



Ferns & More of Upper Sunrise

A selection of plants we may see on the
New Year's Day Walk, January 1, 2026
SacValleyCNPS.org/Nursery/

Climate Ready – ALREADY



Local Native Plants are Ready for the Future!

Native plants are found naturally in a given region and evolved over thousands of years to the conditions that surround them.

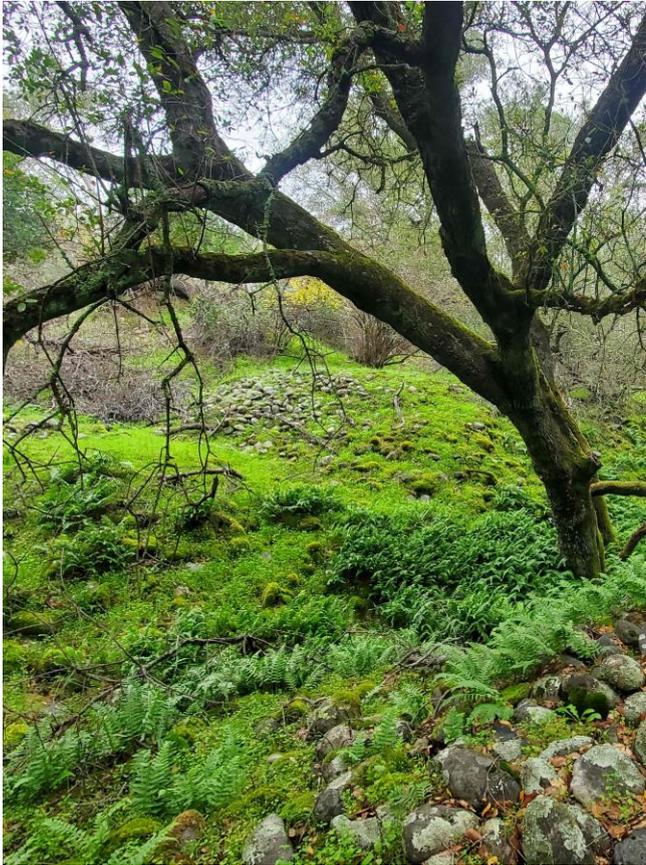
This is why local native plants offer built-in resilience and superior ecological function, making them a prime choice for adapting to climate change.

They are keystones for Biodiversity: They have co-evolved with local insects, which means they are the specific food source (ie host plants for caterpillars) required to support the local food web, including birds and other wildlife.

FERNS



About FERNS



Ferns, flowerless plants that have feathery or leafy fronds, have changed little since their prehistoric days. With fossil records dating back to the Devonian era 380 million years ago, ferns as a plant group predate seeds, grasses, flowers, and modern trees.

<https://www.schlitzaudubon.org> ferns

Coffee Fern

Pellaea andromedifolia



HABITAT CHAMPION

Climate Ready, Already

PLANT OVERVIEW

Pellaea andromedifolia plays a vital role in its ecosystem. As a perennial fern, it helps stabilize soil, preventing erosion on cliffs and rocky slopes. Its presence supports local wildlife by providing cover and a habitat for various insects, which in turn contribute to the ecosystem's food web. Additionally, its foliage contributes to local humidity levels, benefiting the surrounding flora.

<https://www.botanicalrealm.com/plant-identification/pellaea-andromedifolia-pubescens/>

Learn more:



Goldenback Fern

Pentagramma triangularis



HABITAT CHAMPION

Climate Ready, Already

PLANT OVERVIEW

The ecological role of the Goldbeck fern is vital in its habitat. As a ground cover, it helps prevent soil erosion and maintains moisture in the environment. Its presence can also support various wildlife, providing cover and habitat for small mammals and insects. Furthermore, the fern plays a crucial role in the nutrient cycling of the forest floor, breaking down organic matter and returning essential nutrients to the soil.

<https://www.botanicalrealm.com/plant-identification/goldback-fern-pentagramma-triangularis/>

Learn more:



Nested Polypody

Polypodium calirhiza



HABITAT CHAMPION

Climate Ready, Already

PLANT OVERVIEW

Nested Polypody play a critical role in their ecosystems. They are proficient in soil stabilization, helping to prevent erosion while providing essential habitat for various organisms. Additionally, ferns improve soil health by contributing to organic matter through fallen fronds, which decompose and enrich the soil. This makes them vital in maintaining biodiversity and promoting ecological balance.

<https://www.botanicalrealm.com/plant-identification/nested-polypody-polypodium-calirhiza/>

Learn more:



Other FERNS at Upper Sunrise (but less likely to see)



Adiantum jordanii California Maidenhair Fern



Dryopteris arguta Coastal Wood Fern



Pellaea mucronata Bird's-foot Fern

TREES



Tree lined path, Riverbend Park, American River Parkway

California buckeye

Aesculus californica



HABITAT CHAMPION

Climate Ready, Already



PLANT OVERVIEW

Summer Deciduous 12'-30' tall and 40' wide

Type: Tree

Water Needs: Very Low – Low

Sun Needs: Full to Part Sun

Special Uses: Hedge; tree skin whitens over time and is striking; can be toxic for honey bees

Wildlife Supported: Butterflies, bees, and bats.

Learn more:



Buttonwillow

Cephalanthus occidentalis



**HABITAT
CHAMPION**
Climate Ready, Already

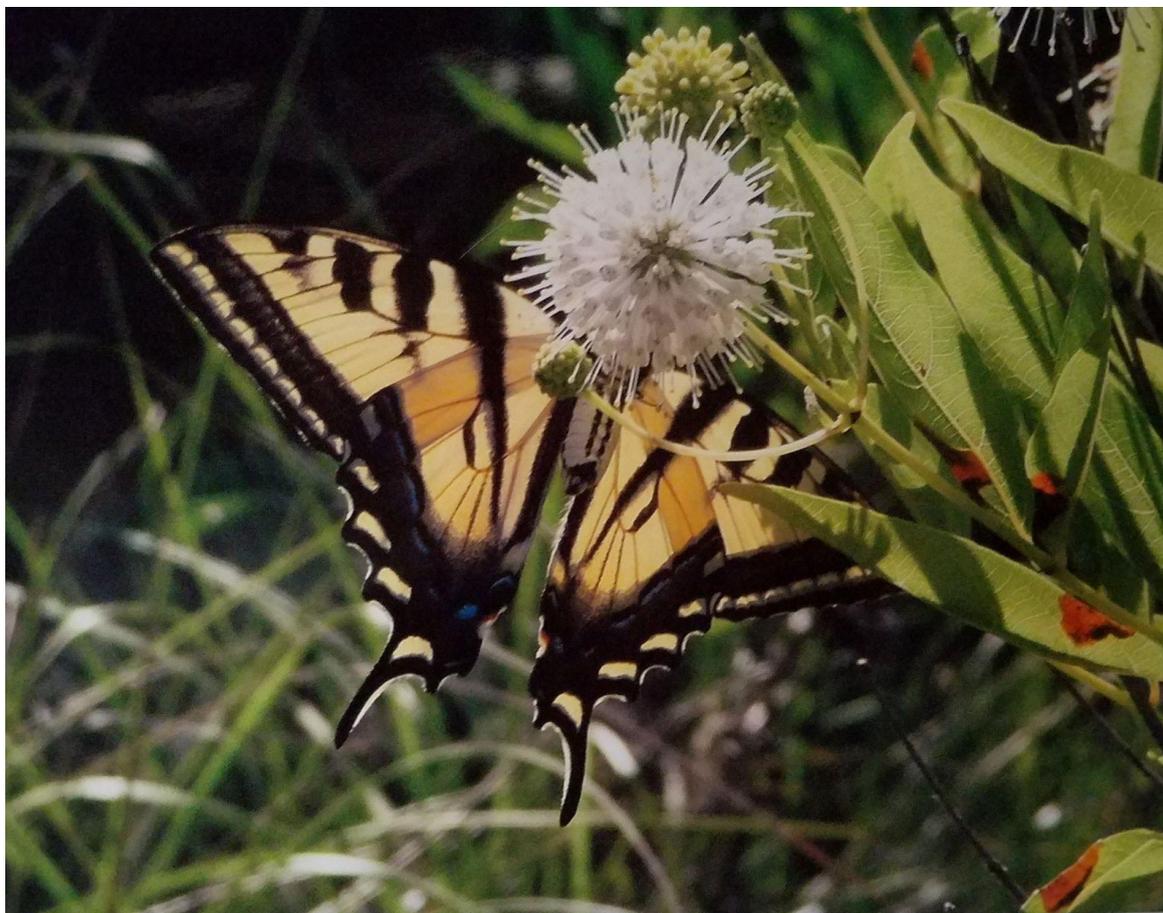


Photo by Guy Galante

PLANT OVERVIEW

Deciduous. 6'-20' tall. 4—15' wide

Type: Tree, shrub

Water Needs: Medium

Sun Needs: Sun, Part Sun

Bloom Time: Spring, Summer.

Special Uses: Wildlife Supported:
birds, bees, butterflies, bats

Learn more:



Western Redbud

Cercis occidentalis



HABITAT CHAMPION

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PLANT OVERVIEW

Deciduous. 10'-20' tall; 10'-15' wide

Type: Tree, Shrub

Water Needs: Low (but it can live in a Rain Garden!) Though drought-tolerant, also tolerates semi-riparian conditions

Sun Needs: Sun, Part Sun

Bloom Time: Feb-April.

Special Uses: Bank stabilization, street tree/shrub

Wildlife Supported: birds, bees, butterflies, hummingbirds, bats

Learn more:



Blue Oak

Quercus douglasii



HABITAT CHAMPION

Climate Ready, Already

TOP KEYSTONE SPECIES



PLANT OVERVIEW

Deciduous. 30'-80' tall and 30' wide

Type: Tree

Water Needs: Very Low - Low
Drought-tolerant; also tolerates semi-riparian conditions

Sun Needs: Full to Part Sun

Special Uses: bank stabilization

Wildlife Supported: birds, mammals, invertebrates

Learn more:



Valley Oak

Quercus lobata



HABITAT CHAMPION

Climate Ready, Already

TOP KEYSTONE SPECIES



PLANT OVERVIEW

Deciduous. 60'-100' tall and 50' wide

Type: Tree

Water Needs: Low

Sun Needs: Full sun

Special Uses: bank stabilization; if you have the space, it is fabulous for wildlife!

Wildlife Supported: birds, mammals, invertebrates

Learn more:



Interior Live Oak

Quercus wislizeni



HABITAT CHAMPION

Climate Ready, Already

TOP KEYSTONE SPECIES



PLANT OVERVIEW

Evergreen. 30'-50' tall and wide

Type: Tree

Water Needs: Very Low - Low
Drought-tolerant; also tolerates semi-riparian conditions

Sun Needs: Full to Part Sun

Special Uses: Top in Carbon Sequestration - some 10,994 CO² equivalent over its lifetime.

Wildlife Supported: birds, mammals, reptiles, amphibians, invertebrates

Learn more:



Sandbar Willow

Salix exigua

Host for
225
Butterflies
& Moths

Host for
8
Specialist
Bees

HABITAT CHAMPION

Climate Ready, Already



PLANT OVERVIEW

Deciduous. 10'-23' tall and wide

Type: Tree, shrub

Water Needs: Moderate -High

Sun Needs: Sun, Part Sun

Bloom Time: Feb-March

Special Uses: Water features or wet habitats; with water spreads aggressively; used for basket weaving, dyeing materials, and construction.

Wildlife Supported: birds, bees, butterflies, bats; used by 8 native bee species

Learn more:



Blue Elderberry

Sambucus mexicana



HABITAT CHAMPION

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PLANT OVERVIEW

Deciduous. 20' - 30' tall and wide

Type: Tree, shrub

Water Needs: Medium (more water equals more berries!)

Sun Needs: Sun, Part Sun

Bloom Time: Spring, Summer.

Special Uses: Great for bird watchers; Fruit is prized for its edible uses including baking and syrup. Also look for Sambucus cough remedies. Hedge.

Wildlife Supported: birds, bees, butterflies, bats



Photo by Jim Wadsworth

Learn more



SHRUBS



Whiteleaf Manzanita

Arctostaphylos viscida



HABITAT CHAMPION

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PLANT OVERVIEW

Evergreen. 8'-16' tall and wide

Type: Shrub

Water Needs: Very Low - Low

Sun Needs: Shade, Part Sun

Bloom Time: Jan - Feb.

Special Uses: Hedge.

Wildlife Supported: birds, bees, butterflies, hummingbirds, bats



Learn more:



Coyote Brush

Baccharis pilularis



HABITAT CHAMPION

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PLANT OVERVIEW

Evergreen. 5'-10' tall and wide

Type: Shrub

Water Needs: Very Low - Low

Sun Needs: Shade, Part Sun, Full Sun

Bloom Time: Sept - Jan.

Special Uses: Extremely valuable for wildlife. Bank stabilization. Hedge.

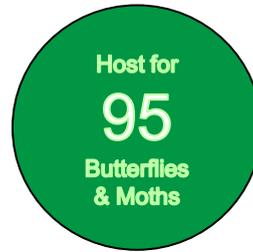
Wildlife Supported: birds, bees, butterflies, hummingbirds, bats

Learn more



Buck brush

Ceanothus cuneatus



HABITAT CHAMPION

Climate Ready, Already



PLANT OVERVIEW

Evergreen. 5'-10' tall and wide

Type: Shrub

Water Needs: Very Low - Low

Sun Needs: Shade, Part Sun, Full Sun

Bloom Time: Sept - Jan.

Special Uses: Extremely valuable for wildlife. Bank stabilization. Hedge.

Wildlife Supported: birds, bees, butterflies, hummingbirds, bats; 2 specialist bees use this plant

Learn more



Bush Monkeyflower

Diplacus aurantiacus



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PLANT OVERVIEW

Evergreen 4-5' Tall, 5' Wide

Type: Shrub

Water Needs: Low

Sun Needs: Full Sun, filtered sun

Bloom Time: March-Aug

Wildlife Supported: Hummingbirds,

Bats, Birds, Bees, Butterflies

Learn more:



Yerba Santa

Eriodictyon californicum



**HABITAT
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PLANT OVERVIEW

Evergreen 3-10' Tall, 5' Wide

Type: Shrub

Water Needs: Very Low, Low

Sun Needs: Full Sun

Bloom Time: May-June

Wildlife Supported: Bats, Bees,
Butterflies

Learn more:



Hoary Coffeeberry

*Frangula californica ssp.
tomentella*



HABITAT CHAMPION

Climate Ready, Already



PLANT OVERVIEW

Evergreen. 5'-10' tall and wide

Type: Shrub

Water Needs: Very Low - Low

Sun Needs: Shade, Part Sun, Full Sun

Bloom Time: Sept - Jan.

Special Uses: Bank stabilization. Hedge.

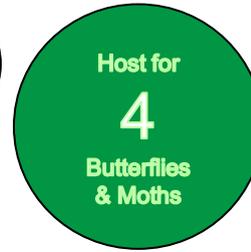
Wildlife Supported: birds, bees, bats

Learn more:



Toyon (Christmas Berry)

Heteromeles arbutifolia



HABITAT CHAMPION

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PLANT OVERVIEW

Evergreen. 10'-25' tall, 10'-20' wide

Type: Shrub

Water Needs: Very Low - Low

Sun Needs: Shade, Part Sun, Full Sun

Bloom Time: May - Jul.

Special Uses: Bank stabilization. Hedge.

Wildlife Supported: Loved by pollinators in late spring and **birds in the winter.**
birds, bees, bats

Learn more:



Silver Bush Lupine

Lupinus albifrons



HABITAT CHAMPION

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PLANT OVERVIEW

Evergreen. 3-5' tall and wide

Type: Shrub, small tree

Water Needs: Very Low - Low

Sun Needs: Full Sun, part shade

Bloom Time: April-July

Wildlife Supported: Bats, Birds, Bees, Caterpillars, Butterflies

Learn more:



Interior Scrub Oak

Quercus berberidifolia



HABITAT CHAMPION

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PLANT OVERVIEW

Evergreen. 15 – 20' tall , 15' wide

Type: Shrub, small tree

Water Needs: Very Low - Low

Sun Needs: Full Sun, part shade

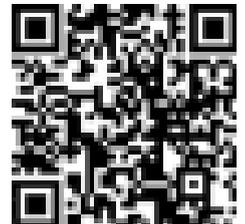
Bloom Time: Feb-Mar. Flowers are inconspicuous but acorns are large.

Slow growing

Special Uses: Bank stabilization. Hedge.

Wildlife Supported: numerous birds, insects, bats

Learn more:



Hollyleaf Redberry

Rhamnus ilicifolia



HABITAT CHAMPION

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PLANT OVERVIEW

Evergreen. 3 – 9' tall , 3 – 9' wide

Type: Shrub, small tree

Water Needs: Low – Very Low

Sun Needs: Full Sun, part shade

Bloom Time: Apr-Jun

Special Uses: Bank stabilization. Hedge.

Wildlife Supported: bees love it in the spring; birds love it in the summer.

Learn more:



Common Snowberry

Symphoricarpos albus



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PLANT OVERVIEW

Deciduous. 3 – 6' tall , 6' wide

Type: Shrub

Water Needs: Low

Sun Needs: Partial Shade, Deep Shade

Bloom Time: Jun-July

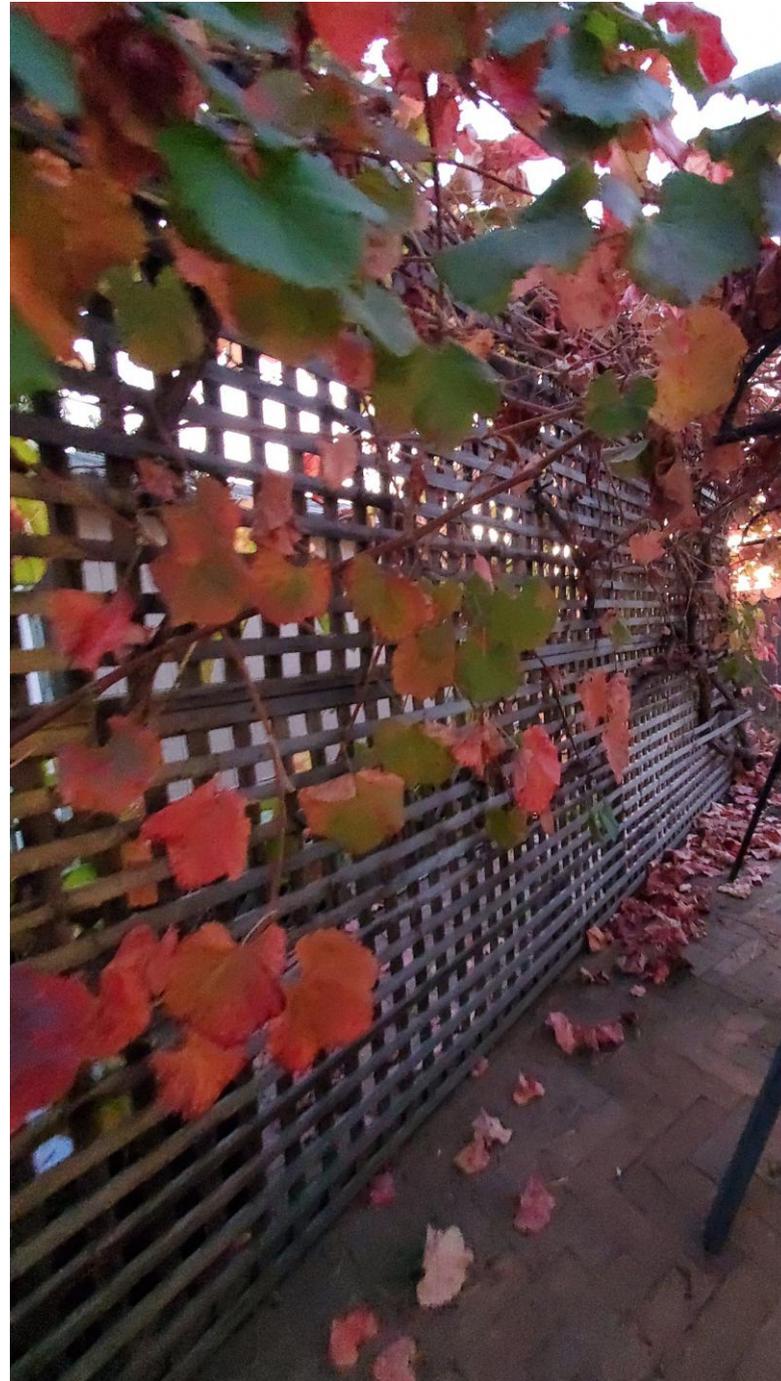
Special Uses: Bank stabilization. Hedge.

Wildlife Supported: bees love it in late spring; bees love it in the fall & birds love it in winter.

Learn more:

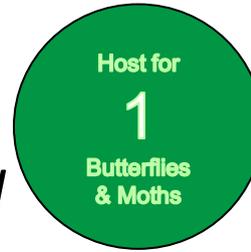


VINES



Dutchmans Pipevine

Aristolochia californica



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PLANT OVERVIEW

Deciduous. 20'-30' long

Type: Vine

Water Needs: Low

Sun Needs: the base of the plant needs shade, then it seeks sun.

Bloom Time: Jan-March

Special Uses: California's endemic. It flowers first, then it leafs out. Bank stabilization. Hedge. Groundcover.

Wildlife Supported: butterflies. **Sole larval host plant** for the Pipevine Swallowtail caterpillar.

Learn more:



Chaparral Honeysuckle

Lonicera interrupta

Host for

23

Butterflies
& Moths

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PLANT OVERVIEW

Deciduous. 20'-30' long

Type: Vine

Water Needs: Low

Sun Needs: the base of the plant needs shade, then it seeks sun.

Bloom Time: Jan-March

Special Uses: California's endemic. It flowers first, then it leafs out. Bank stabilization. Hedge. Groundcover.

Wildlife Supported: Hummingbird, Bird, Bees, Butterflies

Learn more:



California Wild Grape

Vitis californica



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PLANT OVERVIEW

Deciduous. 10'-40' long

Type: Vine, shrub

Water Needs: Low

Sun Needs: the base of the plant needs shade, then it seeks sun.

Bloom Time: May-June

Special Uses: Wildlife loves the fruit in the summer. Bank stabilization. Hedge. Groundcover.

Wildlife Supported: butterflies. bats birds

Learn more:



PERENNIALS



Common Yarrow

Achillea millefolium



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PLANT OVERVIEW

Evergreen. 1 -3' tall, 6 – 18" wide

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun, Partial Shade, Deep Shade

Bloom Time: April-August

Special Uses: Attracts Beneficial insects. Flowers can be dried and used in arrangements. Bank stabilization, Containers, Deer resistant, Groundcover, Lawn alternative

Wildlife Supported: butterflies. bats birds, bees

Learn more:



California Broom

Acmispon glaber



HABITAT CHAMPION

Climate Ready, Already



PLANT OVERVIEW

Deciduous. 2 -3 ' Tall, 3' Wide

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: May-April

Special Uses: It has excellent habitat value, and because it is nitrogen-fixing it is often used in restoration projects.

Wildlife Supported: butterflies, bees

Learn more:



California mugwort

Artemisia douglasiana



HABITAT CHAMPION

Climate Ready, Already



PLANT OVERVIEW

Deciduous. 2 -3 ' Tall, 3' Wide

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun-Deep Shade

Bloom Time: May-Sept

Special Uses: silvery leaves have a delightful sweet fragrance.

Wildlife Supported: butterflies, bees

Learn more:

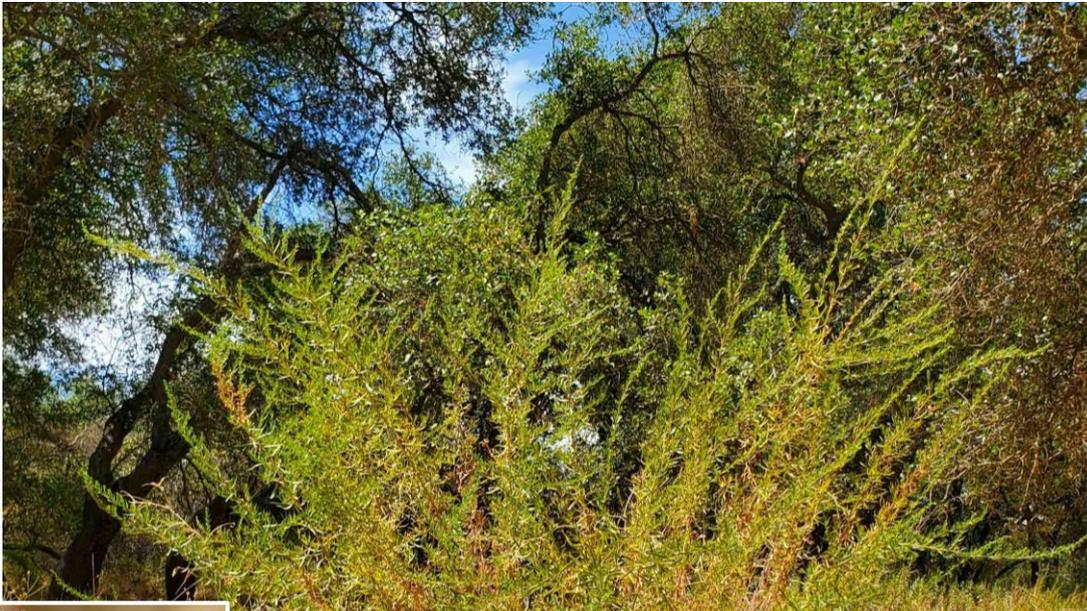


Wild Tarragon

Artemisia dracuncululus



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PLANT OVERVIEW

Deciduous. 4 -5' Tall, 5' Wide

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: April-Sept

Special Uses: Pleasant fragrance. Used as a culinary herb for flavoring dishes

Wildlife Supported: butterflies, bees

Learn more:



Narrow Leaf Milkweed

Asclepias fascicularis



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PLANT OVERVIEW

Deciduous. 2' – 3' Tall, 1' Wide

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: Jun-Sept

Special Uses: Milkweed (*Asclepias* species) is the sole host plant for Monarch butterflies. Native American uses include the plant's fibers were utilized for making cordage and textiles.

Wildlife Supported:
butterflies, bees

Learn more:



Sicklepod Rockcress

Boechera sparsiflora



HABITAT CHAMPION

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PLANT OVERVIEW

Deciduous. 2' – 3' Tall, 1' Wide

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun, partial shade

Bloom Time: Apr-Jun

Special Uses: Wildlife Supported:
butterflies, hummingbirds

Learn more:



Indian Paintbrush

Castilleja foliolosa



HABITAT CHAMPION

Climate Ready, Already



In the Sacramento region, Indian Paintbrush is found growing with Bush Monkeyflower.

PLANT OVERVIEW

Paintbrush is a hemiparasite - it can make its own food using sunlight, but it also takes water and nutrients from another plant

Annual-Perennial 2' Tall and Wide

Water Needs: Low

Sun Needs: Full Sun, filtered sun

Bloom Time: Feb-June

Special Uses: If it has good sun but is protected from the harshest weather, it can bloom almost year-round.

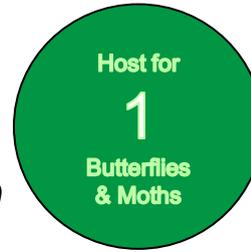
Wildlife Supported:
Butterflies, Hummingbirds

Learn more:



Soap Plant

Chlorogalum pomeridianum



HABITAT CHAMPION

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PLANT OVERVIEW

Deciduous. 3-4' Tall

Type: Bulb (Geophyte)

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: May-Aug

Special Uses: Soap plant flowers are unique in that they open only in the late afternoon or evening, sometimes on cloudy days. The flowers remain open during the night but will close by the morning. Pollination is by evening and night flying insects.

Wildlife Supported: Native bees, butterflies

Learn more:



California Fuchsia

Epilobium canum



HABITAT CHAMPION

Climate Ready, Already



Photo by Guy Galante

PLANT OVERVIEW

Deciduous. 1-1 ½' Tall

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: Aug-Oct

Special Uses: Spreads with good water.

Wildlife Supported: Hummingbirds, Native bees, Bats, Birds

Learn more:



Nude Buckwheat

Eriogonum nudum



**HABITAT
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Climate Ready, Already



PLANT OVERVIEW

Deciduous. 1-' Tall

Type: Perennial/Annual

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: May-August

Special Uses: Bee Garden.

Wildlife Supported: Birds, butterflies, bees

Learn more:



California Poppy

Eschscholzia californica



**HABITAT
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Climate Ready, Already



PLANT OVERVIEW

Deciduous. 1-' Tall

Type: Perennial/Annual

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: Feb-Sept

Special Uses: Reseeds easily; easily controllable; Great in containers also!

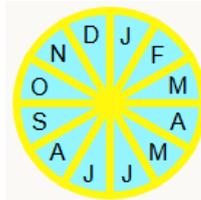
Wildlife Supported: Birds, small herbivores, butterflies, bees, other pollinators

Learn more:



Telegraph Plant

Heterotheca grandiflora



Bloom Period



HABITAT CHAMPION

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PLANT OVERVIEW

Deciduous. 1-' Tall

Type: Perennial/Annual

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: Jan-Dec

Special Uses: Reseeds easily; easily controllable

Wildlife Supported: butterflies, bees, other pollinators

Learn more:



Pine Bee Flower

Phacelia imbricata

Host for
9
Butterflies
& Moths

Host for
15
Specialist
Bees

HABITAT CHAMPION

Climate Ready, Already



PLANT OVERVIEW

Evergreen. : Basal leaves to 5 “- 10” a rosette; Flowering spikes to 2 ½’

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: Feb-April

Special Uses:

Wildlife Supported: Very attractive to insects, especially bees.

Learn more:



Coyote Mint

Monardella villosa



HABITAT CHAMPION

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PLANT OVERVIEW

Evergreen. 1-1 ½' Tall

Type: Perennial

Water Needs: Low

Sun Needs: Full Sun

Bloom Time: Aug-Oct

Special Uses: Spreads with good water.

Wildlife Supported: Hummingbirds, Native bees, Bats, Birds

Learn more:



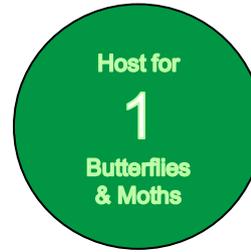
GRASSES



Purple Needlegrass – California State Grass (not at Upper Sunrise)

Torrey's Melicgrass

Melica torreyana



**HABITAT
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Climate Ready, Already



PLANT OVERVIEW

Deciduous. This species is endemic to California. 1-3' Tall and 1' Wide

Type: Grass

Water Needs: Low

Sun Needs: Filtered Sun, Shade

Bloom Time: Aug-Oct

Special Uses: reseeds easily. Seed eating birds will be attracted to it in summer.

Wildlife Supported:
butterflies



Learn more:

Deer Grass

Muhlenbergia rigens



**HABITAT
CHAMPION**
Climate Ready, Already



PLANT OVERVIEW

Evergreen. This species is endemic to California. 1-3' Tall and 1' Wide

Type: Grass

Water Needs: Low

Sun Needs: Filtered Sun, Shade

Bloom Time: Aug-Oct

Special Uses: Commonly used for making baskets. Seed eating birds will be attracted to it in summer. Wildlife use as shelter.

Wildlife Supported:
birds, butterflies

Learn more:





California Buckeye *Aesculus californica*
William Pond Park, American River Parkway

Questions? Contact Chris at CNPSchris@gmail.com