

Sacramento Regions Most Important Plants List – Jan 2025

These plants were selected because they are local to the Sacramento Region. And they have high wildlife habitat value.

Botanical Name TOP PLANT	Common Name link to Calscape	Specialist Bees	Lepidoptera HOSTED	COLLECTION MONTH	COMMENTS
<i>Achillea millefolium</i>	Common Yarrow		15		Edible Restoration plant Shade loving Soil stabilizer Water loving
<i>Acmispon glaber</i>	California Broom (Deerweed)		31		
<i>Aesculus californica</i>	California Buckeye		13		
<i>Allium amplexans</i>	Narrow Leaved Onion		17		
<i>Aristolochia californica</i>	Dutchman's Pipe Vine		1		
<i>Artemisia douglasiana</i>	Mugwort		31		
<i>Asclepias fascicularis</i>	Narrowleaf Milkweed		6		
<i>Asclepias speciosa</i>	Showy Milkweed		5		
<i>Baccharis pilularis</i>	Coyote Brush		29		
<i>Boechera sparsiflora</i>	Elegant rockcress		9		
<i>Carex tumulicola</i>	Foothill Sedge		7		
Ceanothus cuneatus	Buck Brush	2	95		
<i>Cercis occidentalis</i>	Western Redbud		11		Edible flowers
<i>Cercocarpus betuloides</i>	Mountain Mahogany		31		
<i>Chlorogalum pomeridianum</i>	Soap Plant		1		
<i>Clarkia unguiculata</i>	Elegant Clarkia	7	5		
<i>Claytonia perfoliata</i>	Miners Lettuce		3		edible
<i>Clematis ligusticifolia</i>	Virgin's Bower		9		
<i>Diplacus aurantiacus</i>	Sticky Monkeyflower	2	8		
<i>Dudleya cymosa</i>	Canyon Dudleya		4		
<i>Epilobium canum</i>	California Fuchsia		15		
<i>Erigeron foliosus</i>	Fleabane Daisy		13		

<i>Eriogonum fasciculatum</i>	Native to SoCal Calif Buckwheat	4	51	Doesn't like clay soil
Eriogonum nudum	Nude Buckwheat	4	48	
Eriogonum roseum	Wand Buckwheat		46	
<i>Eriophyllum lanatum</i>	Woolly Sunflower		7	
<i>Erythranthe guttata</i>	Seep Monkeyflower		10	
<i>Eschscholzia californica</i>	California Poppy		7	
Fragaria vesca	Wild strawberry		42	
<i>Frangula californica</i>	Coffeeberry		33	
<i>Frangula californica</i> ssp. <i>tomentella</i>	Hoary Coffeeberry		33	
<i>Grindelia camporum</i>	Gumplant	3	11	
<i>Helianthus annuus</i>	Common Sunflower	7	37	
<i>Heteromeles arbutifolia</i>	Toyon		8	
<i>Heuchera micrantha</i>	Crevice Alumroot		1	Bumble bees like
<i>Juncus effusus</i>	Soft Rush		5	Low water = won't overgrow
<i>Koeleria macrantha</i>	Junegrass		2	
<i>Lonicera hispidula</i> nearby	Pink Honeysuckle		23	
<i>Lonicera interrupta</i>	Chaparral Honeysuckle		23	
Lupinus albifrons	Silver Bush Lupine		57	
Lupinus benthamii	Spider Lupine		51	
Lupinus bicolor	Miniature Lupine		54	
<i>Madia elegans</i>	Common Madia		3	
<i>Melica californica</i>	Onion Grass		3	
<i>Monardella villosa</i>	Coyote Mint		11	Butterfly magnet
<i>Muhlenbergia rigens</i>	Deergrass		1	
<i>Nemophila menziesii</i>	Baby Blue Eyes		5	
<i>Oenothera elata</i>	Hooker's Evening Primrose		15	

<i>Penstemon heterophyllus</i>	Foothill Penstemon	6	17	
Phacelia imbricata	Pine Bee Flower	15	9	
<i>Phacelia tanacetifolia</i>	Lacy Phacelia		9	
<i>Phyla nodiflora</i>	Lippia		4	
<i>Pseudognaphalium californicum</i>	California Everlasting		14	
<i>Ptelea crenulata</i>	Western Hoptree		5	Small tree – we should grow
Quercus douglasii	Blue Oak		170	
Quercus lobata	Valley Oak		168	
Quercus wislizeni	Interior Live Oak		172	
<i>Rhamnus ilicifolia</i>	Hollyleaf Redberry		19	
Rosa californica	California Wildrose		72	Edible flowers
Salix exigua	Sandbar Willow	8	224	Water loving
<i>Salvia sonomensis</i>	Sonoma Sage		11	
<i>Sambucus mexicana</i>	Blue Elderberry		23	
<i>Scrophularia californica</i>	Bee Plant		12	
<i>Scutellaria californica</i>	California Skullcap		2	Shade loving
<i>Solidago californica</i>	California Goldenrod		39	
<i>Symphoricarpos albus</i>	Snowberry		29	
<i>Symphyotrichum chilense</i>	California Aster		10	
Trifolium willdenovii	Tomcat Clover		69	
<i>Umbellularia californica</i>	California Bay		4	Edible
<i>Verbena lasiostachys</i>	Vervain		9	Water loving
Vitis californica	California Grape		41	