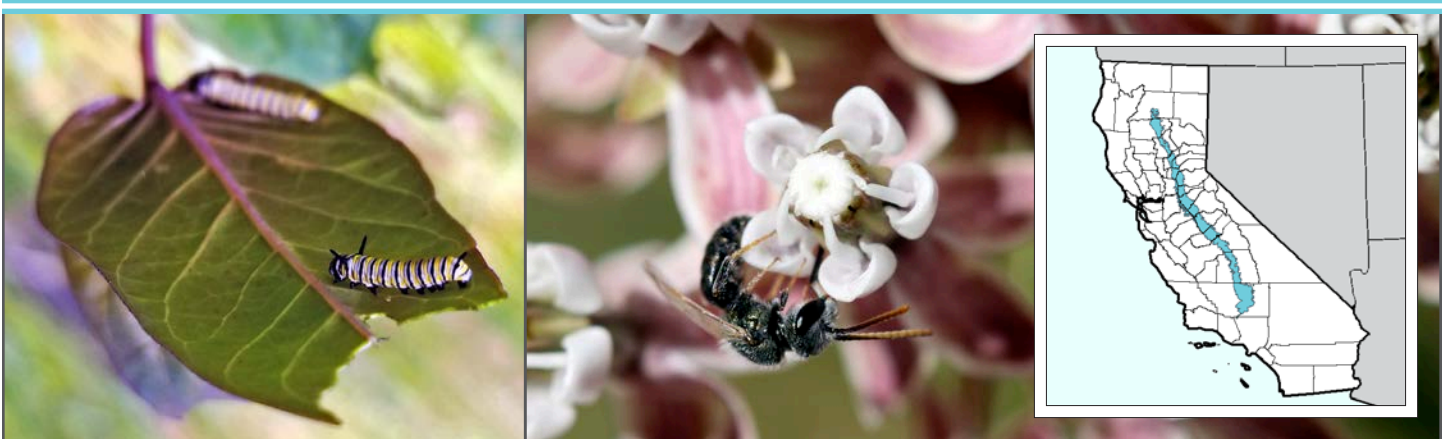


# Recommended Plants for Pollinators & Beneficial Insects

## California Sierra Foothills Region



Monarch caterpillars on heartleaf milkweed (left) and a native bee on narrowleaf milkweed (right) (Photographs by the Xerces Society / Stephanie McKnight.)

### Plant Selection

The plants on this list are recommended for use in pollinator habitat restoration and enhancement projects in agricultural landscapes. These species have been selected because they are attractive to a diversity of different bee species, and provide pollen and nectar resources throughout the season, provided that a minimum of three different plant species from each blooming period (early, mid, and late season) are selected. A majority of plants recommended are native, drought tolerant, easy to establish, and don't serve as alternate hosts to crop pests or diseases.

### Native Species for Pollinators and Beneficial Insects

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE FORM	SUN	WATER	SOIL TEXTURE	ADDITIONAL DETAILS
<i>Achillea millefolium</i>	Common yarrow	MID	P F	☀	L	ANY	🦋🐝🌿🍷🚫🚫
<i>Aesculus californica</i>	California buckeye	MID	P W	☀	L	ANY	🦋🐝🌿🚫
<i>Anaphalis margaritacea</i>	Pearly everlasting	MID	P F	☀	L	ANY	🦋🐝🌿🚫
<i>Aquilegia formosa</i>	Western columbine	EARLY	P F	☀	L-H	MEDIUM	🚫🚫
<i>Arctostaphylos manzanita 'Dr. Hurd'</i>	Common manzanita 'Dr. Hurd'	EARLY	P W	☀	L	ANY	🦋🐝🌿🍷🚫
<i>Arctostaphylos nevadensis</i>	Pinemat manzanita	EARLY	P W	☀	L	COARSE	🦋🐝🌿🍷
<i>Arctostaphylos patula</i>	Greenleaf manzanita	EARLY	P W	☀	L	COARSE	🦋🐝🌿🍷
<i>Artemisia douglasiana</i>	Mugwort	MID-LATE	P F	☀	L-H	ANY	🌿🍷🚫
<i>Asclepias cordifolia</i>	Heartleaf milkweed	EARLY-MID	P F	☀	L	COARSE	🦋🐝🌿🍷🚫
<i>Asclepias eriocarpa</i>	Woollypod milkweed	MID	P F	☀	M	ANY	🦋🐝🌿🍷🚫
<i>Asclepias fascicularis</i>	Narrowleaf milkweed	MID	P F	☀	M	ANY	🦋🐝🌿🍷🚫
<i>Asclepias speciosa</i>	Showy milkweed	MID	P F	☀	M	MEDIUM-COARSE	🦋🐝🌿🍷🚫
<i>Baccharis pilularis</i>	Coyotebrush	LATE	P W	☀	L	ANY	🦋🐝🌿🚫
<i>Berberis aquifolium</i>	Oregon grape	EARLY	P W	☀	L	ANY	🦋🐝🌿🚫
<i>Ceanothus cuneatus</i>	Buck brush	EARLY	P W	☀	L	MEDIUM-COARSE	🦋🐝🌿🍷🚫
<i>Ceanothus integerrimus</i>	Deer brush	EARLY-MID	P W	☀	L	ANY	🦋🐝🌿🍷🚫
<i>Ceanothus leucodermis</i>	Chaparral whitehorn	EARLY-MID	P W	☀	L	COARSE	🦋🌿🍷
<i>Cercis occidentalis</i>	Western redbud	EARLY	P W	☀	L	ANY	🌿🍷🚫🚫

<b>KEY</b>	<b>LIFE CYCLE</b> —Annual; Biennial; Perennial	<b>SUN</b> ☀ Full sun	<b>ADDITIONAL DETAILS</b>	🦋 Monarch nectar plant	🍷 Attracts beneficial insects	🏠 Nest site
	<b>FORM</b> —Forb; Woody; Grass	☀ Full sun—partial shade		🐝 Larval host (butterfly, moth, specialist bee)	🌿 Bumble bee plant	🚫 Fire resistant
	<b>WATER NEEDS</b> —Low; Medium; High	☀ Partial shade				🚫 Deer resistant

# Native Species for Pollinators and Beneficial Insects *continued*

(page 2 of 3)

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE FORM	SUN	WATER	SOIL TEXTURE	ADDITIONAL DETAILS
<i>Cirsium occidentale</i>	Cobweb thistle	MID	A F	☀	L-M	ANY	🦋🐝🌿🚫
<i>Cornus nuttallii</i>	Mountain dogwood	EARLY-MID	P W	☀	L-M	MEDIUM-COARSE	🦋🌿🚫
<i>Cornus sericea</i>	American dogwood	MID	P W	☀	M-H	ANY	🦋🌿🚫
<i>Dicentra formosa</i>	Pacific bleeding heart	MID	P F	☀	M-H	MEDIUM	🌿🚫
<i>Epilobium canum</i>	California fuchsia	LATE	P F	☀	L	ANY	🌿🚫
<i>Ericameria nauseosa</i>	Rubber rabbitbrush	LATE	P F	☀	L	COARSE	🦋🌿🚫
<i>Eriodictyon californicum</i>	Yerba santa	EARLY-MID	P W	☀	L	ANY	🦋🌿🚫
<i>Eriogonum nudum</i>	Nude buckwheat	MID	P F	☀	L	COARSE	🦋🌿🚫
<i>Eriogonum umbellatum</i>	Sulphur buckwheat	MID-LATE	P F	☀	L	COARSE	🦋🌿🚫
<i>Eriogonum wrightii</i>	Wright's buckwheat	MID-LATE	P F	☀	L	MEDIUM-COARSE	🦋🌿🚫
<i>Eriophyllum confertiflorum</i>	Golden-yarrow	EARLY-MID	P F	☀	M	ANY	🌿🚫
<i>Eriophyllum lanatum</i>	Common woolly sunflower	MID	P F	☀	L	ANY	🌿🚫
<i>Fremontodendron californicum</i>	Flannelbush	MID	P W	☀	L	COARSE	🚫
<i>Helenium bigelovii</i>	Bigelow's sneezeweed	MID-LATE	P F	☀	M-H	ANY	🦋🌿
<i>Heteromeles arbutifolia</i>	Toyon	MID	P W	☀	L	ANY	🦋🚫
<i>Heuchera micrantha</i>	Alum root	MID	P F	☀	L-H	COARSE	🌿🚫
<i>Holodiscus discolor</i>	Oceanspray	MID	P W	☀	L-H	ANY	🌿🚫
<i>Linum lewisii</i>	Lewis flax	MID	P F	☀	L	MEDIUM-COARSE	🚫
<i>Lupinus albifrons</i>	Silver bush lupine	EARLY-MID	P F	☀	L	ANY	🌿🐝🚫
<i>Lupinus latifolius</i>	Broadleaf lupine	EARLY-MID	P F	☀	M-H	COARSE	🌿🐝🚫
<i>Lupinus polyphyllus</i>	Bigleaf lupine	MID	P F	☀	M-H	ANY	🌿🐝🚫
<i>Madia elegans</i>	Common madia	MID-LATE	A F	☀	L	ANY	🌿
<i>Mimulus cardinalis</i>	Cardinal monkeyflower	EARLY	P F	☀	M-H	ANY	🦋🌿🚫
<i>Mimulus guttatus</i>	Yellow monkeyflower	EARLY-MID	P F	☀	M-H	ANY	🦋🌿🚫
<i>Monardella odoratissima</i>	Mountain mint	MID	P F	☀	L-M	MEDIUM-COARSE	🦋🚫
<i>Muhlenbergia rigens</i>	Deergrass	—	P G	☀	L-M	ANY	🌿🚫
<i>Nassella pulchra</i>	Purple needlegrass	—	P G	☀	L	ANY	🌿
<i>Nemophila maculata</i>	Fivespot	EARLY	A F	☀	M	COARSE	
<i>Penstemon azureus</i>	Blue penstemon	MID	P F	☀	M	ANY	🦋🐝🚫
<i>Phacelia ramosissima</i>	Branching phacelia	MID	P F	☀	L	COARSE	🚫
<i>Philadelphus lewisii</i>	Mock orange	EARLY-MID	P W	☀	L	COARSE	🦋🌿🚫
<i>Prunus virginiana</i>	Chokecherry	EARLY	P W	☀	L	MEDIUM	🦋🌿🚫

<b>KEY</b>	<b>LIFE CYCLE</b> —Annual; Biennial; Perennial	<b>SUN</b> ☀ Full sun ☀ Full sun-partial shade ☀ Partial shade	<b>ADDITIONAL DETAILS</b> 🦋 Monarch nectar plant 🐝 Larval host (butterfly, moth, specialist bee)	🚫 Attracts beneficial insects	🐝 Bumble bee plant	🌿 Nest site 🚫 Fire resistant 🚫 Deer resistant
	<b>FORM</b> —Forb; Woody; Grass					
	<b>WATER NEEDS</b> —Low; Medium; High					

Left to right: Many pollinator plants, like coyotebrush, also attract beneficial insects like lady beetles, syrphid, and tachinid flies. (Photographs by the Xerces Society / Mace Vaughan.)



# Native Species for Pollinators and Beneficial Insects *continued*

SCIENTIFIC NAME	COMMON NAME	BLOOM	LIFE FORM	SUN	WATER	SOIL TEXTURE	ADDITIONAL DETAILS
<i>Rhamnus californica</i>	California buckthorn	MID	P W	☀	L	ANY	🦋🐛🌿🚫🦋
<i>Rhamnus ilicifolia</i>	Hollyleaf redberry	EARLY-MID	P W	☀	L	ANY	🦋🐛🌿🚫🦋
<i>Ribes cereum</i>	Wax currant	MID	P W	☀	L	MEDIUM-COARSE	🦋🐛🌿🚫🦋
<i>Rosa californica</i>	California wildrose	MID	P W	☀	M	MEDIUM	🦋🐛🌿🚫🦋
<i>Rosa gymnocarpa</i>	Wood rose	MID	P W	☀	L	MEDIUM	🦋🐛🌿🚫🦋
<i>Rubus parviflorus</i>	Thimbleberry	EARLY-MID	P W	☀	M-H	MEDIUM	🐛🌿🚫🦋
<i>Salix exigua</i>	Narrowleaf willow	EARLY	P W	☀	H	ANY	🦋🐛🌿🚫🦋
<i>Salix gooddingii</i>	Gooding's willow	EARLY	P W	☀	M-H	ANY	🦋🐛🌿🚫🦋
<i>Salix laevigata</i>	Red willow	EARLY-MID	P W	☀	H	FINE	🦋🐛🌿🚫🦋
<i>Salix lasiolepis</i>	Arroyo willow	EARLY-MID	P W	☀	H	ANY	🦋🐛🌿🚫🦋
<i>Salvia sonomensis</i>	Sonoma sage	EARLY-MID	P W	☀	L	ANY	🚫🦋
<i>Sambucus nigra ssp. cerulea</i>	Blue elderberry	MID	P W	☀	M	ANY	🦋🐛🌿🚫🦋
<i>Scrophularia californica</i>	California bee plant	EARLY-MID	P F	☀	M	ANY	🦋🐛🌿🚫🦋
<i>Sidalcea calycosa</i>	Annual checkerbloom	MID-LATE	A F	☀	M-H	ANY	
<i>Sidalcea malviflora</i>	Checkerbloom	MID	P F	☀	L	ANY	🌿
<i>Solidago velutina</i>	Threenerve goldenrod	LATE	P F	☀	L-M	ANY	🦋🐛🌿🚫🦋
<i>Stachys albens</i>	White hedge nettle	MID	P F	☀	M-H	ANY	
<i>Trifolium wormskioeldii</i>	Cow clover	MID	P F	☀	M-H	MEDIUM	🦋🐛🌿🚫🦋
<i>Verbena lasiostachys</i>	Western vervain	MID-LATE	P F	☀	M-H	ANY	🦋🐛

<b>KEY</b>	LIFE CYCLE—Annual; Biennial; Perennial	<b>SUN</b> ☀ Full sun ☀ Full sun-partial shade ☀ Partial shade	<b>ADDITIONAL DETAILS</b>	🦋 Monarch nectar plant	🌿 Attracts beneficial insects	🏠 Nest site
	FORM—Forb; Woody; Grass			🐛 Larval host (butterfly, moth, specialist bee)	🚫 Fire resistant	
	WATER NEEDS—Low; Medium; High			🌿 Bumble bee plant	🚫 Deer resistant	

**NRCS Conservation Planners, PLEASE NOTE:** Before purchasing or installing any plants for a project, check each species' suitability for different NRCS Conservation Practices by using the NRCS California eVegGuide (<https://www.calflora.org/nrcs/>).

Clockwise from top left: Monarch butterfly egg, hatchling, and caterpillar on narrowleaf milkweed. (Photographs by the Xerces Society / Stephanie McKnight.)



Close-up of redbud leaves collected by leafcutter bees for nesting materials. (Photograph by the Xerces Society / Kathryn Prince.)



## ACKNOWLEDGMENTS

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