

# Local native plants for particular sites and pollinators

## White Pine Chapter of the Idaho Native Plant Society ([whitepineinps.org](http://whitepineinps.org))

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### Easy to Grow Groundcover/Shrubs/Subshrubs:

<i>Amelanchier alnifolia</i>	serviceberry
<i>Arctostaphylos uva-ursi</i>	kinnikinnick
<i>Cornus sericea</i>	red-osier dogwood
<i>Eriogonum heracleoides</i>	Wyeth's buckwheat
<i>Holodiscus discolor</i>	oceanspray
<i>Paxistima myrsinites</i>	mountain box
<i>Philadelphus lewisii</i>	mock orange
<i>Populus tremuloides</i>	quaking aspen

### Easy to Grow Forbs and Grasses:

<i>Achillea millefolium</i>	common yarrow
<i>Antennaria</i> spp	pussytoes (multiple species)
<i>Festuca idahoensis</i>	Idaho fescue (a beautiful grass that spreads readily by seed)
<i>Fragaria</i> spp	wild strawberry (multiple species)
<i>Geum triflorum</i>	prairie smoke
<i>Linum lewisii</i>	Lewis' flax
<i>Penstemon attenuatus</i>	taper-leaf penstemon
<i>Penstemon confertus</i>	yellowish penstemon
<i>Penstemon strictus</i>	Rocky Mountain penstemon
<i>Phacelia heterophylla</i>	vari-leaf phacelia
<i>Pseudoroegneria spicata</i>	bluebunch wheatgrass
<i>Symphyotrichum jessicae</i>	Jessica's aster
<i>Symphyotrichum spathulatum</i>	western mountain aster

### Shade:

<i>Asarum caudatum</i>	wild ginger
<i>Fragaria</i> spp	wild strawberry (multiple species)
<i>Hydrophyllum capitatum</i>	ballhead waterleaf
<i>Osmorhiza berteroi</i>	sweet-cicely
<i>Ozomelis stauropetala</i>	side-flowered mitrewort
<i>Polystichum munitum</i>	sword fern

### Sun/Dry:

<i>Achillea millifolium</i>	western yarrow
<i>Antennaria</i> spp	pussytoes (multiple species)
<i>Artemisia ludoviciana</i>	prairie sage
<i>Balsamorhiza sagittata</i>	arrowleaf balsamroot
<i>Eriogonum</i> spp	buckwheat (multiple species)
<i>Eriophyllum lanatum</i>	Oregon sunshine
<i>Festuca idahoensis</i>	Idaho fescue (a beautiful grass that spreads readily by seed)
<i>Pseudoroegneria spicata</i>	bluebunch wheatgrass

## **Best Pollinator Plants (Gardens with native plants attract more native pollinators):**

### **Early Spring:**

*Hydrophyllum capitatum* (ballhead waterleaf) – all bees but especially bumble bees

*Amelanchier alnifolia* (service berry) – hummingbirds, bees, and butterflies

*Salix* spp (willow species) – abundant nectar with catkins full of flowers, each flower with nectar at base

*Geum triflorum* (prairie smoke) – especially bumblebee queens

### **Mid-Season:**

*Aquilegia* spp (columbine species) – sphinx moths and hummingbirds

*Agastache urticifolia* (nettle-leaf giant hyssop) – one of the most nectar-rich flowers of high quality, all pollinators

*Lupinus* spp (multiple lupine species) – Favorite pollinator plants for all bees

*Mondarda fistulosa* – a favorite of bees, bumble bees, hawkmoths, and hummingbirds

*Penstemon* spp (penstemons and beardstongues) – All penstemons offer abundant sugar-rich nectar to pollinators. Our White Pine chapter sells many different penstemons in their native plant sale each spring.

The flowers are tubular, nectar rich and popular with all pollinators. White, pink, and purple-flowered species mainly attract bees; those with red and pink flowers mainly attract hummingbirds

All plants in the sunflower family, flowering mid- to late summer, are especially popular with butterflies

*Asclepias speciosa* (showy milkweed) – host plant for Monarch butterfly and popular with ALL pollinators

### **Fall:**

*Symphyotrichum* spp (the asters) – popular with bees storing winter food

*Solidago* spp (the goldenrods) – used by over a dozen pollinators in preparation for winter food, but especially popular with bumblebees

## **Wondering which penstemons or which buckwheats to plant?**

*Penstemons* are beautiful, interesting flowers that are wonderful for pollinators. We highly recommend *P. attenuatus* for it is pretty, yet hardy. *P. confertus* is easy to grow and seeds in well; its yellow flowers are unusual as most penstemons have blue flowers; however, the flowers are on the small side. *P. eatonii* has red flowers that attract hummingbirds, but you may need to replace them as their bases get woody and less attractive with time, and this species is not native to our immediate area. *P. fruticosus* has some of the most beautiful flowers, but you will need you to clip out the dead branches in the middle after winter – the plant will fill in. Limit water to all penstemons except *P. globosus*.

*Eriogonum heracleoides* is easy to grow and it will seed into the area around it. *E. umbellatum* plants are beautiful and less likely to seed in. Both species get large rapidly. For *E. niveum* and *E. strictum* you need super dry site (don't water it once established). *E. niveum* has gorgeous pink fruits that almost look like flowers. The plants are beautiful but don't get as big as *E. heracleoides* and *E. umbellatum*.