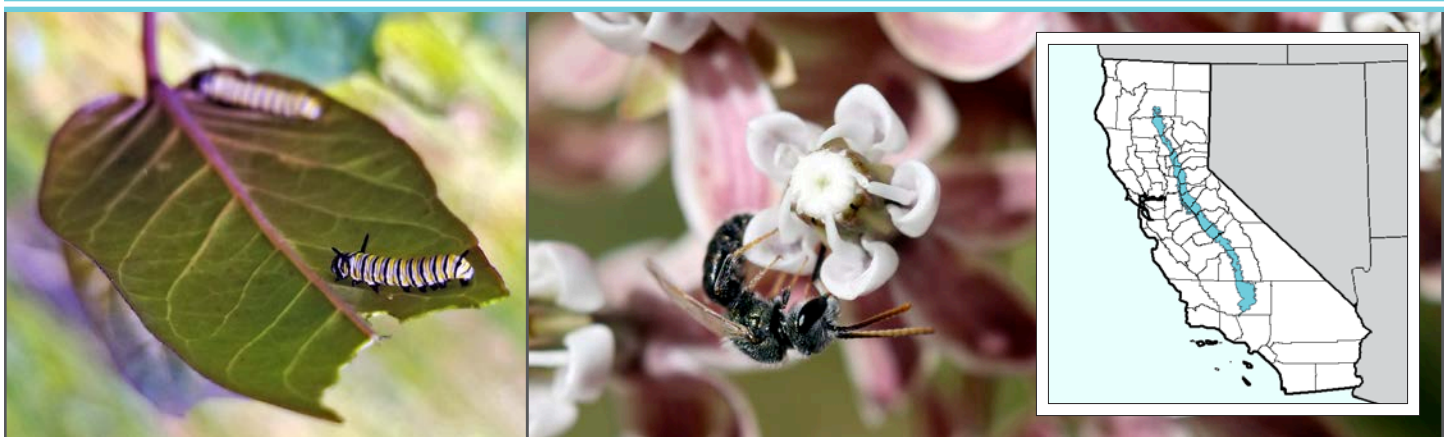


Recommended Plants for Pollinators & Beneficial Insects

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 integrerrimus</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	
KEY	LIFE CYCLE —Annual; Biennial; Perennial FORM —Forb; Woody; Grass WATER NEEDS —Low; Medium; High SUN Full sun Full sun—partial shade Partial shade ADDITIONAL DETAILS Monarch nectar plant Larval host (butterfly, moth, specialist bee) Attracts beneficial insects Bumble bee plant Nest site Fire resistant 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	
Cirsium occidentale		Cobweb thistle	MID	A	F		L-M	ANY	
Cornus nuttallii		Mountain dogwood	EARLY-MID	P	W		L-M	MEDIUM-COARSE	
Cornus sericea		American dogwood	MID	P	W		M-H	ANY	
Dicentra formosa		Pacific bleeding heart	MID	P	F		M-H	MEDIUM	
Epilobium canum		California fuchsia	LATE	P	F		L	ANY	
Ericameria nauseosa		Rubber rabbitbrush	LATE	P	F		L	COARSE	
Eriodictyon californicum		Yerba santa	EARLY-MID	P	W		L	ANY	
Eriogonum nudum		Nude buckwheat	MID	P	F		L	COARSE	
Eriogonum umbellatum		Sulphur buckwheat	MID-LATE	P	F		L	COARSE	
Eriogonum wrightii		Wright's buckwheat	MID-LATE	P	F		L	MEDIUM-COARSE	
Eriophyllum confertiflorum		Golden-yarrow	EARLY-MID	P	F		M	ANY	
Eriophyllum lanatum		Common woolly sunflower	MID	P	F		L	ANY	
Fremontodendron californicum		Flannelbush	MID	P	W		L	COARSE	
Helenium bigelovii		Bigelow's sneezeweed	MID-LATE	P	F		M-H	ANY	
Heteromeles arbutifolia		Toyon	MID	P	W		L	ANY	
Heuchera micrantha		Alum root	MID	P	F		L-H	COARSE	
Holodiscus discolor		Oceanspray	MID	P	W		L-H	ANY	
Linum lewisii		Lewis flax	MID	P	F		L	MEDIUM-COARSE	
Lupinus albifrons		Silver bush lupine	EARLY-MID	P	F		L	ANY	
Lupinus latifolius		Broadleaf lupine	EARLY-MID	P	F		M-H	COARSE	
Lupinus polyphyllus		Bigleaf lupine	MID	P	F		M-H	ANY	
Madia elegans		Common madia	MID-LATE	A	F		L	ANY	
Mimulus cardinalis		Cardinal monkeyflower	EARLY	P	F		M-H	ANY	
Mimulus guttatus		Yellow monkeyflower	EARLY-MID	P	F		M-H	ANY	
Monardella odoratissima		Mountain mint	MID	P	F		L-M	MEDIUM-COARSE	
Muhlenbergia rigens		Deergrass	—	P	G		L-M	ANY	
Nassella pulchra		Purple needlegrass	—	P	G		L	ANY	
Nemophila maculata		Fivespot	EARLY	A	F		M	COARSE	
Penstemon azureus		Blue penstemon	MID	P	F		M	ANY	
Phacelia ramosissima		Branching phacelia	MID	P	F		L	COARSE	
Philadelphus lewisii		Mock orange	EARLY-MID	P	W		L	COARSE	
Prunus virginiana		Chokecherry	EARLY	P	W		L	MEDIUM	
KEY	LIFE CYCLE—Annual; Biennial; Perennial		SUN	Full sun Full sun—partial shade Partial shade	ADDITIONAL DETAILS	Monarch nectar plant Larval host (butterfly, moth, specialist bee)	Attracts beneficial insects Bumble bee plant	Nest site Fire resistant Deer resistant	
	FORM—Forb; Woody; Grass WATER NEEDS—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*

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SCIENTIFIC NAME		COMMON NAME	BLOOM	LIFE FORM	SUN	WATER	SOIL TEXTURE	ADDITIONAL DETAILS	
Rhamnus californica		California buckthorn	MID	P	W	☀	L	ANY	🦋🐛🚫🔥🚫🦌
Rhamnus ilicifolia		Hollyleaf redberry	EARLY–MID	P	W	☀	L	ANY	🦋🐛🚫🔥
Ribes cereum		Wax currant	MID	P	W	☀	L	MEDIUM–COARSE	🦋🐛🚫🔥
Rosa californica		California wildrose	MID	P	W	☀	M	MEDIUM	🦋🐛🐝🌿🚫🔥🚫🦌
Rosa gymnocarpa		Wood rose	MID	P	W	☀	L	MEDIUM	🦋🐛🐝🌿🚫🔥
Rubus parviflorus		Thimbleberry	EARLY–MID	P	W	☀	M–H	MEDIUM	🐛🐝🌿
Salix exigua		Narrowleaf willow	EARLY	P	W	☀	H	ANY	🦋🐛🐛🐝🚫🔥🚫🦌
Salix gooddingii		Gooding's willow	EARLY	P	W	☀	M–H	ANY	🦋🐛🐛🐝🚫🔥
Salix laevigata		Red willow	EARLY–MID	P	W	☀	H	FINE	🦋🐛🐛🐝🚫🔥🚫🦌
Salix lasiolepis		Arroyo willow	EARLY–MID	P	W	☀	H	ANY	🦋🐛🐛🐝🚫🔥
Salvia sonomensis		Sonoma sage	EARLY–MID	P	W	☀	L	ANY	🚫🔥🚫🦌
Sambucus nigra ssp. cerulea		Blue elderberry	MID	P	W	☀	M	ANY	🐛🐛🐝🌿🚫🔥
Scrophularia californica		California bee plant	EARLY–MID	P	F	☀	M	ANY	🐛🐛🚫🔥
Sidalcea calycosa		Annual checkerbloom	MID–LATE	A	F	☀	M–H	ANY	
Sidalcea malviflora		Checkerbloom	MID	P	F	☀	L	ANY	🐛
Solidago velutina		Threenerve goldenrod	LATE	P	F	☀	L–M	ANY	🦋🐛🐛🐝🌿🚫🔥🚫🦌
Stachys albens		White hedge nettle	MID	P	F	☀	M–H	ANY	
Trifolium wormskioldii		Cow clover	MID	P	F	☀	M–H	MEDIUM	🦋🐛🐛🐝🚫🔥
Verbena lasiostachys		Western vervain	MID–LATE	P	F	☀	M–H	ANY	🦋🐛
KEY	LIFE CYCLE—Annual; Biennial; Perennial	SUN	☀ Full sun	ADDITIONAL DETAILS		🦋 Monarch nectar plant	🐛 Attracts beneficial insects	🏠 Nest site	
	FORM—Forb; Woody; Grass	☀ Full sun–partial shade			🐛 Larval host (butterfly, moth, specialist bee)	🐝 Bumble bee plant	🚫🔥 Fire resistant	🚫🦌 Deer resistant	
	WATER NEEDS—Low; Medium; High	☀ Partial shade							

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.)



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