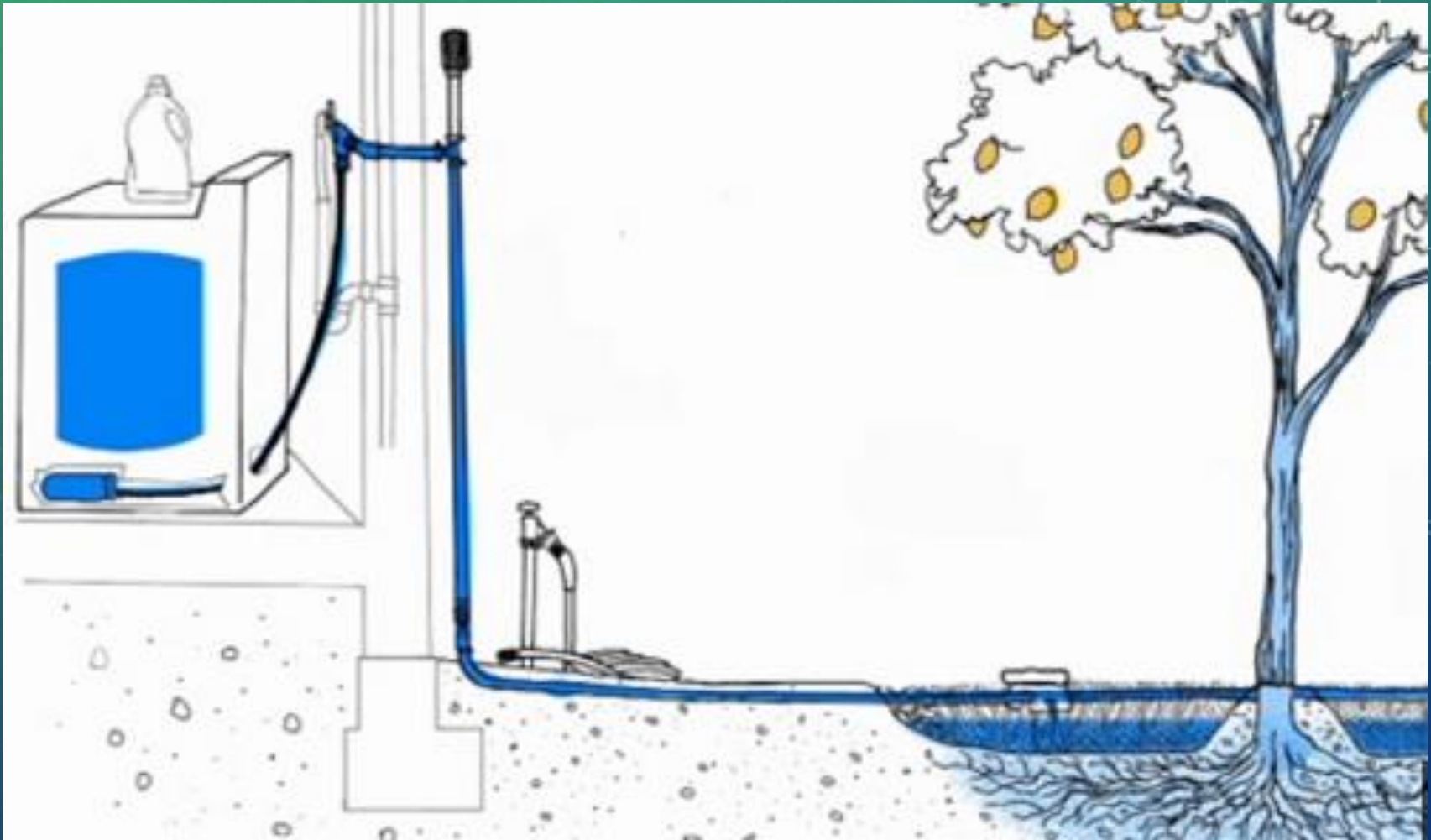


PATHS AWAY FROM A CONVENTIONAL LAWN.

Paths away from a conventional lawn. The lawn care center at Purdue University suggests two paths: “evolutionary” and “revolutionary”.

- **In the “evolutionary” approach**, the homeowner makes some small, modest changes for a big effect. Such changes include getting an electric or hand lawnmower, planning for more efficient watering and applying less fertilizer and pesticide at more appropriate times.
- **The “revolutionary approach”** includes all of the above plus we see the sense in reintroducing native plants to our landscapes. Use Grey water

Use Grey Water: Laundry to Landscape



In my yard all laundry water is directed to an Elderberry tree, it's only source of water. Plant-based detergent readily available.

Use Grey Water: *Rain Garden*

Capture runoff. Rain on the roof is directed to this Rain Garden.

Plants in this rain garden are:

- Button Willow
- California Aster
- Dusky Willow
- Foothill Sedge
- Hibiscus
- Rogers Red Grape
- Western Redbud
- Wild Strawberry

Some of these plants need water,
some can also be drought tolerant!



Use Grey Water: Solar Outdoor Shower

This shower has a solar, water is heat in this tube. Shower water goes directly below, Irrigating an Elderberry, Lippia and Deer Grass. (And doesn't use any energy.) It heats up water, perfect for a quick shower!



Use Grey Water: Outdoor Shower to Rain Garden

This shower is plumbed to the house and is great for showering 7 months of the year. There is a shower pan that directs much of the water thru a pipe to the Rain Garden, where water-loving, habitat enhancing plants grow. (The shower mist and water keeps a Redwood very happy.)



BRINGING NATURE HOME

BY: DOUGLAS TALLAMY

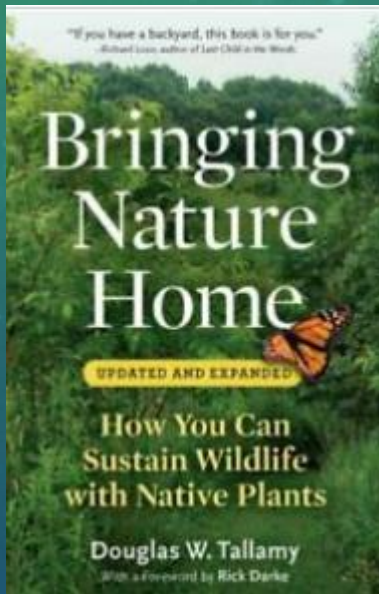
Include the Region's Flora into Your Garden because:

Native plants do a better job of providing food and shelter for native wild animals than do 'horticultural' plants.

Native plants are the foundation of our natural ecosystems and protect biodiversity.

Native plants are not only beautiful, they are also essential components of our **ecosystems** and natural processes, and provide us with valuable renewable materials ...

You can do your part to **help** decrease the rate of **climate change**, and thus its impacts, by planting more native plants in your gardens and our community gardens.





The California Native Plant Society is on a mission to save California's native plants and their communities by engaging people using science, education, conservation, and gardening to power the native plant movement..



INSECT DECLINE IS MAKING HEADLINES!

- **The Insect Apocalypse Is Here** - What does it mean for the rest of life on Earth? New York Times | By Brooke Jarvis **Nov. 27, 2018**
- **The Bugs We Can't Live Without** (Wall Street Journal **July 11, 2019**)
- Over **40%** of the known insect populations are currently **facing extinction** (ScienceDirect, Vol. 232 Pgs. 8-27).
- The primary drivers of this are **habitat loss** and the **use of pesticides**.



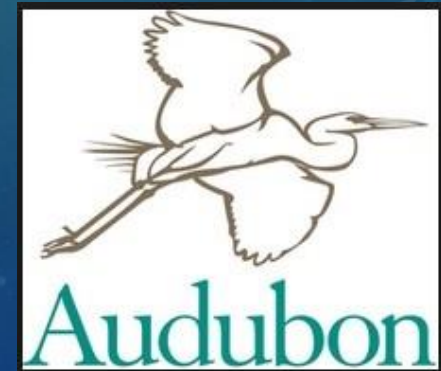
Cover of New York Times, Nov 2018

BIRD DECLINE IS IN THE NEWS ALSO.

- North America Has Lost 3 Billion Birds, Scientists Say September 19, 2019 Heard on National Public Radio's **All Things Considered**
- More than 1 in 4 birds have disappeared from the landscape in a mere half a century. One of the key steps recommended by Audubon is: "Reduce lawn, plant natives" Audubon article on recent Cornell Lab study

Audubon recommends: Seven Simple Actions to Help Birds

- 1. Make Windows Safer, Day and Night
- 2. Keep Cats Indoors
- **3. Reduce Lawn, Plant Natives**
- 4. Avoid Pesticides
- 5. Drink Coffee That's Good for Birds
- 6. Protect Our Planet from Plastic
- 7. Watch Birds, Share What You See



Audubon Logo

DID YOU KNOW THAT CATERPILLARS ARE THE PRIMARY FOOD SOURCE FOR MANY BIRD SPECIES?

For example, the Carolina Chickadee must catch 6,000 – 9,000 caterpillars to rear one clutch of baby birds!



Carolina Chickadee and caterpillar Photo by Doug Tallamy

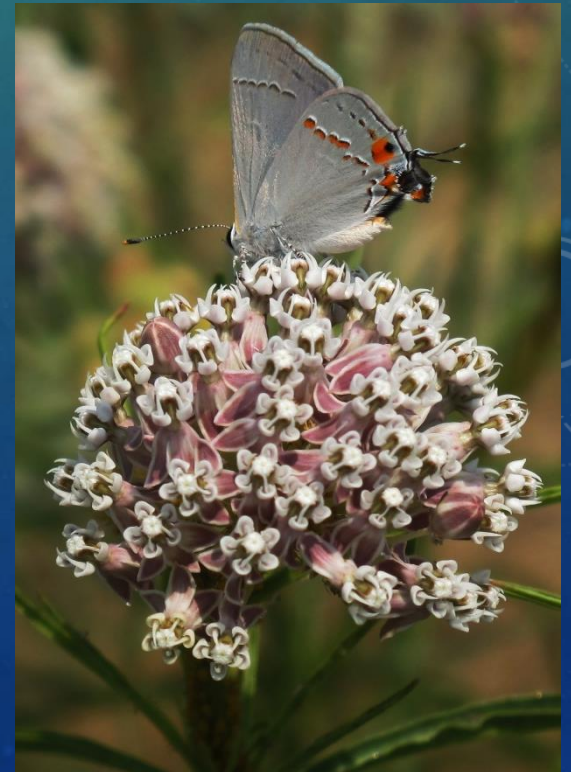
Both parents take turns feeding the chicks, enabling them to bring a caterpillar to the nest once every three minutes. And they do this from 6 a.m. until 8 p.m. for each of the 16 to 18 days it takes the chicks to fledge. That's a total of 350 to 570 caterpillars every day, depending on how many chicks they have. So, an incredible 6,000 to 9,000 caterpillars are required to make one clutch of chickadees.

Doug Tallamy, University of Delaware professor and chair for entomology and wildlife ecology

THE CONSEQUENTIAL LOSS OF SPECIES AND BIOLOGICAL DIVERSITY IS HEARTBREAKING

HOW CAN YOU HELP?

- 1) Encourage government to preserve existing wildlands.
- 2) Explore natural areas & get to know your native plants!
- 3) Bring nature back to schools, your community gardens by planting local native plants.
- 4) Ask for a wider selection of local in nearby Nurseries.
- 5) Help start a Native Plant Nursery!



GIVING ECOLOGICAL PURPOSE TO YOUR LANDSCAPE

- Our new plantings will fill the gaps between fragmented natural areas, creating biological corridors that reconnect them.
- Then we will no longer lament our disconnect with nature because we will be living in its midst.
- Other benefits include that in just 15 minutes in the solitude of a well-planted garden can lower blood pressure, reduce stress, improve attention span, raise immune responses, and provide unlimited entertainment as we observe the life around us.
- If we were to replace half of the area now in lawn with powerful native plant communities, we could create over 20 million acres of spaces that generate, rather than destroy, ecosystem services.
- Our “**Homegrown National Park**” will be enormous – – bigger than all of the major national parks combined – – and it will provide us with many of the benefits we derive from visiting our official national parks in our own gardens!
- Together all of us can make it happen!!



HOMEGROWN HABITAT, *SUPPORTING BEES, BIRDS AND BUTTERFLIES AND THE REST OF NATURE.*

- **Our native wildlife is under siege**
- The stresses of habitat loss due to climate disruption, pesticide use, developments, wildfires, drought, invasive species and more are decimating our native species by the thousands.
- The key to recovering and supporting our crucial biodiverse ecosystems to increase native plant habitat in home and civic landscaping.



Homegrown Habitat

- Supporting bees, birds, butterflies and the rest of nature
- Climate change, pesticide use, agriculture, developments, wildfires, drought, and invasive species are some of the key concerns associated with the ongoing, drastic decline in populations of native wildlife species. Each of these issues has, in its own way, left wildlife without adequate places to live, feed, and reproduce, and the resulting population declines are unprecedented.
- Native insects, including pollinators, are among these threatened species. Because insect larvae are a key source of food for larger animals, including the young of most bird species, insects form the foundation of the food chain. Without these insects, the food chain would collapse.
- Homegrown Habitat is working on solutions to this issue. You can help, too.

SacValleyCNPS.org/HH

WHY GARDEN WITH NATIVE PLANTS ?

- ◎ Connecting with Wildlife
- ◎ Pesticide Freedom
- ◎ Attract beneficial insects
- ◎ Explore medicinal and culinary uses
- ◎ Low maintenance
- ◎ Saves WATER
- ◎ When established they are *adaptable*



PESTICIDE FREEDOM

- ◎ Native plants have developed their own defenses against many pests and diseases.
- ◎ Since most pesticides kill indiscriminately, beneficial insects become secondary targets in the fight against pests.
- ◎ Reducing or eliminating pesticide use lets pest control take over and keeps garden toxins out of our watersheds.
- ◎ Remember:
PLANT “PESTS” are BIRD FOOD!



PESTICIDES AND HERBICIDES KILL BENEFICIAL INSECTS

Broad spectrum insecticides (Round-up and other Glyphosates) - they KILL indiscriminately (this includes beneficial insects).



BRING IN THE **FBI**:

Flowers for Beneficial Insects

- Most beneficial insects need to supplement their diets with pollen and nectar. You can attract them to your garden, and encourage them to stay and hunt for pests, by offering them a variety of nectar and pollen rich flowers.
- Common Yarrow, all native Buckwheat species, Common Sunflower and many others are especially attractive to beneficials.
- Choose a diversity of native plants that bloom at different times so that the beneficials can feed throughout the year.
- Some non-native common garden plants suited to our climate will attract beneficials, including oregano, alyssum, borage, dill, angelica, cosmo, tansy, calendula and rosemary.

Creating wildlife-friendly habitat you will love



SacValley CNPS Nursery & Gardens

on the American River Parkway at Soil Born Farms



Our mission is to promote awareness of the benefits of native plant habitat, encourage community involvement, and provide a source of local native plants for restoration projects as well as gardeners.

WORKDAYS: Mondays & Wednesdays
from 9:30-noon

Beginners & experts welcome!

SacValley CNPS/Nursery

SacValley CNPS Nursery

We started “Friday Walks”



- On Friday Walks, we collect seeds and cuttings on the American River Parkway while enjoying getting to know our parks.
- Then we prepare the seeds at the Nursery.

THEN
WE PROPAGATE
THEM!





SacValley CNPS grows over 120 species of local native plants

INSPIRING GARDENS



**Nathan's
garden**

**Before and
after series:**

After, Spring
2020

INSPIRING GARDENS

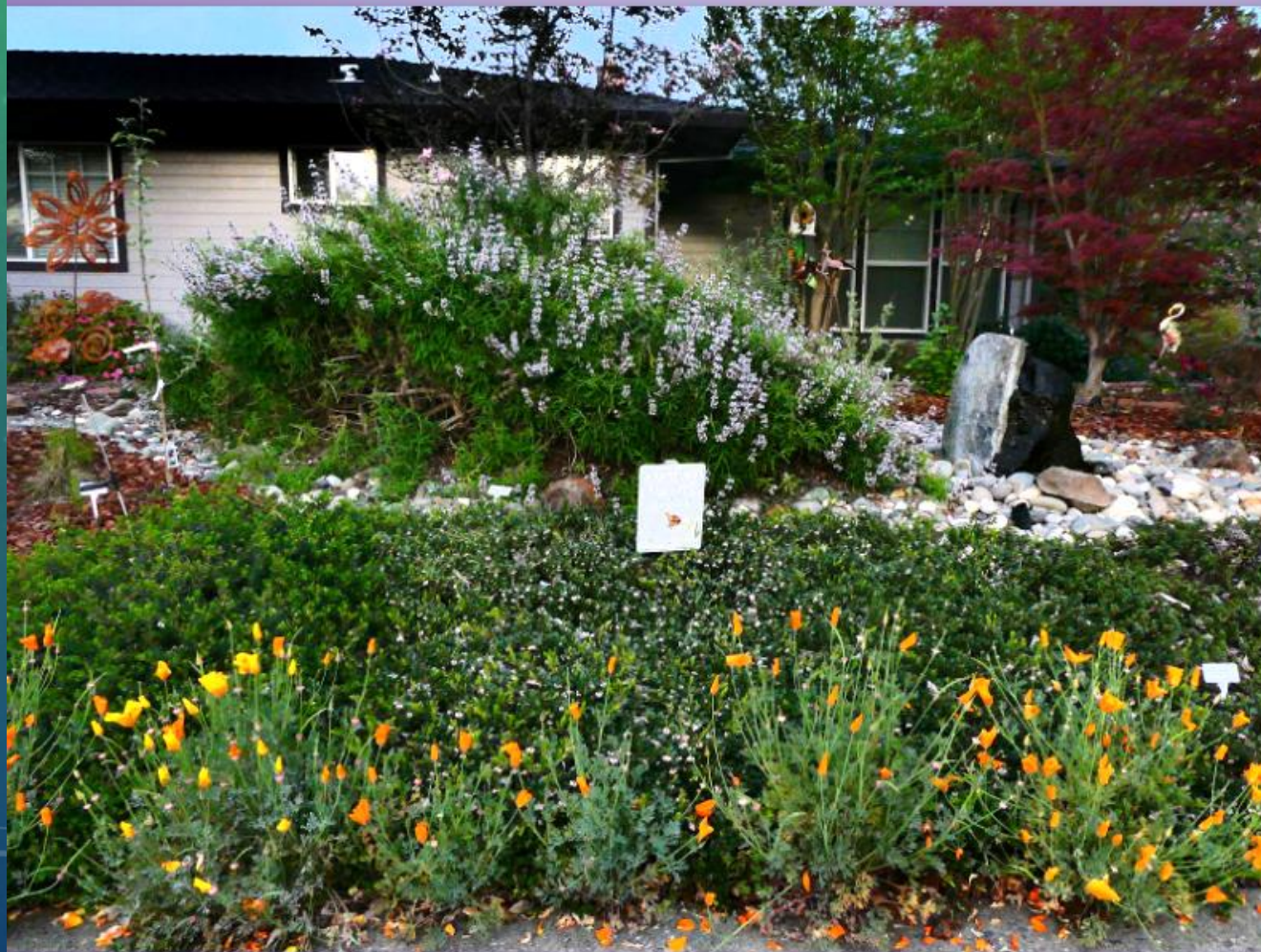
Susan F.'s garden

Before and
after series:

After



INSPIRING GARDENS



**Julie E.'s
garden**

INSPIRING GARDENS

Colene & Ted's Garden



INSPIRING GARDENS



Ellen's garden

Foothill penstemon in bloom
in front

INSPIRING GARDENS

**Soleil's
Garden**



INSPIRING GARDENS



HOA Friendly garden, planted 4 months ago, SacValley CNPS Demo Garden.

INSPIRING GARDENS



Willows for Wildlife – water feature for birds also provides water for a Sandbar Willow

INSPIRING GARDENS

START WITH THE END IN MIND



On SacValleyCNPS.org/ GARDENING RESOURCES: [Native Garden Installation](#)

GARDENING RESOURCES

<https://www.sacvalleynps.org/gardening-resources/>

Why Native Plants?



Why Garden With Native Plants? CNPS site explains how you can bring the beauty of California into your own landscape while also receiving – and providing – numerous benefits.

To Feed the Birds, First Feed the Bugs NY Times article communicates Doug Tallamy's message: gardeners can provide biodiversity and slow the rate of extinction by planting natives in their yards.

Garden Design
Prep, Planting & Maintenance
What to Plant?
CNPS Plant Lists
Plant Sales & Nurseries

Gallery of Gardens (from Garden Tours)
Publications
Organizations
Articles

TREES!



Blue Oak - Trees are a gift for future generations!

Ceanothus Ray Hartman

Ceanothus 'Ray Hartman' [Link to Calscape](#)



Evergreen Tree / Shrub: it is a cultivated hybrid of *Ceanothus arboreus* and *Ceanothus griseus*. It has dark green glossy leaves, and grows quickly up to 15'. Bees love it! Las Pilitas says: The myth of *Ceanothus* being short lived is primarily spread by incompetent gardeners that insist on applying drip irrigation, summer water and soil amendments. Upland native plants hate all three. Expect a 25+ year life in most well tended (no overwatering, no soil disturbance, no fertilizing, no drip, no application of soil amendments) gardens.

Size: 15-30' tall and 5-10' wide

Flower: Abundant spring blooming flowers.

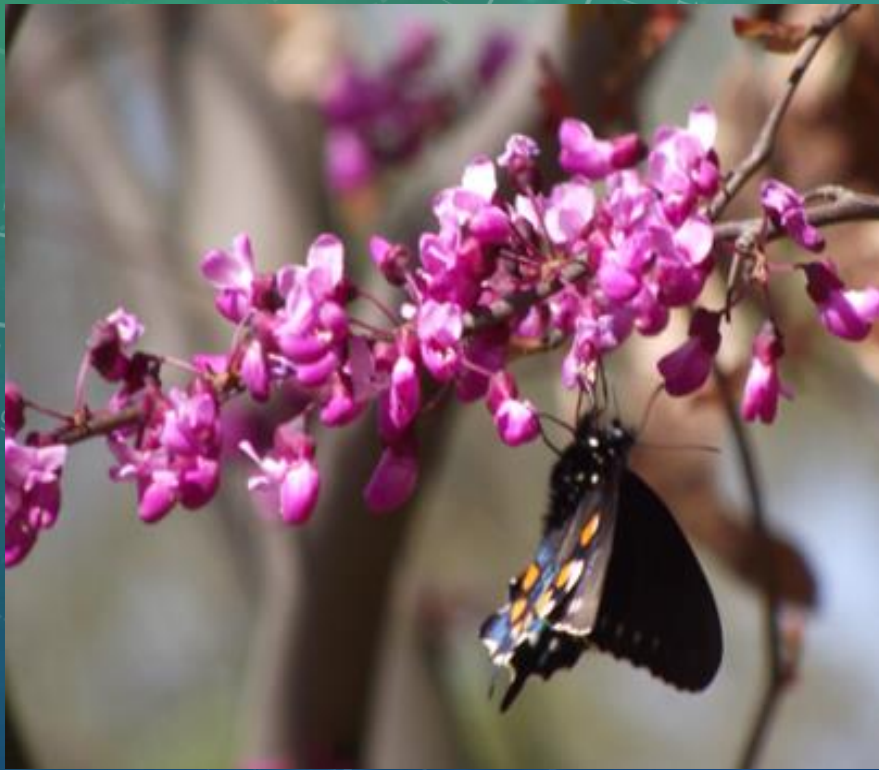
Water Needs: Water deeply but infrequently

Requirements: Full sun, part sun

Communities: Yellow Pine Forest, Foothill Woodland

Western Redbud

Cercis occidentalis [Link to Calscape](#)



Small Tree/ Large Shrub, deciduous: Attracts many beneficial insects. Good for stabilizing/restoring disturbed or degraded areas. Great in any garden!

Height: 15-25'

Flower: Early spring bloom pink flowers before leaves appear, attractive seedpods in summer, fall foliage.

Water Needs: Once established, water deeply 1-2 times a month.

Requirements: Sun/part shade, good drainage.

Ecology: Dry, shrubby slopes, canyons, ravines, stream-banks, chaparral, foothill woodlands to 500'.

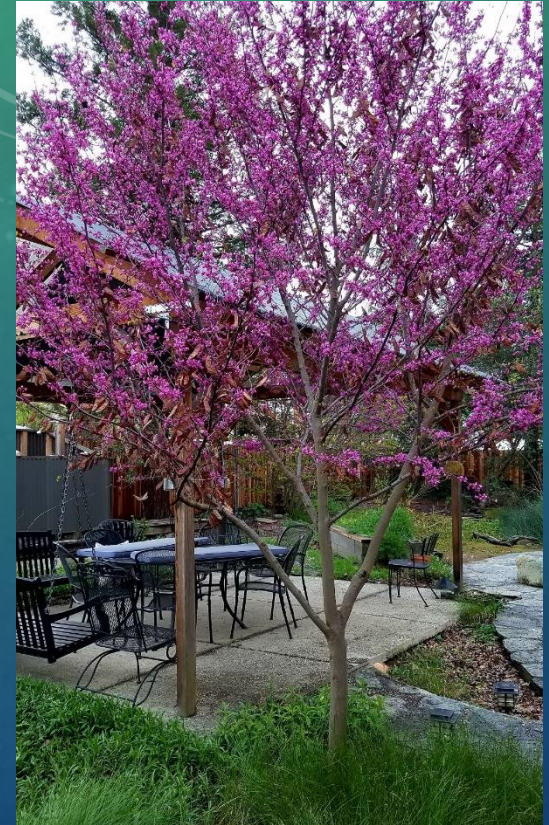
Wildlife Supported: Butterflies, Birds, Hummingbirds and Butterflies & moths hosted: 11 likely



Dry Shade



Full Sun, some watering



In a Rain Garden
(it can take winter flooding)

WESTERN REDBUD
A PLANT FOR ALL CONDITIONS!

Interior Live Oak

Quercus wislizeni [Link to Calscape](#)



Evergreen Tree: It is a beautiful tree that needs no special care. It has glossy, dark-green leaves. Great for a bird garden.

Size: 30'to 50' tall and wide

Flower: It's flowers are not showy.

Water Needs: The best watering is slow, deep water for the first summer, then 1/month second summer, then 1-3 times in spring the third summer.

Sun Needs: It likes sun! It creates dappled light if not watered (after it is established). Solid shade if watered.

Ecology: It is endemic (limited) to California alone, in the Foothill Woodland, Chaparral plant communities.

Wildlife Supported: Many insects are attracted to Oaks generally, including the many butterflies which use Oaks as host plant. Butterflies & moths hosted: 14 confirmed, 158 likely

Sandbar Willow

Salix exigua [Link to Calscape](#)



Deciduous Tree / Shrub: Willows are very important to wildlife including: Butterflies & moths hosted (10 confirmed, 215 likely)

Size: 10-23' tall and wide

Flower: Its fragrant flowers are white sometimes with pinkish hues becoming numerous toward the end of April & into May.

Water Needs: Once established, water deeply monthly.

Sun Needs: Full sun/part shade.

Ecology: Generally moist places, scrub, stream-sides.

Blue Elderberry

Sambucus nigra ssp. Caerulea [Link to Calscape](#)



Large shrub or tree, deciduous: Fast growing, host to endangered beetle. Many bird species love this plant. Elderberries are one of the most important source of food for birds in California. Berries are tart, distinctive, and versatile. From Syrup and Jam to Wine.

Height: 15-30' tall and wide.

Flower: Huge clusters of white blossoms in the spring.

Water Needs: Moderate water.

Requirements: Sun/part shade

Ecology: It is **native** to California and is also found elsewhere in North America and beyond.

Wildlife Supported: Host to the Valley Elderberry Longhorn Beetle. Many bird species. Elderberries are one of the most important source of food for birds in California. Butterflies & moths hosted: 23 likely



SHRUBS



Native shrubs provide food and cover for critters (Habitat)!

Whiteleaf Manzanita

Arctostaphylos viscida [Link to Calscape](#)



Large shrub or tree, evergreen: It is a valuable source of food for wildlife. Various chaparral animals and birds eat manzanita fruits. Because of this plant blooms early in the year, it is important for Hummingbirds and butterflies.

Height: 10 - 17' tall and wide.

Flower: Clusters of delicate pendulous tiny flower in Jan and Feb.

Water Needs: None once established.

Requirements: Full sun.

Ecology: It is **native** to California and is also found outside of California, but is confined to western North America.

Wildlife Supported: Insects and hummingbirds are attracted to the flowers. Other birds are attracted to the fruits. Butterflies & moths hosted: 2 confirmed, 54 likely

Coyote Brush

Baccharis pilularis [Link to Calscape](#)



Evergreen Perennial Shrub: Branches upright and spreading, forming mats, sticky leaves. It is **crucial** habitat for many wild creatures. Great for hedge or background planting.

Height: 3-10' **Wide:** 3-10'

Flower: Small, white flowers in **WINTER** to spring.

Water Needs: Dry, water deeply 1 time per month

Requirements: Full sun.

Ecology: Coastal bluffs to oak woodland, sometimes on serpentine.

Wildlife Supported: Very attractive to insects, especially when in flower. It is common to find wasp galls on leaves. Butterflies & moths hosted: 11 confirmed, 18 likely.

Oregon Grape

Berberis aquifolium [Link to Calscape](#)



Evergreen Shrub: Formerly Mahonia aquifolium. The leaves are dark green and holly shaped, and will often turn to hues of red and purple in the winter. Dense clusters of mildly fragrant yellow flowers are produced in early spring. It is the state flower of Oregon. In California, it grows throughout the mountains and foothills of northern and central California, and in Southern CA

Size: 3.5-7' tall; 6' wide

Flower: Bright yellow flower in early Spring.

Water Needs: Low water; 1x monthly

Requirements: It takes most sun but can take to some shade.

Ecology: Foothill Woodland and Foothills

Wildlife Supported: Birds, bees, plus **Butterflies & moths** hosted **5 likely**



California Buckwheat

Eriogonum fasciculatum [Link to Calscape](#)



Perennial shrub: This plant is a nice low and spreading. Birds and butterflies love this plant! We were surprised to find it growing around Folsom Lake.

Height by width: 1-3' H x 3' W

Flower: Pink/white flowers in very late spring into the fall.

Water Needs: Dry, once established, water deeply once a month.

Requirements: Full sun.

Ecology: Occurs in many Plant Communities including in Valley Grasslands, though usually in Southern or Central California.

Wildlife Supported: Bees, Butterflies. Butterflies & moths hosted: 15 confirmed, 36 likely



Oregon Grape

Berberis aquifolium [Link to Calscape](#)



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hosted 5 likely



Hoary Coffeeberry

Frangula californica tomentella [Link to Calscape](#)



Evergreen Shrub: It has velvety, grey green foliage. Berries attracts thrushes, jays, mockingbirds, thrashers, quail, robins, waxwings, finches. A good choice for hedgerows and habitat gardens! Butterflies & moths hosted: 33 likely

Size: 8 -10' tall and 10-12' wide.

Flower: Flowers aren't showy but pollinators enjoy them in the Spring. The berries attract birds in Summer and Fall.

Water Needs: Will become quite drought tolerant once established.

Sun Needs: Full sun to part shade.

Ecology: It is native to California and is endemic (limited) to California alone.

Toyon / Christmas Berry Bush

Heteromeles arbutifolia [Link to Calscape](#)



Evergreen Shrub: Great screen or specimen plant. Great hedge plant, often mixed with Coffeeberry, Manzanita and Ceanothus. Also called 'Christmas Berry'.

Size: Width: 8-15 ft. Height: 15-25 ft.

Flower: Spring blossoms are a favorite of pollinators. Red berries in winter attract many birds.

Water Needs: Very drought tolerant.

Sun Needs: Toyon likes full sun, tolerates full shade.

Local Ecology: Native to California and occurs on the American River Parkway including at Upper Sunrise, River Bend, and William Pond.

Wildlife Supported: Bees are attracted to the flowers. Birds love the berries. Butterflies & moths hosted: 4 confirmed, 4 likely

Silver Bush Lupine

Lupinus albifrons [Link to Calscape](#)



Evergreen shrub: Silvery shrub with erect stems. Very fast to 3' then slowly to 5'. It tends to be short lived but puts out babies to replace it. It is stunning when in bloom. Great for birds and bees, butterflies and other pollinators.

Size: 3-5' tall and wide

Flower: Violet to lavender flower cluster spikes in spring.

Water Needs: Will tolerate some water but best on the dry side.

Requirements: Full sun/part shade

Ecology: Chaparral, foothill woodlands to 1,300'

Wildlife: Very attractive to bumblebees and butterflies. Butterflies & moths hosted: 7 confirmed, 49 likely

Interior Scrub Oak

Quercus berberidifolia [Link to Calscape](#)



Evergreen small tree or large shrub: A true oak only much smaller. It is great for a bird garden. It grows at about 1'-2' per year. Easy to grow. Great for Bank Stabilization, Hedges, Bird Gardens, Butterfly Gardens. It is Deer Resistant.

Size: Height and Width: 10-20'

Flower: Flowers are inconspicuous but acorns are large.

Water Needs: Drought tolerant once established.

Sun Needs: Full sun to part shade.

Ecology: *Q. berberidifolia* is found in Chaparral and Coastal Sage Scrub Plant Communities.

Wildlife Supported: Numerous birds, mammals, reptiles and insects. Many insects are attracted to Oaks generally, including the following butterflies which use Oaks as host plant: California Sister, Propertius Duskywing, Mournful Duskywing, Golden Hairstreak, and Gold-Hunter's Hairstreak. Butterflies & moths hosted: 165 likely

Hollyleaf Redberry

Rhamnus ilicifolia [Link to Calscape](#)



Evergreen Large Shrub or Tree: It grows slow - unless you give it a lot of water the first year. Hummingbirds and insects collect nectar from the flowers. Quail, Thrushes, Robins, Finches, Towhees, Thrashers and Jays love the berries. Prunes easily.

Height: 5-11'

Flower: Small yellow flower in spring. Brilliant red berries in late summer and fall.

Water Needs: Once established, drought tolerant. Needs well drained soil.

Sun Needs: Part shade to full sun.

Ecology: Dry, shrubby slopes, canyons, ravines, stream-banks, chaparral, foothill woodlands to 500'.

Wildlife Supported: Numerous birds are attracted to the berries. Butterflies & moths hosted: 19 likely

ANNUALS



Miner's Lettuce (Indian Lettuce)

Claytonia perfoliata [Link to Calscape](#) [Calscape](#)

Annual: It is native to a large portion of western North America, including almost every county in California.. Butterfly magnet. Birds love the seeds! Plus the leaves of this plant are great in a salad or soup!

Size: 1-1.3 ft. and 1 ft. wide.

Flower: Small but showy white flowers

Water Needs: It likes moisture; plant is larger with it.

Sun Needs: Shade to sun.

Ecology: Native over most of Sacramento including along the American River.

Wildlife Supported: A variety of insects, birds love the seeds. Butterflies & moths hosted: 2 confirmed, 1 likely



Wand Buckwheat

Eriogonum roseum [Link to Calscape](#)



Annual: Leaves in a rosette at the base of the plant. This genus provides larval food plants for various species of butterflies: Bramble Hairstreak, Blue Copper, Acmon Blue, Square-spotted Blue, Dotted Blue... Excellent for dry, wild gardens, and ecological restoration.
Butterflies & moths hosted: 40 likely

Height: 1.5 - 2.5'

Flower: Flowers tiny, in pom-pom-shaped clusters at the top of the flowering stems. Blooms in summer.

Water Needs: None needed once established in sandy, dry washes, sandy spots

Sun Needs: Full to part sun.

Ecology: Plant

Wildlife Supported: Native bees; Predatory or parasitoid insects; Butterflies. Butterflies & moths hosted: 1 confirmed, 45 likely

Common Sunflower

Helianthus annus [Link to Calscape](#)



Annual: This sunny plant attracts birds, bees, and butterflies alike! It grows in all soil types, and makes great cut flowers for bouquets.

Height: 5-10' **Width:** to 2'

Flower: Bright yellow flowers in Summer

Water needs: Moderate to high

Sun needs: Full sun is best

Ecology: Native to wetlands - riparian and non wetland, characteristic of disturbed places.

Wildlife Supported Sunflowers seeds are very attractive to numerous birds. The flowers are important nectar source for various insects including Monarch and Bordered Patch butterflies. Butterflies & moths hosted: 9 confirmed, and 28 likely. Plus 7 Specialist bees.

Spider Lupine

Lupinus benthamii [Link to Calscape](#)

Annual: It is endemic to central California, where it is known from the Central Coast Ranges across the Central Valley into the Sierra Nevada foothills. It is common in some areas, covering hillsides with its blue blooms in the spring..

Height: .7 - 2.3'

Flower: Blue, white and purple flowers March - June.

Water Needs: Regular to low.

Sun Needs: Prefers full sun.

Ecology: Native to western North America from southwestern British Columbia south to the Mojave Desert in California and Baja California

Wildlife Supported: The flowers attract numerous insects. Butterflies & moths hosted: 51 likely



Tansy (Lacey) Phacelia

Phacelia tanacetifolia [Link to Calscape](#)

Annual : Very attractive to insects especially bees and hover flies and butterflies.

Height: 2 - 3 1/2'

Flower: Light Blue flower in spring.

Water Needs: If you water, flowers last longer and the plant will be more showy.

Sun Needs: It prefers full to partial sun.

Ecology: Native to Foothill Woodland, Chaparral, Valley Grassland

Wildlife Supported: Very attractive to insects, especially bees. Butterflies & moths hosted: 9 likely;
Plus 15 Specialist Bees



PERENNIALS



Yarrow

Achillea millefolium [Link to Calscape](#)



Evergreen Perennial: Strongly scented leaves, attracts butterflies and beneficial insects. Great in dried flower arrangements. Attracts: Birds, bees and butterflies (is a known host plant for the Painted Lady butterfly)

Height: 1-3'

Flower: Spring-fall blooming, small, white flowers in flat-topped, round cluster with beautiful fern-like leaves.

Water Needs: Once established, water deeply every 1-2 weeks. Ample water encourages spread.

Sun Needs: Part shade but can take more sun if watered.

Ecology: Grows in distributed in many habitats below 1200 feet.

Wildlife Supported: carnivorous insects; butterflies; bees and Host to 5 moth larva

Narrow Leaf Milkweed

Asclepias fascicularis [Link to Calscape](#)



Deciduous Perennial: This California native plant is drought tolerant. Milkweeds are **Host Plants** for the Monarch butterfly. Milkweeds die back completely by fall and don't leaf out until May.

Height: 2' - 3' stems.

Flower: Flower cluster bloom most of the summer.

Water Needs: It likes a little bit of water.

Sun Needs: Milkweeds need sun (fewer flowers in shade).

Ecology: Native to California and is also found outside of California, but is confined to western North America.

Wildlife Supported: Butterflies, primarily Monarchs.
Butterflies & moths hosted: 2 confirmed , 4 likely

Sticky Monkeyflower

Diplacus aurantiacus [Link to Calscape](#)



Evergreen Perennial: Green, hairy, erect stems. Pollinators love it! Common uses: Deer Resistant, Hummingbird Gardens, Bird Gardens, Butterfly Gardens, Bee Gardens.

Size: **Height:** 5' and **Width:** 5'

Flower: Very showy orange tube flowers for 2-4 months in late spring-summer.

Water Needs: Some, water deeply 1-2 times a month.

Requirements: Full sun/part shade

Ecology: Rocky hillsides, cliffs, canyon slopes to 800', disturbed areas, borders of chaparral, open forest.

Wildlife Supported: Hummingbirds, insects. Butterflies & moths hosted: 1 confirmed, 7 likely

California Fuchsia

Epilobium canum [Link to Calscape](#)



Deciduous, perennial shrub: If you are into hummingbird gardening, you must have this plant. You can cut to ground after flowering in the fall but starts to regrow almost immediately. Spreads nicely if watered.

Height: 1-1 ½'

Flower: Tubular red-orange flowers in summer-fall.

Water Needs: some, water deeply 1-2 times per month.

Requirements: Full sun/part shade

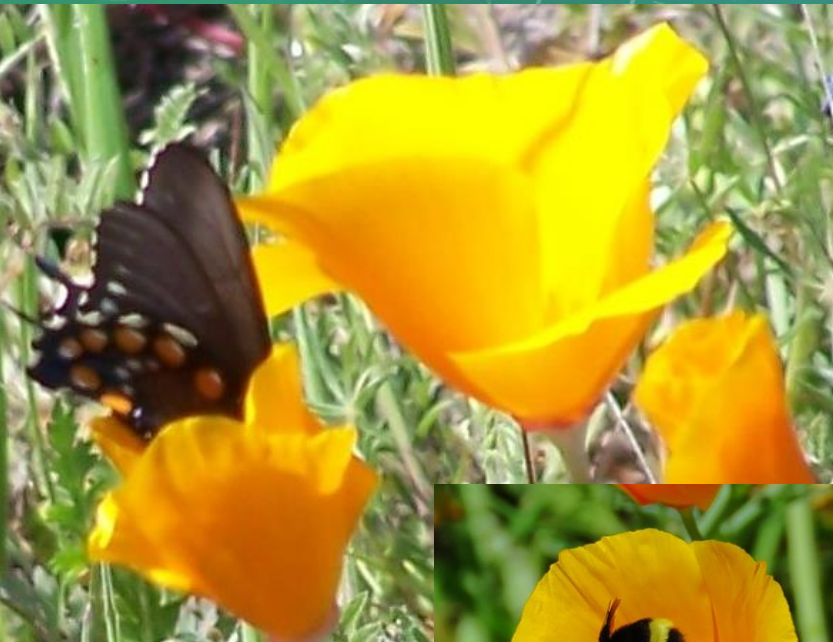
Ecology: Dry slopes and ridges, Central valley, desert mountains

Wildlife Supported: Hummingbirds. Butterflies & moths hosted: 15 likely

Photo by Guy Galante

California Poppy

Eschscholzia californica [Link to Calscape](#)



Annual to Perennial: An annual or perennial plant that is beneficial to native bees, honey bees, and butterflies! The flowers are bright and beautiful. Prolific reseeder. Easy to control. Butterflies & moths hosted: 5 confirmed, 2 likely

Height: 2'

Flower: Bright orange. Blooms April - July (if it gets some supplemental water.

Water Needs: None - it will die back early.

Sun Needs: Full sun/part shade.

Ecology: Native to California and elsewhere, but not outside western North America.

Wildlife Supported: Birds, small herbivores, butterflies, bees, other pollinators. Butterflies & moths hosted: 5 confirmed, 2 likely

Gum Plant

Grindelia camporum [Link to Calscape](#)



Perennial Herb: A colorful and attractive plant that grows in soils from sandy to clay. It is called gum plant because of the sticky substance covering the plant. It is great for the front of a dry border of a California garden. Attracts birds and butterflies. Species in the Grindelia genus are host plant to the Common Buckeye and Great Copper butterflies.

Height: To 3 feet high and wide.

Flower: Attractive yellow daisy flowers from May through October.

Water Needs: Very adaptable to coastal or inland gardens, water or drought, clay or sandy soil.

Sun Needs: Full sun.

Ecology: Native to California and limited to California.

Wildlife Supported: Numerous insect pollinators are attracted to the flowers. Butterflies & moths hosted: 2 confirmed, 9 likely

Coyote Mint

Monardella villosa [Link to Calscape](#)



Perennial shrub: Small green leaves with soft hairs. It is stress deciduous. Leaves have a minty fragrance. Butterflies love this plant! It was used by Native American groups as a remedy for stomach upset, respiratory conditions, and sore throat. It may also be steeped into a mint tea. Can re-bloom if deadheaded.

Height: 12-24"

Flower: Purple - blue "puff balls" of tiny flowers in summer.

Water Needs: 1-2 times a month; prefers well drained soil

Sun Needs: Part shade to sun.

Local Ecology: Several Plant Communities including Oak Woodland.

Wildlife Supported: Primarily butterflies for nectar. Butterflies & moths hosted: 7 confirmed, 2 likely

Evening Primrose

Oenothera elata hookeri [Link to Calscape](#)



Biennial / Herbaceous Annual: The flowers attract a wide range of pollinators and the seeds are adored by finches and juncos. Best used in naturalistic settings where space allows. It spreads by prolific seed production, which also makes it attractive to many seed-eating birds. Flowers open around 8:30 pm and close around 11:30 am. It puts on a show when it opens!

Height: 3-6'

Flower: Abundant, small, yellow flowers in spring.

Water Needs: Dry, water 1 time per month

Sun Needs: Best in full sun.

Ecology: In many wetland-riparian communities

Wildlife Supported: A number of insects use this plant. Hummingbirds are attracted to the flowers, and smaller birds such as Goldfinches are attracted to the seeds in fall. Butterflies & moths hosted: 15 likely

Foothill Penstemon

Penstemon heterophyllus [Link to Calscape](#)



Perennial: Beautiful bloomer that attracts hummingbirds and other pollinators. Remove old flower stalks to extend bloom time. **Host plant** for the Chalcedon Checkerspot butterfly.

Height: 1-3'

Flower: Spring bloomer. Bright blue as it blooms, then change to violet-purple-blue.

Water Needs: Some, water deeply 1-2 times a month.

Sun Needs: Full sun/part shade.

Ecology: Chaparral, Foothill Woodland, Yellow Pine Forest, forest openings below 400'.

Wildlife Supported: Hummingbirds and insects, especially bees, are attracted to the flowers. Butterflies & moths hosted: 17 likely; **Plus 6 Specialist Bees**

California Aster

Symphyotrichum chilense [Link to Calscape](#)



Deciduous Perennial: It is a quick spreading plant and a good soil stabilizer, but can be invasive if not managed. A good filler in a meadow garden. Attracts butterflies and other beneficial insects.

Height: 3' **Width:** 3'

Flower: Blooms in late summer-fall, daisy-like, lavender colored petals with yellow center.

Water Needs: Tolerates dry to wet.

Requirements: Full sun/part shade.

Ecology: It is native to western North America from British Columbia to California, where it grows in many types of habitat, especially along the coast and in the coastal mountain ranges.

Wildlife Supported: The flowers attract many beneficial insects. Butterflies & moths hosted: 10 likely

GROUNDCOVERS



Common Yarrow



Manzanita Emerald Carpet

EVERETT'S CALIFORNIA FUCHSIA

EPILOBIUM CANUM 'EVERETT'S CHOICE' [LINK TO MORE](#)



Semi-evergreen perennial groundcover: Fuzzy gray-green foliage covered with tubular flowers that attract hummingbirds. Prune to 2" in winter after frost sets in.

Height: 6-12" Width: 3'-5'

Flower: Bright red flowers summer through fall

Water needs: Flowers best with occasional deep watering best

Sun needs: Full sun, tolerates some shade

Ecology: Selection of species that is widespread throughout lower elevations of much of the state.

THEODORE PAYNE CALIFORNIA BUCKWHEAT

ERIOGONUM FASCICULATUM 'THEODORE PAYNE' [LINK](#)

Perennial : This selection tolerates almost any soil type. Selection of foothill and desert species of southern California. Hardy to 15 degrees. The buckwheats are very important butterfly plants and one of the pillars of their communities.

Size: ½ - 1' tall; 6' wide

Flower: Pink flower in Summer-Fall.

Water Needs: Low water; 1x monthly

Requirements: It takes most sun but can take to some shade.



Lippia

Phyla nodiflora [Link to Calscape](#)



Groundcover Perennial herb: All sorts of insects are drawn to the flowers of this verbena relative. It is an exuberant grower. Best in confined areas because its spreads aggressively with regular water, but it prunes easily.

Flower: Blooms May and June. Small lavender/white.

Size: 5" tall

Water Needs: Likes regular water.

Sun Needs: Likes sun to partial shade.

Ecology: Grows throughout California and is found in other warm areas around the world.

Wildlife Supported: Butterflies & moths hosted: 2 confirmed, 1 likely



VINES



Dutchmans Pipevine

Aristolochia californica [Link to Calscape](#)



Deciduous Vine: This California native vine has become fairly drought tolerant with time. Is the **Host Plant*** for the Pipevine Swallowtail. Vine can cover a trellis. It is SLOW to start growing, then once its roots are happy will shoot up!

Height: Easily climbs 10-30'.

Flower: In Spring the bare vine is covered with fascinating 'pipe' flowers. Then it leafs out.

Water Needs: Very little once established.

Sun Needs: The base of the plant prefers part shade but the vine will seek sun or filtered sun (i.e.. under an oak).

Ecology: Native to California and is endemic (limited) to California alone.

* A **butterfly** will lay her eggs on it's **host plant**. The caterpillar will only eat this plant's leaves.

Pipevine Swallowtail

Battus philenor [link to Calscape](#)



Dutchman's Pipe Vine Is the Host Plant* for the Pipevine Swallowtail. Vine can cover a trellis. It is SLOW to start growing, then once its roots are happy will shoot up!
(Sleep / Creep / Leap!)

* A butterfly will lay her eggs on it's *host* plant. The caterpillar can only eat this plant's leaves.



Pink Honeysuckle

Lonicera hispidula [Link to Calscape](#)



Deciduous vine: This chaparral vine to shrub seems to be deer proof. Hummingbird flower. This honeysuckle is not aggressive vigorous vines like the kind you see completely engulfing chain link fences.

Length: 8-20'

Flower: has delicate pink flower in May and June, followed by red berries - a bird favorite.

Water Needs: likes a dry spot. (<1 gal/week)

Sun Needs: Shade to full sun.

Ecology: Dry slopes and ridges, Central valley

Wildlife Supported Hummingbirds are very attracted to the flowers. Other birds are attracted to the fruits. Butterflies & moths hosted: 2 confirmed, 22 likely

Chaparral Honeysuckle

Lonicera interrupta [Link to Calscape](#)



Deciduous vine: This chaparral vine to shrub seems to be deer proof. Hummingbird flower. This honeysuckle is not aggressive like vigorous vines you see completely engulfing chain link fences.

Length: 8-20'

Flower: has delicate yellow flower in May and June, followed by red berries - a bird favorite.

Water Needs: likes a dry spot. (<1 gal/week)

Sun Needs: Shade to full sun.

Ecology: Dry slopes and ridges, Central Valley

Wildlife Supported: Hummingbird, Bird, Bees, Butterflies.
Butterflies & moths hosted: 23 likely



Roger's California Grape

Vitis Roger's Red [More info](#)



Vine, Deciduous: It turns flaming red in the fall before losing its leaves. Also sets fruit profusely. The fruit is tasty though they have large seeds. (Parentage: *Vitis californica* x *Vitis vinifera*)

Height: 15-30' - A vigorous vine growing 3-6 feet per year

Flower: Very small yellow flower cluster in spring, small fruits in summer to fall.

Water Needs: Water deeply 1-2 times per month

Sun Needs: Full to part sun.

Ecology: This California Wild Grape was selected by Roger Raiche at the U.C. Berkeley Botanic Garden.



GRASSES



June Grass

FOOTHILL SEDGE

CAREX TUMULICOLA [LINK TO CALSCAPE](#)

Evergreen perennial: These grass-like clumps form dense tufts spreading slowly with age. Tough, durable, and drought-tolerant. Will turn tawny in full sun, with rougher appearance, but stays green in shade. Wildlife supported: Butterflies & moths hosted: 7 likely



Height: 2' Width: 2-3', spreading slowly

Flower: Bead-like inflorescence and seed

Water needs: Accepts drought, but better with some summer water

Sun needs: Full sun to deep shade

Ecology: Meadows, forests and open woodlands of North Coast Range, Sierra Nevada, and north to Washington

Common Rush

Juncus effusus [Link to Calscape](#)



Evergreen shrub: Reed-like shrub perfect for poolside or water-garden habitat. Great container plant. Tolerates some drought as well.

Height: 18-24"

Flower: with white-pinkish flower spurts at stem joints.

Water Needs: Some to wet, water deeply once a week.

Requirements: Part shade.

Ecology: Waterways and wet places below 600'.

Wildlife Supported: Butterflies & moths hosted: 5 likely

Torrey's Melicgrass

Melica torreyana [Link to Calscape](#)

Grass: This species is endemic to California, where it grows in chaparral, grassland, and other hillside and mountain habitats in the central Coast Ranges and Sierra foothills.

Size: 1-3 ft.

Flower: Small brown seeds resemble rice.

Water Needs: Supplemental water it will stay evergreen. In Sacramento it dies back.

Sun Needs: Near the coast it can tolerate full sun, inland it needs part shade.

Ecology: Native in Coastal areas to the foothills and Sacramento Valley.

Wildlife Supported: Butterflies & moths hosted: 1 likely



Deer Grass

Muhlenbergia rigens [Link to Calscape](#)



Evergreen Grass: It looks like a small pampas grass but without the aggressive seeds and leaf cuts. Deer Resistant. Commonly used for making baskets by the Ca. Indians.

Very Easy.

Size: 3' with 2 foot plumes.

Water Needs: Low water.

Sun Needs: Full sun.

Ecology: Native to much of Calif. up into the mountains. It grows on banks of seasonal creeks.

Wildlife Supported: Seed eating birds will be attracted to it in summer. Butterflies & moths hosted: 1 likely

2022 September Online Native Plant Sale

Online ordering: Wed, 9/14 noon until Sun, 9/18 noon.

Drive-thru pickups: Sun, 9/25 or Sun, 10/2 at 10 a.m. – 2:30 p.m.




**CALIFORNIA NATIVE
PLANT SOCIETY**
Sacramento Valley Chapter

Black Phoebe eating **Blue Elderberries**
Photo by Jim Wadsworth

Other Plant Sales in our region
SacValleyCNPS.org/gardening-resources/
Redbud Chapter (most of Placer County)
El Dorado Chapter
And more!

SacValley CNPS Native Plant Sale

Online ordering:
Wed 9/14 at Noon to
Sunday 9/18 at Noon

Drive-thru pickups on:
Sun 9/25 and Sun 10/2
Pickup timeslots available:
from 10am to 2:30pm

THIS FALL, THINK OF FUTURE GENERATIONS,
THEY'RE ALL COUNTING ON US!



By gardening with native plants — no matter where you live or how small or large your space is — you can help sustain wildlife. Douglas Tallamy

SacValleyCNPS.org/Nursery

JOIN CALIFORNIA NATIVE PLANT SOCIETY SACRAMENTO VALLEY CHAPTER



GET INVOLVED!

START A NATIVE PLANT NURSERY or at least ask for more native plants in your nurseries!

Volunteer positions open:

- Native Plant gardening advocate
- Native Plant gardening speaker
- Plant Sale co-chair
- Native plant Propagator
- eNewsletter Reporter / co-editor

Questions or comments, contact Christina Lewis, CNPSchris@gmail.com