



CALIFORNIA NATIVE
PLANT SOCIETY
Sacramento Valley Chapter

SACRAMENTO REGION'S MOST IMPORTANT PLANTS

Local native plants (*) are 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 w/ link to Calscape	Height	WUCOL	Sun	Approximate Bloom time and Notes
TREES					
<i>Aesculus californica</i> *	California Buckeye	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>Cercis occidentalis</i> *	Western Redbud	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	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>Quercus douglasii</i> *	Blue Oak	30'-82'	VL	FS/PS	Mar-May. Beautiful slow growing deciduous tree, supports many species, likely larval host to 168 lepidoptera species.
<i>Quercus lobata</i> *	Valley Oak	60'-100'	L	FS	Feb-March. Fast growing (20' in 5 years); drought tolerant, likely larval host to 170 lepidoptera species.
<i>Quercus wislizeni</i> *	Interior Live Oak	15'-50'	VL	S/PS	Mar-May. Medium to large evergreen, moderate grower likely larval host to 172 lepidoptera species.
<i>Salix exigua</i> *	Sandbar Willow	7'-35'	H	FS	Feb-May. Lives on sandbars; <i>spreads aggressively by root runners</i> ; great for wildlife. likely larval host to 224 lepidoptera species and supports 8 specialist bee species.
<i>Sambucus mexicana</i> *	Blue Elderberry	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.
SHRUBS					
<i>Arctostaphylos viscida</i> *	Whiteleaf Manzanita	8'-16'	VL/L	PS/FS	Jan-Feb. Evergreen, winter bloom very important for wildlife, easy to grow large shrub. Likely larval host to 56 lepidoptera species.
<i>Baccharis pilularis</i> *	Coyote Brush	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>Ceanothus cuneatus</i> *	Buck Brush	5'-12'	VL	FS	Feb-April. Evergreen. Moderate growth, likely larval host to one lepidoptera species supports 2 specialist bees species.
<i>Diplacus aurantiacus</i> *	Bush Monkeyflower	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 bees species.
<i>Eriogonum fasciculatum</i>	California Buckwheat	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.

Scientific Name	Common Name w/Calscape link	Height	WUCOL	Sun	Approximate Bloom time and Notes
SHRUBS (continued)					
Frangula californica ssp. Tomentella*	Hoary Coffeeberry	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.
Heteromeles arbutifolia*	Toyon Christmas Berry Bush	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.
Lupinus albifrons*	Silver Bush Lupine	3'	L	FS/PS	Apr-July. Requires good drainage, PM part-shade in valley. Likely larval host to 56 lepidoptera species.
Monardella villosa*	Coyote Mint	2'	L	PS/FS	Jun-Aug. Requires good drainage, a must for a Butterfly garden. Likely larval host to 7 lepidoptera species.
Quercus berberidifolia*	Scrub Oak	15'-19'	VL	FS/PS	Feb-Mar. Slow growing, evergreen small tree or shrub. Likely larval host to 165 lepidoptera species.
Rhamnus ilicifolia*	Hollyleaf Redberry	9'	L	PS	Apr-June. Beautiful red berries in summer, loved by wildlife; likely larval host to 19 lepidoptera species.
Rosa californica*	California Wildrose	8'	M	FS/PS	May-Aug. Drought-tolerant; <i>spreads aggressively by root runners</i> ; likely larval host to 2 lepidoptera species.
Salvia sonomensis*	Sonoma Sage	1.3'	VL	PS	Mar-July. Moderately drought tolerant if given part shade; likely larval host to 9 lepidoptera species.
Symphoricarpos albus*	Common Snowberry	6'	L	PS/SH	Jun-July. Shady areas; winter deciduous; spreads by rhizomes likely larval host to 10 lepidoptera species.
PERENNIALS					
<i>Achillea millefolium</i> *	Common Yarrow	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)	3'	VL	FS	March-Aug. This subshrub, beautiful in bloom, has high habitat value; likely larval host 15 lepidoptera species.
<i>Artemisia douglasiana</i> *	Mugwort	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	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	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	5'	L/M	FS	Jun-July. Spreads through underground rhizomes. Great nectar source for many insects; larval host to Monarch butterfly
<i>Epilobium canum</i> *	California Fuchsia	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	8"-3'	L	PS	May-Sept. Lovely blue flowers. Summer deciduous. Likely larval host to 13 lepidoptera species.

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PERENNIALS (continued)					
<i>Eriogonum nudum</i> *	Nude Buckwheat	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	2'	L	FS/PS	May-Aug. Summer semi-deciduous; can be extremely drought-tolerant; likely larval host to 7 lepidoptera species.
<i>Fragaria vesca</i>	Woodland Strawberry	4-7"	L/M	PS/SH	Feb-May. Evergreen/Semi-Deciduous. Spreads with good water. likely larval host to 42 lepidoptera species.
<i>Grindelia camporum</i> *	Gumplant	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	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>Oenothera elata</i> *	Hooker's Evening Primrose	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	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> *	Imbricate Phacelia (Rock Phacelia)	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>Phyla nodiflora</i> *	Lippia	6"	L	FS/PS	May-June. Flowering ground cover; spreads rapidly, deciduous in winter, likely larval host to 2 lepidoptera species.
<i>Scrophularia californica</i> *	Bee Plant	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	3'	VL/M	FS/PS	Jul-Oct. Easy to grow; spreads by root runners; likely larval host to 39 lepidoptera species.
<i>Symphotrichum chilense</i> *	California Aster	5'	VL/L	FS/PS	Jul-Aug. Spreads by root runners; likely larval host to 10 lepidoptera species.
BULBS					
<i>Allium amplexans</i>	Narrow Leaved Onion	6-12"	L/M	FS/PS	Mar-Jul. Delicate wild onion native to western North America. Likes clay. Likely larval host to 17 lepidoptera species.
<i>Calchortus albus</i> *	Fairy Lantern	1-2'	L	PS	Apr-May. This beautiful bulb supports 5 bee specialist species, plus likely larval host to one lepidoptera species.
<i>Chlorogalum pomeridianum</i> *	Soap Plant	3'	L	FS/PS	May-Aug. Bulb. Soap Lily has long, strap-like. Flowers open in evening. Likely larval host to one lepidoptera species.

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ANNUALS					
<i>Clarkia unguiculata</i> *	Elegant Clarkia	.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 perfoliate</i> *	Miners Lettuce	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.
<i>Eriogonum roseum</i> *	Wand Buckwheat	4'	VL	FS/PS	May-Sept. Small annual; tolerates most soils; winter semi-deciduous, likely larval host to 13 lepidoptera species.
<i>Erythranthe guttata</i> *	Seep Monkeyflower	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	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>Gilia capitata</i> *	Blue Field Gilia (Globe Gilia)	1'	L/M	FS	Feb-April. Showy pink to lavender flowers likely larval host to 1 lepidoptera species.
<i>Helianthus annuus</i> *	Common Sunflower	5-10'	L	FS	Jun-Sept. Sunflowers are excellent habitat plants, for birds and bees. Likely larval host to 37 lepidoptera species.
<i>Lupinus benthamii</i> *	Spider Lupine	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	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	2'	L	FS/PS	Jun-Sept. Annual herb; showy yellow flowers; tolerates many soils, likely larval host to 3 lepidoptera species.
<i>Nemophila menziesii</i> *	Baby Blue Eyes	.25'	L	FS/PS	Mar-June. Beloved annual. It is easy to grow from seed. Likely larval host to 5 lepidoptera species.
<i>Phacelia tanacetifolia</i> *	Lacy Phacelia	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>Trichostema lanceolatum</i> *	Vinegarweed	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	4-8"	L	FS	Apr-May. It is great for a bird garden and a butterfly garden. Likely larval host to 67 lepidoptera species.

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VINES					
<i>Aristolochia californica</i> *	Dutchmans Pipe	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>Clematis ligusticifolia</i> *	Virgin's Bower	30'	L/M	PS/SH	Jun-Aug. Showy white flowers and showy seed pods, summer deciduous; likely larval host to 8 lepidoptera species.
<i>Lonicera hispidula</i>	Pink Honeysuckle	4-8'	VL/L	PS	Apr-Jul. Climbs trees or trellises or can be a shrub. Will trail on ground. Likely larval host to 23 lepidoptera species.
<i>Lonicera interrupta</i> *	Chaparral Honeysuckle	15'	VL/L	FS/PS	Apr-Aug. Hardy, woody chaparral shrub/vine, summer flowering, edible/bitter berries likely larval host to 23 lepidoptera species.
<i>Vitis californica</i> *	California Wild Grape	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.
GRASSES					
<i>Carex praegracilis</i> *	Clustered Field Sedge	1-3'	L	FS/PS	May-Jun. This tuft grass spreads with good water. Limit water, limits spread. Likely larval host to 9 lepidoptera species.
<i>Melica californica</i> *	Onion Grass	1-4'	L/VL	FS/PS	Jun-Aug. The flower clusters are attractive even after this grass has gone dormant in late summer or fall. Likely larval host to 1 lepidoptera species.
<i>Melica torreyana</i> *	Torrey's Melicgrass	1-3'	L	SH-FS	Mar-Jun. This species is endemic to California. Likely larval host to 1 lepidoptera species.
<i>Muhlenbergia rigens</i> *	Deergrass	5'	L	FS	May-June. Attractive bunch grass; easy to grow; grows in most soils Likely larval host to 1 lepidoptera species.

***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.

* **Others claim to be "Climate Ready"** but only local native plant species have withstood the test of time.

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

SacValleyCNPS.org/HH Local native plants are Climate Ready, Already

