



An Introduction to Native Plants

... in the Sacramento Region

12 local native plants organized by Seasonal Interest – Winter thru Fall
there's always something interesting!

For your friends who are unaware of the benefits of native plants!

Christmas Berry Bush – Food for birds in winter, bird watching fun for people!



Deer Grass: Large Grass; Shelter for wildlife, and easy to grow!



Dutchman's Pipevine – Sole Host Plant for Pipevine Swallowtail Butterfly!



Miner's Lettuce – Food for butterflies, food for kids and parents!



Western Redbud – Nectar for butterflies and bees; flowers taste great in salads!



California Poppy – State flower! Bees and butterflies love it!



Photo by Liv O'Keefe

Narrow Leaf Milkweed – Host for Monarch butterfly, nectar for all!



Photos by Julie Kierstead Nelson, Xerces Society, and Chris Lewis

Blue Elderberry Tree – Berries loved by people and birds all summer!



Photo by Jim Wadsworth

Coyote Mint – Favorite food for butterflies! Great fragrance!



Photo by Jim Wadsworth

Foothill Penstemon – Summer blooming, loved by native bees!



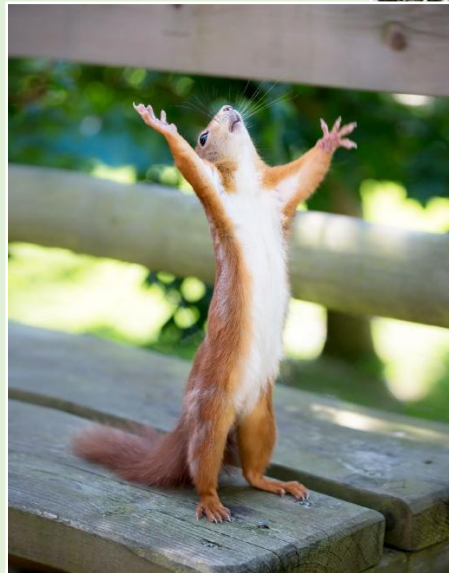
Photo by Colene Rauh

California Fuchsia – Beautiful blooms in September & October! Hummers love it!



Photos by East Bay CNPS

Interior Live Oak – Important tree for environment, all wildlife, and people!



Introduction to Native Plants

| | | Bird | Hummingbird | Bee | Bumblebee | Butterfly | Caterpillar | Edible or Medicinal |
|----------------------------|---------------------------------|------|-------------|-----|-----------|-----------|-------------|-----------------------|
| Blue Elderberry | <i>Sambucus mexicana</i> | X | | X | X | X | X | X Cooked berries |
| California Fuchsia | <i>Epilobium canum</i> | X | X | X | X | | X | |
| California Poppy | <i>Eschscholzia californica</i> | X | | X | X | X | X | |
| Christmas Berry | <i>Heteromeles arbutifolia</i> | X | | X | | | X | X Berry juice |
| Coyote Mint | <i>Monardella villosa</i> | X | X | X | X | X | X | X Mint tea |
| Deer Grass | <i>Muhlenbergia rigens</i> | X | | | | X | X | |
| Dutchmans Pipevine | <i>Aristolochia californica</i> | | | | | X | X | |
| Foothill Penstemon | <i>Penstemon heterophyllus</i> | X | X | X | X | X | X | |
| Interior Live Oak | <i>Quercus wislizeni</i> | X | | | | X | X | X Process Acorns |
| Miners Lettuce | <i>Claytonia perfoliata</i> | X | | | | X | X | X Make salads |
| Narrowleaf Milkweed | <i>Asclepias fascicularis</i> | X | | X | | X | X | |
| Western Redbud | <i>Cercis occidentalis</i> | X | X | X | X | X | X | X Flowers in salad |



Local native plants are Climate Ready because they are found naturally in a given region and have evolved and thrived over thousands of years to the conditions that surround them.

Preserve them in their natural areas.
Plant them to boost biodiversity and ecosystem services.

SacValleyCNPS.org/Nursery



Find more information about these and other California Native Plants go to: **CALSCAPE.org**