

California Native Plants Beneficial to Wildlife

Developed by The Watershed Project

Common Name	Botanical Name	Form	Blooming Season	Butterfly	Beneficial Insects	Hummingbird	Backyard Birds	Native to the Bay Area
Alder	<i>Alnus</i> spp.	Tree	Spring	✓	✓			✓
Alumroot	<i>Heuchera micrantha</i>	P	Spring to Summer				✓	✓
Angelica	<i>Angelica</i> spp.	P	n/a		✓			
Aster	<i>Aster</i> spp.	P	Summer to Fall	✓	✓			✓
Baby blue-eyes	<i>Nemophila menziesii</i>	A	Spring		✓			✓
Bay laurel	<i>Umbellularia californica</i>	Tree	Spring					✓
Bergamot, wild	<i>Monarda</i> spp.	P	Summer	✓	✓	✓		
Blackberry, California	<i>Rubus ursinus</i>	Shrub	Summer	✓			✓	✓
Bleeding heart	<i>Dicentra formosa</i>	P	Spring to Summer			✓		✓
Buckeye	<i>Aesculus californica</i>	Tree	Spring	✓	✓	✓	✓	✓
Buckwheat	<i>Eriogonum</i> spp.	P	Summer to Fall	✓	✓			✓
Bush Island snapdragon	<i>Keckiella antirrhinoides</i>	P	Summer	✓	✓	✓		
Buttercup, California	<i>Ranunculus californicus</i>	A	Summer		✓			✓
Catnip	<i>Nepeta cataria</i>	P	Summer		✓			
Checkerbloom	<i>Sidalcea malviflora</i>	P	Spring to Summer	✓	✓			✓
Chinese houses	<i>Collinsia heterophylla</i>	A	Spring to Summer		✓	✓		✓
Clarkia	<i>Clarkia</i> spp.	A	Spring to Summer	✓	✓			✓
Clover	<i>Trifolium</i> spp.	A/P	Spring to Summer					✓
Coast silk-tassel	<i>Garrya elliptica</i>	Shrub	Winter to Spring		✓	✓		✓
Coffeeberry	<i>Rhamnus californica</i>	Shrub	Spring/Berries in Fall				✓	✓
Columbine	<i>Aquilegia formosa</i>	P	Spring to Summer			✓	✓	✓
Coneflower, California	<i>Rudbeckia californica</i>	P	Summer to Fall	✓	✓			✓
Cottonwood	<i>Populus</i> spp.	Tree	Spring	✓				
Cow parsnip	<i>Herculeum lanatum</i>	P	Spring	✓	✓			✓
Coyote brush	<i>Baccharis</i> spp.	Shrub	Fall	✓			✓	✓

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Currant, golden	<i>Ribes aureum</i>	P	Spring/Berries in Fall			✓	✓	
Currant, pink flowering	<i>Ribes sanguineum</i> var. <i>glutinosum</i>	P	Spring/Berries in Fall			✓		✓
Deergrass	<i>Muhlenbergia rigens</i>	P	Fall		✓		✓	
Dogwood	<i>Cornus</i> spp.	Shrub	Spring/Berries in Fall				✓	✓
Elderberry	<i>Sambucus mexicana</i>	Shrub	Spring/Berries in Fall					✓
Fescue, California	<i>Festuca californica</i>	P	Summer to Fall	✓			✓	✓
Fiddleneck	<i>Amsinckia</i> spp.	A	Spring	✓				✓
Figwort, California	<i>Scrophularia californica</i>	P	Spring	✓	✓			✓
Flannel bush	<i>Fremontodendron californicum</i>	Shrub	Spring		✓			
Flowering ash	<i>Fraxinus dipetala</i>	Shrub	Spring		✓			
Fuchsia, California	<i>Epilobium canum</i>	P	Fall			✓	✓	✓
Grape, California wild	<i>Vitis californica</i>	Vine	Fruit in Fall				✓	✓
Goldenrod	<i>Solidago</i> spp.	Shrub	Summer to Fall	✓	✓		✓	✓
Goldfields	<i>Lasthenia</i> spp.	A	Spring		✓			✓
Gooseberry, fuchsia-flowered	<i>Ribes speciosum</i>	P	Spring/Berries in fall			✓	✓	✓
Hazelnut, California	<i>Corylus cornuta</i>	Shrub	Spring					✓
Honeysuckle	<i>Lonicera hispidula</i>	Vine	Summer	✓		✓	✓	✓
Hound's tongue	<i>Cynoglossum grande</i>	P	Winter				✓	✓
Indian paintbrush	<i>Castilleja</i> spp.	P	Summer			✓		✓
Indian pink	<i>Silene californica</i>	P	Summer			✓	✓	✓
Larkspur, California	<i>Delphinium californicum</i>	P	Spring to Summer					
Lilac, California	<i>Ceanothus</i> spp.	P	Spring to Summer	✓	✓			✓
Lily	<i>Lilium</i> spp.	P	Summer			✓		
Lupine	<i>Lupinus</i> spp.	P	Spring	✓				✓
Mallow	<i>Lavatera assurgentiflora</i>	Shrub	Summer	✓				

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Manzanita	<i>Arctostaphylos</i> spp.	Shrub	Winter/Berries in Fall			✓	✓	✓
Matilija poppy	<i>Romneya coulteri</i>	P	Summer		✓			
Milkweed	<i>Asclepias</i> spp.	P	Summer	✓		✓		✓
Monkeyflower, scarlet	<i>Mimulus cardinalis</i>	P	Summer	✓		✓		✓
Monkeyflower, sticky	<i>Mimulus aurantiacus</i>	Shrub	Summer	✓		✓		✓
Mugwort	<i>Artemisia douglasiana</i>	P	Fall		✓			✓
Oak	<i>Quercus</i> spp.	Tree	Spring	✓	✓		✓	✓
Oregon grape	<i>Berberis aquifolium</i>	Shrub	Spring /Berries in Fall				✓	
Owl's clover	<i>Orthocarpus purpurascens</i>	A	Spring	✓	✓			✓
Pearly Everlasting	<i>Anaphalis margaritacea</i>	P	Spring to Summer	✓	✓			
Penstemon	<i>Penstemon</i> spp.	A/P	Summer	✓	✓	✓	✓	✓
Phlox	<i>Phlox gracilis</i>	A	Spring	✓				✓
Pipevine, California	<i>Aristolochia californica</i>	V	Spring	✓		✓		✓
Poppy, California	<i>Eschscholzia californica</i>	A	Spring		✓			✓
Purple needlegrass	<i>Nassella pulchra</i>	P	Summer	✓			✓	✓
Redbud	<i>Cercis occidentalis</i>	Shrub	Spring		✓	✓	✓	
Rose, California	<i>Rosa californica</i>	Shrub	Spring to Summer		✓			✓
Sage, black	<i>Salvia mellifera</i>	Shrub	Summer		✓			✓
Sage, California	<i>Artemesia californica</i>	P	Summer		✓			
Sage, Cleveland's	<i>Salvia clevelandii</i>	Shrub	Spring to Summer	✓	✓	✓		
Sage , hummingbird	<i>Salvia spathecea</i>	P	Spring	✓		✓		✓
Sage, white	<i>Salvia apiana</i>	Shrub	Summer		✓		✓	
Shooting stars, Cleveland's	<i>Dodecatheon clevelandii</i>	P	Winter to Spring	✓				
Snowberry	<i>Symphoricarpos albus</i> var. <i>laevigatus</i>	Shrub	Winter/Berries in Fall		✓			
Snowdrop bush	<i>Styrax officinalis</i>	Shrub	Summer /Berries in Fall				✓	

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Soap plant	<i>Chlorogalum pomeridianum</i>	P	Summer		✓			✓
Sorrel	<i>Oxalis oregana</i>	A	Spring		✓			
Sunflower, California	<i>Helianthus californicus</i>	P	Summer to Fall	✓	✓		✓	✓
Thistle	<i>Cirsium</i> spp.	A to P	Spring/Summer	✓	✓		✓	
Thrift	<i>Armeria maritima</i>	P	Spring/Summer	✓	✓			✓
Tidytips	<i>Layia platyglossa</i>	A	Mid to late Spring		✓		✓	
Toyon	<i>Heteromeles arbutifolia</i>	Shrub	Spring/Berries in Fall			✓	✓	✓
Twinberry	<i>Lonicera involucrata</i>	Shrub	Spring/Berries in Fall			✓	✓	
Virgin's Bower	<i>Clematis</i> spp.	Vine	Summer					✓
Willow	<i>Salix</i> spp.	T/S	Spring	✓			✓	✓
Woolly blue curls	<i>Trichostema lanatum</i>	P	Summer			✓	✓	
Yarrow, Common	<i>Achillea millefolium</i>	P	Spring to Summer	✓	✓			✓
Yellow evening primrose	<i>Oenothera hookeri</i>	P	Summer		✓			✓