Central Valley Pollinator Plant List

Native Wildflowers for Pollinators (Central Valley, CA)

Common Name	Scientific Name	Flower Color	*Height Mature (ft)	Light Needs	*Drought Tolerance	*pH range	*Salinity Tolerance	Annual, Perennial, Biennial
Early Blooming Plants								
Imbricate phacelia	*Phacelia imbricata*	white	1	sun	moderate	7 to 8	moderate	P
Purple Chinese houses	*Collinsia heterophylla*	purple	3	shade	low	5 to 6	low	A
Globe gilia	*Gilia capitata*	blue	3	sun	low	6 to 7	low	P
Rigid hedgenettle	*Stachys ajugoides*	pink	2	part shade	low	5 to 8	low	P
Tansy phacelia	*Phacelia tanacetifolia*	purple	1	sun	high	6 to 7.5	moderate	A
California bee plant	*Scrophularia californica*	red	4	sun to shade	low	5 to 7	low	P
Five Spot	*Nemophila maculata*	white	0.5	sun to part shade	low	6.5 to 8	low	A
Bably Blue Eyes	*Nemophila menziesii*	blue	0.5	sun to part shade	low	6.5 to 8	low	A
Early to Mid-Season Blooming Plants								
Ithurieal's spear	*Triteleia laxa*	purple	3	sun	moderate	6 to 8	low	P
Creek Clover	*Trifolium obtusiflorum*	pink	1	sun to part shade	low	6 to 7.5	low	A
Lupine	*Lupinus* spp.	blue	3	sun	low	6 to 8	low	A, P
Penstemon	*Penstemon* spp.	purple	3	sun to shade	moderate	6 to 8	high	P
salt heliotrope	*Heliotropium curassavicum*	white	0.5	sun	high	6 to 8	high	P
Turkey tangle fogfruit	*Phyla nodiflora*	pink	0.5	sun	low	5.5 to 8.5	low	P
California poppy	*Eschscholzia californica*	orange	2	sun	moderate	5 to 8	moderate	P

Mid-Season Blooming Plants

Deer Weed	*Lotus scoparius*	yellow	3	sun	moderate	7 to 8	moderate	P
Elegant clarkia	*Clarkia unguiculata*	yellow	3	sun	moderate	7 to 8	moderate	P
American licorice	*Glycyrrhiza lepidota*	purple	3	sun	moderate	6 to 8	low	P
Sneezeweed	*Helenium puberulum*	red	2	sun to shade	moderate	6 to 8	low	A
Elegant madia	*Madia elegans*	white	3	sun	low	5.5 to 8	moderate	P
Evening primrose	*Oenothera elata*	yellow	3	sun	low	5 to 8	low	P
Bird's eyes	*Gilia tricolor*	yellow	3	part shade	moderate	6 to 8	moderate	P
Buckwheat	*Eriogonum spp.*	white, yell., red	.5 - 4	sun to part shade	moderate	5.5 to 8	moderate	P
Turkey mullein	*Eremocarpus setigerus*	purple	2	sun to shade	low	6 to 8	moderate	P

Mid - Late Season Blooming Plants

Spanish clover	*Lotus purshianus*	white	2	sun	low	5 to 8	high	P
Fireweed	*Chamerion angustifolium*	pink	1	sun to shade	moderate	5.5 to 8	low	A
California horkelia	*Horkelia californica*	white	1	sun	moderate	5.5 to 7.5	moderate	A

Late Season

Vinegar weed	*Trichostema lanceolatum*	blue	3	sun	low	7 to 8	moderate	A
Gumplant	*Grindelia camporum*	yellow	3	sun	high	6 to 8	high	P
Sunflower	*Helianthus* spp.	yellow	3	sun	moderate	5.5 to 8	moderate	A
California goldenrod	*Solidago californica*	yellow	3	sun	low	5.5 to 7	low	P
Western Goldentop	*Euthemia occidentalis*	yellow	3	sun	low	5.5 to 8	high	P
Rod wirelettuce	*Stephanomeria virgata*	white, purple	6	sun	moderate	6 to 7	low	P
Aster	*Aster spp.*	white, blue, purp.	3	sun	moderate	5 to 7	moderate	P

* Heights and tolerances may differ between populations, races, or ecotypes of the same species.

Native Trees and Shrubs for Pollinators (Central Valley, CA)

Common Name	Scientific Name	Flower Color	*Height Mature (ft)	Light Needs	*Drought Tolerance	*pH Range	*Salinity Tolerance
Very Early Blooming Plants							
Sticky Whiteleaf Manzanita	*Arctostaphylos viscida*	pink	12	sun	high	5 to 7	low
Pinemat Manzanita	*Arctostaphylos nevadensis*	white	2	sun to part shade	high	6 to 8.5	low
Willow	*Salix* spp.	yellow	20	sun	low	5 to 8	low
Early Blooming Plants							
Western Redbud	*Cercis occidentalis*	red	15	sun to shade	moderate	5.5 to 8	low
Oregon Grape	*Mahonia aquifolium*	yellow	8	sun to shade	moderate	5 to 8	low
Buckbrush	*Ceanothus cuneatus*	white	8	sun	high	6 to 8.5	moderate
Ocean Spray	*Holodiscus discolor*	white	5	sun to shade	low	6 to 8	moderate
False white indigobush	*Amorpha fruticosa*	white	10	sun	moderate	6 to 8	high
Hollyleaf cherry	*Prunus ilicifolia*	white	25	sun	low	5 to 8	low
Early to Mid-Season Blooming Plants							
Mule Fat	*Baccharis salicifolia*	white	8	sun	low	6 to 8.5	moderate
Deerbrush	*Ceanothus integerrimus*	white / pink	12	sun to part shade	moderate	7 to 8.5	low
Yerba Santa	*Eriodictyon californicum*	pink	5	sun	moderate	5 to 8	moderate
Mock Orange	*Philadelphus lewisii*	white	8	sun	moderate	7 to 8	low
Flannel Bush	*Fremontodendron californicum*	yellow	10	sun to part shade	high	6 to 8	moderate
Mid-Season Blooming Plants							
Toyon	*Heteromeles arbutifolia*	white	8	sun to part shade	high	5 to 8	moderate
California Buckwheat	*Eriogonum fasciculatum*	white	5	sun	high	6 to 8	moderate
Naked Buckwheat	*Eriogonum nudum*	white	6	sun	high	6 to 8	moderate
California Wild Rose	*Rosa californica*	pink	6	sun to shade	moderate	5 to 8	low
Western dogwood	*Cornus sericea*	white	4	sun to shade	low	5 to 7	low

California coffeeberry	*Rhamnus californica*	white	15	part shade	moderate	6	moderate
Late Season Blooming Plants							
Button bush	*Cephalanthus occidentalis*	white	6	sun	low	5 to 8.5	high
Rabbitbrush	*Chrysothamus viscidiflorus*	yellow	3	sun	high	7 to 8.5	low
Sulphur Flower	*Eriogonum umbellatum*	yellow	4	sun	high	6 to 8	high
Coyotebrush	*Baccharis pilularis*	white	8	sun	moderate	5 to 8	moderate

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Cover Crops for Pollinators (Central Valley, CA)

Common Name	Scientific Name	Flower Color	*Height Mature (ft)	Light Needs	*Drought Tolerance	*pH Range	*Salinity Tolerance	Annual, Perennial, Biennial
Early Blooming Plants								
Hairy vetch	*Vicia villosa*	blue	1	sun to part.	low	5.5 to 6.5	moderate	A
Crimson clover	*Trifolium incarnatum*	red	1	sun to part.	low	6 to 7	low	A
Phacelia	*Phacelia tanacetifolia*	purple	3	sun to shade	moderate	6 to 9	high	A
Borage	*Borage officinalis*	blue	1.5	sun	low	6 to 7.5	moderate	A
Early to Mid-Season Blooming Plants								
Purple vetch	*Vicia atropurpurea*	purple	1.5	sun to part.	low	5.5 to 6.5	moderate	A
Daikon radish	*Raphanus sativus*	white	2	sun	moderate	6.5 to 7.5	low	B
Mid-Season Blooming Plants								
Alfalfa	*Medicago sativa*	purple	1.5	sun	moderate	6.5 to 7	moderate	P, A
New Zealand clover	*Trifolium repens*	white		sun to part.	low	6 to 7	low	P

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Native Bunch Grasses for Pollinators (Central Valley, CA)

Common Name	Scientific Name	*Height Mature (feet)	Light Needs	*Drought Tolerance	*pH Range	*Salinity Tolerance
Tufted hair grass	*Deschampsia caespitosa*	2	sun	low	5 to 7	low
Purple needle grass	*Nassella pulchra*	2	sun	high	5 to 8	moderate
California meadow barley	*Hordeum brachyantherum*	0.5	sun	low	5 to 7	low
Blue wildrye	*Elymus glaucus*	2	part shade	moderate	5 to 9	low
California fescue	*Festuca californica*	3	part shade	low	6 to 7.5	low
Idaho fescue	*Festuca idahoensis*	1	sun	moderate	6 to 8	moderate
Deer grass	*Muhlenbergia rigens*	3	sun	moderate	5 to 8	
Desert needle grass	*Stipa speciosa*	1	sun	high	7 to 8	moderate
Bifid Sedge	*Carex serratodens*	5	sun	low	5 to 8	low

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Garden Plants for Pollinators (Central Valley, CA)

Common Name	Scientific Name	Flower Color	*Height Mature (ft)	Light Needs	*Drought Tolerance	*pH Range	*Salinity Tolerance	Annual, Perennial, or Biennial
Early Blooming Plants								
Tansy phacelia	*Phacelia tanacetifolia*	purple	1	sun	high	6 to 7.5	moderate	A
Early to Mid-Season Blooming Plants								
Penstemon	*Penstemon* spp.	purple	3	sun to shade	moderate	6 to 9	high	P
Mid-Season Blooming Plants								
Sea holly	*Eryngium* spp.	blue	2	sun	moderate	6.5 to 8	low	P
Giant Hyssop	*Agastache spp.*	purple	4	sun to part.	low	6 to 8	low	P
Russian sage	*Perovskia atriplicifolia*	blue	5	sun	moderate	6 to 7.5	high	P
Oregano	*Origanum spp.*	pink	1	sun	high	6.5 to 8	moderate	P
Thyme	*Thymus* spp.	pink	1	sun	moderate	6.5 to 8	moderate	P
Mid to Late Season Blooming Plants								
Globe thistle	*Echinops ritro*	blue	5	sun	high	5 to 6	low	P
Mexican sunflower	*Tithonia rotundifolia*	orange	6	sun	moderate	6 to 8	moderate	A
Calliopsos	*Coreopsis tintoria*	yellow	3	sun	high	6 to 7.5	low	A, P, B
Cosmos	*Cosmos bipinnatus*	variable	5	sun	high	6.5 to 8.5	moderate	A
Salvia	*Salvia* spp.	blue	5	sun to part.	moderate	5.5 to 7.5	low	P
Late Season Blooming Plants								
Rosemary	*Rosemarinus officinalis*	blue	3	sun	high	6.5 to 7.5	moderate	P
Sunflower	*Helianthus spp.*	yellow	3	sun	moderate	5.5 to 8	moderate	A
Aster	*Aster* spp.	blue	2	sun to part.	moderate	6.5 to 7.5	moderate	P

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* Avoid hybrids or 'double' flowers, as these tend to contain less pollen