

## Lists of California Native Plants

### California native plants for bees



Arctostaphylos sp. California Manzanitas  
Ceanothus sp. California Wild Lilacs  
Eriogonum Sp, California Buckwheats  
Penstemon sp. California Penstemons  
Ribes sp. California Currants and gooseberries  
Salvia sp. California Sages  
Achillea sp, Yarrow (any species)  
Acmispon glaber Deerweed  
Antirrhinum multiflorum, Multiflowered Snapdragon  
Calystegia macrostegia, Morning Glory  
Chilopsis linearis, Desert Willow  
Chrysothamnus nauseosus, Rabbit Brush  
Eriophyllum sp., Golden Yarrow  
Lobelia dunnii serrata, Blue Lobelia  
Mahonia nevinii, Gray Blue Bird Bush  
Monardella sp. Butterfly Mint Bush (any species)  
Phacelia imbricata, Pine Bee Flower  
Sambucus mexicana or S. caerulea, Elderberry  
Salix sp., Willow (Any species)  
Scrophularia californica, California Figwort  
Solidago sp., Golden Rod (any species)  
Stachys bullata, Hedge Nettle  
Symphoricarpos sp., Snow Berry  
Trichostema lanatum or T. parishii, Woolly Blue Curls

*Bees are delightful, busy, mysterious little creatures  
Perhaps you might reconsider the use of pesticides*



West Coast Lady  
on thistle



Ctenucha multifaria

to enhance your life and the lives of others

Photos by Phred Jackson

## General Butterfly Information

To attract butterflies to your garden you need to grow two types of plants or have them growing in your area. The first type provides food for the larva of the butterflies. The second type are the nectar plants for the adult butterflies.

Important butterfly plants (support the largest variety of butterflies in California) are *Eriogonum* spp., *Lupinus* spp., *Salix* spp., *Quercus* spp, and *Ceanothus* spp.

Some of the Native plants that the butterfly larvae live on are *Viola* spp. (Violets), *Astragalus* spp., *Acmispon glaber* (deerweed) , *Arabis* spp. If these are in your area, try to protect them. Violets alone support 11 different subspecies of butterflies.

The most popular perennials (with adult butterflies) are *Eriodictyon californicum*, *Salvia mellifera*, *Monardella antonina*, *Monardella villosa*, and *Stachys* spp. Garth and Tilden also state that *Erysimum*, *Aesculus californica*, and members of the sunflower family and mint family are used as nectar sources by adult butterflies. Remember, you will not see very many butterflies in your garden if their larval food plants are not in your garden or nearby.

The most popular butterfly plants to butterflies that we have observed at our Las Pilitas Nursery of the second type (nectar plants for adult butterflies) are listed on next page. You need to have plants flowering throughout the season. Then you will see butterflies spring through summer. They are listed as they flower through the season (starting with spring flowering up to the end of summer flowering).

Garth, John S. and Tilden, J. W., *California Butterflies*, University of California Press, 1986

Flowering period	Butterfly Larval food plants	Adult butterfly nectar plants
From Spring	<i>Gilia capitata</i>	<i>Eriogonum</i> spp.
	<i>Gilia tricolor</i>	<i>Monardella</i> spp.
	<i>Chaenactis</i> spp.	<i>Stachys</i> spp.
through	<i>Erigeron glaucus</i>	<i>Hazardia squarrosus</i>
	<i>Eriodictyon californicum</i>	<i>Trichostema lanatum</i>
	<i>Helianthus gracilentus</i>	<i>Cirsium</i> spp.
Summer	<i>Salvia</i> spp	<i>Chilopsis linearis</i>
	<i>Philadelphus lewisii</i>	<i>Salvia</i> spp
	<i>Carpenteria californica</i>	<i>Epilobium</i> spp.

Information from Las Pilitas Nursery. See website for the complete list of "Plants for a California or Western Butterfly Garden"  
<http://www.laspilitas.com/butterfl.htm>

Tid bits. . .

For butterflies to reproduce we need to provide food sources for their larval stage. Butterflies are in decline in part because of the loss of their larval food source

Monarchs lay their eggs only on milkweeds (*Asclepias* species).

In the Bay area best to plant *A. fascicularis* or *A. speciosa*.

Anise swallowtail native larval food includes *Angelica*,

*Lomatium*, *Heracleum* and *Perderidia* (Yampah). Yampah in

most wildlands has been pushed out by invasive fennel.

California fuchsia's tubular flowers are custom made for hummingbirds. Their showy blossoms come on in late summer through fall just as many other plants are fading

(*Mimulus aurantiacus*) Can grow in full sun but appreciate a little shade and once established are quite drought tolerant.

Dependably deer resistant. Larval food source for the painted lady and checkerspot butterfly.

Yarrow - *Achillea millefolium* Besides being an important nectar source for bees and butterflies, birds forage on the ferny fragrant leaves in winter. This spreading perennial grows in sun to light shade with occasional water in summer.

Coyote Mint - *Monardella villosa* Pungent minty foliage and dense heads of lavender flowers are a favorite of bees and butterflies. This drought tolerant, slightly woody small shrub is best in full sun with good drainage.

Buckwheats (*Eriogonum* species) have substantial wildlife value, providing pollen and nectar for bees and butterflies, larval food for butterflies, seeds for birds and cover for many creatures.



*Achyrachaena mollis* (blow wives)

Full life cycle of the plant, flower, fruit, seeds & stems, leaves & roots all play an important part in a habitat garden for life.



*Geum triflorum* (Prairie Smoke)



*Calochortus pulchellus*  
(Mt. Diablo fairy lantern)



*Fritillaria micrantha* (Brown fritillary)



*Ribes speciosum*  
(Fuchsiaflower gooseberry)