



CALIFORNIA NATIVE
PLANT SOCIETY
Sacramento Valley Chapter

SACRAMENTO REGION'S MOST IMPORTANT PLANTS

Local native plants are Habitat Champions. Climate Ready, Already

WUCOL = Very Light, Light, Medium, Heavy - Water Use Consumption: [LINK](#)

Sun= SH shade, FS full sun, PS part sun

Lepidoptera is an order of insects that includes butterflies and moths.



Scientific Name	Common Name	Plant Form	Height	WUCOL	Sun	Approximate Bloom time and Notes
<i>Achillea millefolium</i>	Common Yarrow	P	3'	L-H	FS/PS	April-Aug. Looks best with regular water; good plant for biological pest control; likely larval host plant to 5 lepidoptera species.
<i>Acmispon glaber</i>	Deer Plant (California Broom)	P	3'	VL	FS	March-Aug. This subshrub, beautiful in bloom, has high habitat value; likely larval host 15 lepidoptera species.
<i>Aesculus californica</i>	California Buckeye	T	10-30'	L/M	FS	Apr-June. Strikingly beautiful flowers are significant nectar sources for butterflies and native bees; likely larval host 15 lepidoptera species.
<i>Aristolochia californica</i>	Dutchmans Pipe	V	20'	L/M	FS/PS	Jan-April. Deciduous vine; pipe shaped flowers emerge first, then it leafs out; sole larval host of the Pipevine Swallowtail.
<i>Artemisia douglasiana</i>	Mugwort	P	3-6'	L	PS/SH	May-Oct. Dream plant, pleasant fragrance with high habitat value. It spreads by runners. Likely larval host plant to 31 lepidoptera species.
<i>Artemisia dracunculus</i>	Wild Tarragon	P	4-6'	L	FS/PS	Apr-Sept. This is a lovely, fragrant small shrub with high habitat value; likely larval host plant to 31 lepidoptera species.
<i>Asclepias fascicularis</i>	Narrowleaf Milkweed	P	1.5'	L/M	FS	June-Sept. Lovely flower cluster are a great source of nectar for butterflies, bees and more; larval host to Monarch butterfly.
<i>Asclepias speciosa</i>	Showy Milkweed	P	5'	L/M	FS	Jun-July. Spreads through underground rhizomes. Great nectar source for many insects; larval host to Monarch butterfly
<i>Baccharis pilularis</i>	Coyote Brush	S	10'	VL/L	FS/PS	Sept-Jan. Easy to grow shrub; extremely valuable for wildlife; winter bloom; likely larval host plant to 31 lepidoptera species.
<i>Calchortus albus</i>	Fairy Lantern	Bulb	1-2'	L	PS	Apr-May. This beautiful bulb supports 5 bee specialist species , plus likely larval host to one lepidoptera species.
<i>Ceanothus cuneatus</i>	Buck Brush	S	5'-12'	VL	FS	Feb-April. Evergreen. Moderate growth, likely larval host to one lepidoptera species supports 2 specialist bees species.
<i>Cercis occidentalis</i>	Western Redbud	T/S	10'-20'	L	FS/PS	Feb-April. Beautiful plant! Edible flowers, tolerates sun to shade and low water to rain garden; likely larval host to 11 lepidoptera species
<i>Cercocarpus betuloides</i>	Mountain Mahogany	T/S	8'-20'	VL/L	FS/PS	Mar-May. It is local, there is a population of it at Upper Sunrise on the American River Parkway; likely larval host to 10 lepidoptera species
<i>Chlorogalum pomeridianum</i>	Soap Plant	Bulb	3'	L	FS/PS	May-Aug. Soap Lily has long, strap-like. Flowers open in evening. Likely larval host to one lepidoptera species
<i>Clarkia unguiculata</i>	Elegant Clarkia	A	.5'	L	FS/PS	Jun-Sept. Showy pink flowers, reseeds readily; likely larval host to 2 lepidoptera species and supports 7 specialist bees species.
<i>Claytonia perfoliata</i>	Miners Lettuce	A	1.3'	L/M	PS	Feb-May. Edible spreading annual herb; in the valley, does best in part shade. Likely larval host to 2 lepidoptera species.

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<i>Clematis ligusticifolia</i>	Virgin's Bower	V	30'	L/M	PS/SH	Jun-Aug. Showy white flowers and showy seed pods, summer deciduous; likely larval host to one lepidoptera species.
<i>Diplacus aurantiacus</i>	Bush Monkeyflower	S	2-5'	L/M	FS/PS	Mar-Aug. Evergreen. Named for their grinning monkey face flowers. Likely larval host to 8 lepidoptera species, supports 2 specialist bee species.
<i>Epilobium canum</i>	California Fuchsia	P	3'	L	FS	Aug-Oct. Hummingbird favorite; spreads; can be cut back in winter, likely larval host to 15 lepidoptera species.
<i>Erigeron foliosus</i>	Fleabane Daisy	P	8"-3'	L	PS	May-Sept. Lovely blue flowers. Summer deciduous. Likely larval host to 13 lepidoptera species.
<i>Eriogonum fasciculatum</i>	California Buckwheat	S	2.5'	VL/L	FS	Apr-Sept. Tough, easy to grow, a Southern CA native. likely larval host to 52 lepidoptera species and supports 4 specialist bee species.
<i>Eriogonum roseum</i>	Wand Buckwheat	A	4'	VL	FS/PS	May-Sept. Small annual; tolerates most soils; winter semi-deciduous, likely larval host to 13 lepidoptera species.
<i>Eriogonum nudum</i>	Nude Buckwheat	P	6'	L	FS	May-Aug. Summer semi-deciduous; leafless stems, likely larval host to 48 lepidoptera species and supports 2 specialist bee species.
<i>Eriophyllum lanatum</i>	Woolly Sunflower	P	2'	L	FS/PS	May-Aug. Summer semi-deciduous; can be extremely drought-tolerant; likely larval host to 7 lepidoptera species.
<i>Erythranthe guttata</i>	Seep Monkeyflower	A	2-5'	M/H	FS/PS	Apr-June. Water loving annual plant; good in or around ponds likely larval host to 2 lepidoptera species.
<i>Eschscholzia californica</i>	California Poppy	A/P	4-18"	VL/L	FS	Feb-Sept. CA State flower, beautiful, bees and butterflies love; readily reseeds likely larval host to 5 lepidoptera species.
<i>Fragaria vesca</i>	Woodland Strawberry	P	4-7"	L/M	PS/SH	Feb-May. Evergreen/Semi-Deciduous. Spreads with good water. likely larval host to 42 lepidoptera species.
<i>Frangula californica ssp. tomentella</i>	Hoary Coffeeberry	S	20'	L	FS/PS	Jun-Aug. Beautiful evergreen shrub with velvety soft leaves. Bees love it in May! Likely larval host to 33 lepidoptera species.
<i>Gilia capitata</i>	Globe Gillia	A	1'	L/M	FS	Feb-April. Showy pink to lavender flowers likely larval host to 1 lepidoptera species.
<i>Grindelia camporum</i>	Gumplant	P	4'	L	FS	Apr-Oct. Tolerates most soils; can be cut back in winter, likely larval host to 2 lepidoptera species, and supports 3 specialist bee species.
<i>Helianthus californicus</i>	California Sunflower	P	3-10'	L/M	FS	Jun-Sept. Tolerates most soils; tall with bright yellow, long-lived flowers; likely larval host to 31 lepidoptera species and supports 2 specialist bee species.
<i>Heteromeles arbutifolia</i>	Toyon Christmas Berry Bush	S	12'	L	FS/PS	Jun-Aug. Evergreen shrub easy to grow, red berries in late fall are loved by birds. Likely larval host to 4 lepidoptera species.
<i>Lonicera lonicera</i>	Chaparral Honeysuckle	V	15'	VL/L	FS/PS	Apr-Aug. Hardy, woody chaparral shrub/vine, summer flowering, edible/bitter berries likely larval host to 23 lepidoptera species.

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<i>Lupinus albifrons</i>	Silver Bush Lupine	P	3'	L	FS/PS	Apr-July. Requires good drainage, PM part-shade in valley. Likely larval host to 56 lepidoptera species.
<i>Lupinus benthamii</i>	Spider Lupine	A	2.5'	L	FS	Mar-June. The flower is bright to deep blue in color likely larval host to 51 lepidoptera species.
<i>Lupinus bicolor</i>	Miniature Lupine	A	1.3'	L	FS	Mar-June. Showy purple and white flowers, plant with CA poppies, larval host likely to 54 butterflies and moths
<i>Madia elegans</i>	Common Madia	A	2'	L	FS/PS	Jun-Sept. Annual herb; showy yellow flowers; tolerates many soils, likely larval host to 3 lepidoptera species.
<i>Melica torreyana</i>	Torrey's Melicgrass	G	1-3'	L	SH-FS	Mar-Jun. This species is endemic to California. Likely larval host to 1 lepidoptera species.
<i>Monardella villosa</i>	Coyote Mint	P	2'	L	PS/FS	Jun-Aug. Requires good drainage, a must for a Butterfly garden. Likely larval host to 7 lepidoptera species.
<i>Muhlenbergia rigens</i>	Deergrass	G	5'	L	FS	May-June. Attractive bunch grass; easy to grow; grows in most soils Likely larval host to 1 lepidoptera species.
<i>Nemophila menziesii</i>	Baby Blue Eyes	A	.25'	L	FS/PS	Mar-June. Beloved annual. It is easy to grow from seed. Likely larval host to 5 lepidoptera species.
<i>Oenothera elata</i>	Hooker's Evening Primrose	P	5'	M-H	FS/PS	Jun-Sept. Drought tolerant, long bloom with water; reseeds freely; likely larval host to 15 lepidoptera species.
<i>Penstemon heterophyllus</i>	Foothill Penstemon	P	5'	L	FS/PS	May-July. Perennial evergreen herb. Bees love this plant! Likely larval host to 17 lepidoptera species and supports 6 specialist bee species.
<i>Phacelia imbricata</i>	Pine Bee Flower	P	1'	L	FS/PS	Feb-Apr. Perennial herb; readily re-seeds. Likely larval host to 9 lepidoptera species and supports 15 specialist bee species.
<i>Phacelia tanacetifolia</i>	Lacy Phacelia	A	3'	VL/L	FS	Mar-May. Beautiful, long-lasting blooms, loved by bees; good plant for biological pest control; likely larval host to 9 lepidoptera species.
<i>Phyla nodiflora</i>	Lippia	GC	6"	L	FS/PS	May-June. Flowering ground cover; spreads rapidly, deciduous in winter, likely larval host to 2 lepidoptera species.
<i>Quercus berberidifolia</i>	Scrub Oak	S	15'-19'	VL	FS/PS	Feb-Mar. Slow growing, evergreen small tree or shrub. Likely larval host to 165 lepidoptera species.
<i>Quercus douglasii</i>	Blue Oak	T	30'-82'	VL	FS/PS	Mar-May. Beautiful slow growing deciduous tree, supports many species, likely larval host to 168 lepidoptera species.
<i>Quercus durata</i>	Leather Oak	T	3'-8'	VL	FS/PS	Apr-May. Slow growing evergreen small tree or shrub. Likely larval host to 5 lepidoptera species.
<i>Quercus lobata</i>	Valley Oak	T	60'-100'	L	FS	Feb-March. Fast growing (20' in 5 years); drought tolerant, likely larval host to 170 lepidoptera species.
<i>Quercus wislizenii</i>	Interior Live Oak	T	15'-50'	VL	S/PS	Mar-May. Medium to large evergreen, moderate grower likely larval host to 172 lepidoptera species.

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<i>Rhamnus ilicifolia</i>	Hollyleaf Redberry	S	9'	L	PS	Apr-June. Beautiful red berries in summer, loved by wildlife; likely larval host to 19 lepidoptera species.
<i>Rosa californica</i>	California Wildrose	S	8'	M	FS/PS	May-Aug. Drought-tolerant; spreads aggressively by root runners; likely larval host to 2 lepidoptera species.
<i>Salix exigua</i>	Sandbar Willow	T	7'-35'	H	FS	Feb-May. Lives on sandbars; spreads aggressively by root runners; likely larval host to 224 lepidoptera species, 8 specialist bees use
<i>Salvia sonomensis</i>	Sonoma Sage	GC	1.3'	VL	PS	Mar-July. Moderately drought tolerant if given part shade; likely larval host to 9 lepidoptera species.
<i>Sambucus mexicana</i>	Blue Elderberry	T/S	20'-30'	M	FS	Mar-July. Easy to grow, birds and people love its berries! Fast growing deciduous shrub/tree; host plant for endangered Valley Elderberry Longhorn Beetle. Likely larval host to 23 lepidoptera species.
<i>Scrophularia californica</i>	Bee Plant	P	4'	L	PS	Feb-May. Strong bee attractant; tolerates most soils; needs good drainage; likely larval host to 7 lepidoptera species.
<i>Solidago californica</i>	California Goldenrod	P	3'	VL/M	FS/PS	Jul-Oct. Easy to grow; spreads by root runners; likely larval host to 39 lepidoptera species.
<i>Symphoricarpos albus</i>	Snowberry	S	6'	L	PS/SH	Jun-July. Shady areas; winter deciduous; spreads by rhizomes likely larval host to 10 lepidoptera species.
<i>Symphyotrichum chilense</i>	California Aster	P	5'	VL/L	FS/PS	Jul-Aug. Spreads by root runners; likely larval host to 10 lepidoptera species.
<i>Trichostema lanceolatum</i>	Vinegarweed	A	1'	L	FS	Aug-Oct. Summer nectar source for some bees; sow individually; tolerates dry clay soils likely larval host to 5 lepidoptera species
<i>Trifolium willdenovii</i>	Tomcat Clover	A	4-8"	L	FS	Apr-May. It is great for a bird garden and a butterfly garden. Likely larval host to 67 lepidoptera species.
<i>Vitis californica</i>	California Wild Grape	V	10'-40'	L/M	FS/PS	May-Jun. Common along rivers and streams, fast growing shade on trellis; likely larval host to 14 lepidoptera species.

Homegrown Habitat, supporting bees, birds and butterflies, and the rest of Nature

SacValleyCNPS.org/HH THINK GLOBALLY, ACT LOCALLY

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