



THE XERCES SOCIETY FOR INVERTEBRATE CONSERVATION

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Native Forbs for Pollinators (Northern Sierra Foothill regions, CA)

Common Name	Scientific Name	Flower Color	*Height Mature (ft)	Light Needs	*Drought Tolerance	*pH range	*Salinity Tolerance	Annual, Perennial, Biennial
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Early Blooming Plants

Imbricate phacelia	<i>Phacelia imbricata</i>	white	1	sun	moderate	7 to 8	moderate	P
Purple Chinese houses	<i>Collinsia heterophylla</i>	purple	3	shade	low	5 to 6	low	A
Globe gilia	<i>Gilia capitata</i>	blue	3	sun	low	6 to 7	low	P
Rigid hedgenettle	<i>Stachys ajugoides</i>	pink	2	part shade	low	5 to 8	low	P
Tansy phacelia	<i>Phacelia tanacetifolia</i>	purple	1	sun	high	6 to 7.5	moderate	A
California bee plant	<i>Scrophularia californica</i>	red	4	sun to shade	low	5 to 7	low	P
Five Spot	<i>Nemophila maculata</i>	white	0.5	sun to part shade	low	6.5 to 8	low	A
Babby Blue Eyes	<i>Nemophila menziesii</i>	blue	0.5	sun to part shade	low	6.5 to 8	low	A

Early to Mid-Season Blooming Plants

Ithurial's spear	<i>Triteleia laxa</i>	purple	3	sun	moderate	6 to 8	low	P
Bull Clover	<i>Trifolium fucatum</i>	white, yellow, red	1	sun to part shade	low	6 to 7.5	low	A
Creek Clover	<i>Trifolium obtusiflorum</i>	pink	1	sun to part shade	low	6 to 7.5	low	A
Lupine	<i>Lupinus</i> spp.	blue	3	sun	low	6 to 8	low	A, P
Penstemon	<i>Penstemon</i> spp.	purple	3	sun to shade	moderate	6 to 8	high	P
salt heliotrope	<i>Heliotropium curassavicum</i>	white	0.5	sun	high	6 to 8	high	P
Turkey tangle fogfruit	<i>Phyla nodiflora</i>	pink	0.5	sun	low	5.5 to 8.5	low	P
California poppy	<i>Eschscholzia californica</i>	orange	2	sun	moderate	5 to 8	moderate	P

Mid-Season Blooming Plants

Deer Weed	<i>Lotus scoparius</i>	yellow	3	sun	moderate	7 to 8	moderate	P
Elegant clarkia	<i>Clarkia unguiculata</i>	yellow	3	sun	moderate	7 to 8	moderate	P
American licorice	<i>Glycyrrhiza lepidota</i>	purple	3	sun	moderate	6 to 8	low	P
Sneezeweed	<i>Helenium puberulum</i>	red	2	sun to shade	moderate	6 to 8	low	A
Elegant madia	<i>Madia elegans</i>	white	3	sun	low	5.5 to 8	moderate	P
Evening primrose	<i>Oenothera elata</i>	yellow	3	sun	low	5 to 8	low	P
Bird's eyes	<i>Gilia tricolor</i>	yellow	3	part shade	moderate	6 to 8	moderate	P
Buckwheat	<i>Eriogonum spp.</i>	white, yellow, red	.5 - 4	sun to part shade	moderate	5.5 to 8	moderate	P
Point Reyes horkelia	<i>Horkelia marinensis</i>	purple	0.5	sun	high	6 to 8	moderate	A
Turkey mullein	<i>Eremocarpus setigerus</i>	purple	2	sun to shade	low	6 to 8	moderate	P

Mid - Late Season Blooming Plants

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

Late Season

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

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Native Trees and Shrubs for Pollinators (Northern Sierra Foothill regions, 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	<i>Arctostaphylos viscida</i>	pink	12	sun	high	5 to 7	low
Pinemat Manzanita	<i>Arctostaphylos nevadensis</i>	white	2	sun to part shade	high	6 to 8.5	low
Greenleaf Manzanita	<i>Arctostaphylos patula</i>	white	6	sun	high	5.5 to 7.5	low
Willow	<i>Salix</i> spp.	yellow	20	sun	low	5 to 8	low
Early Blooming Plants							
Western Redbud	<i>Cercis occidentalis</i>	red	15	sun to shade	moderate	5.5 to 8	low
Oregon Grape	<i>Mahonia aquifolium</i>	yellow	8	sun to shade	moderate	5 to 8	low
Buckbrush	<i>Ceanothus cuneatus</i>	white	8	sun	high	6 to 8.5	moderate
Woollyleaf Ceanothus	<i>Ceanothus tomentosus</i>	blue, white	8	sun to part shade	high	5 to 8	moderate
Ocean Spray	<i>Holodiscus discolor</i>	white	5	sun to shade	low	6 to 8	moderate
False white indigobush	<i>Amorpha fruticosa</i>	white	10	sun	moderate	6 to 8	high
Hollyleaf cherry	<i>Prunus ilicifolia</i>	white	25	sun	low	5 to 8	low
Early to Mid-Season Blooming Plants							
Mule Fat	<i>Baccharis salicifolia</i>	white	8	sun	low	6 to 8.5	moderate
Deerbrush	<i>Ceanothus integerrimus</i>	white / pink	12	sun to part shade	moderate	7 to 8.5	low
Yerba Santa	<i>Eriodictyon californicum</i>	pink	5	sun	moderate	5 to 8	moderate
Mock Orange	<i>Philadelphus lewisii</i>	white	8	sun	moderate	7 to 8	low
Flannel Bush	<i>Fremontodendron californicum</i>	yellow	10	sun to part shade	high	6 to 8	moderate
Mid-Season Blooming Plants							
Toyon	<i>Heteromeles arbutifolia</i>	white	10	sun to part shade	high	5 to 8	moderate
California Buckwheat	<i>Eriogonum fasciculatum</i>	white	5	sun	high	6 to 8	moderate
Naked Buckwheat	<i>Eriogonum nudum</i>	white	6	sun	high	6 to 8	moderate

California Wild Rose	<i>Rosa californica</i>	pink	6	sun to shade	moderate	5 to 8	low
Western dogwood	<i>Cornus sericea</i>	white	4	sun to shade	low	5 to 7	low
California coffeeberry	<i>Rhamnus californica</i>	white	15	part shade	moderate	6	moderate

Late Season Blooming Plants

Button bush	<i>Cephalanthus occidentalis</i>	white	6	sun	low	5 to 8.5	high
Rabbitbrush	<i>Chrysothamum viscidiflorum</i>	yellow	3	sun	high	7 to 8.5	low
Sulphur Flower	<i>Eriogonum umbellatum</i>	yellow	4	sun	high	6 to 8	high
Coyotebrush	<i>Baccharis pilularis</i>	white	8	sun	moderate	5 to 8	moderate

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Cover Crops for Pollinators (Northern Sierra Foothill Regions, 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	<i>Vicia villosa</i>	blue	1	sun to part.	low	5.5 to 6.5	moderate	A
Crimson clover	<i>Trifolium incarnatum</i>	red	1	sun to part.	low	6 to 7	low	A
Phacelia	<i>Phacelia tanacetifolia</i>	purple	3	sun to shade	moderate	6 to 9	high	A
Borage	<i>Borage officinalis</i>	blue	1.5	sun	low	6 to 7.5	moderate	A
Early to Mid-Season Blooming Plants								
Purple vetch	<i>Vicia atropurpurea</i>	purple	1.5	sun to part.	low	5.5 to 6.5	moderate	A
Daikon radish	<i>Raphanus sativus</i>	white	2	sun	moderate	6.5 to 7.5	low	B
Mid-Season Blooming Plants								
Alfalfa	<i>Medicago sativa</i>	purple	1.5	sun	moderate	6.5 to 7	moderate	P, A
New Zealand clover	<i>Trifolium repens</i>	white		sun to part.	low	6 to 7	low	P

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Native Bunch Grasses for Pollinators (Northern Sierra Foothill Regions, CA)

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

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Garden Plants for Pollinators (Northern Sierra Foothill Regions, CA)

Common Name	Scientific Name	Flower Color	*Height Mature (ft)	Light Needs	*Drought Tolerance	*pH Range	*Salinity Tolerance	Annual, Perennial, or Biennial
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Early Blooming Plants

Borage	<i>Borago officinalis</i>	blue	2	sun	low	6 to 7.5	moderate	A
Chamomile	<i>Matricaria recutita</i>	white	0.5	sun	moderate	5.5 to 7.5		A
Tansy phacelia	<i>Phacelia tanacetifolia</i>	purple	1	sun	high	6 to 7.5	moderate	A

Early to Mid-Season Blooming Plants

Horehound	<i>Marrubium vulgare</i>	white	3	sun	low	6 to 8	low	P
Penstemon	<i>Penstemon</i> spp.	purple	3	sun to shade	moderate	6 to 9	high	P
Lavender	<i>Lavandula</i> spp.	purple	3	sun	moderate	6.5 to 7.5	moderate	P

Mid-Season Blooming Plants

Pincushion flower	<i>Scabiosa atropurpurea</i>	purple	3	sun	moderate	6.5 to 8		P
Basil	<i>Ocimum</i> spp.	white	2	sun	moderate	4 to 8	low	A
Sea holly	<i>Eryngium</i> spp.	blue	2	sun	moderate	6.5 to 8	low	P
Hhummingbird mint	<i>Agastache rugosa</i>	purple	4	sun to part.	low	6 to 8	low	P
Anise hyssop	<i>Agastache rupestris</i>	purple	4	sun to part.	low	6 to 8	moderate	P
Catmint	<i>Nepeta</i> spp.	white or blue	1	sun to part.	moderate	6 to 8	low	P
Russian sage	<i>Perovskia atriplicifolia</i>	blue	5	sun	moderate	6 to 7.5	high	P
Oregano	<i>Origanum</i> spp.	pink	1	sun	high	6.5 to 8	moderate	P
Toadflax	<i>Linaria purpurea</i>	purple	3	sun		6 to 8	low	P
Spearmint	<i>Mentha spicata</i>	white or pink	1	sun	low	6.5 to 7	low	P
Thyme	<i>Thymus</i> spp.	pink	1	sun	moderate	6.5 to 8	moderate	P

Mid to Late Season Blooming Plants

Globe thistle	<i>Echinops ritro</i>	blue	5	sun	high	5 to 6		P
Mexican sunflower	<i>Tithonia rotundifolia</i>	orange	6	sun	moderate	6 to 8	moderate	A
Calliopsis	<i>Coreopsis tinctoria</i>	yellow	3	sun	high	6 to 7.5	low	A, P, B

Cosmos	<i>Cosmos bipinnatus</i>	variable	5	sun	high	6.5 to 8.5	moderate	A
Salvia	<i>Salvia</i> spp.	blue	5	sun to part.	moderate	5.5 to 7.5		P

Late Season Blooming Plants

Rosemary	<i>Rosemarinus officinalis</i>	blue	3	sun	high	6.5 to 7.5	moderate	P
Sunflower	<i>Helianthus</i> spp.	yellow	3	sun	moderate	5.5 to 8	moderate	A
Aster	<i>Aster</i> spp.	blue	2	sun to part.	moderate	6.5 to 7.5		P

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