



*A project of the Sacramento Valley Chapter of  
California Native Plant Society*



# **Homegrown Habitat**, *supporting bees, birds and butterflies and the rest of Nature.*

- ▶ **Our native wildlife is under siege**
- ▶ The stresses of habitat loss due to climate disruption, pesticide use, developments, wildfires, drought, invasive species and more are decimating our native species by the thousands.
- ▶ The key to recovering and supporting our crucial biodiverse ecosystems to increase native plant habitat in home and civic landscaping.

# Insect decline is in the headlines all over the world!

Bringing Nature Home, How You Can Sustain Wildlife with Native Plants, **April 2009** a Book by Douglas W. Tallamy

- **The Insect Apocalypse Is Here** - What does it mean for the rest of life on Earth? New York Times | By Brooke Jarvis **Nov. 27, 2018**
- **The Bugs We Can't Live Without** (Wall Street Journal **July 11, 2019**)
- **Insect apocalypse: German bug watchers sound alarm** by Daphne Rousseau [www.PHYS.ORG](http://www.PHYS.ORG) **July 1, 2019**
- **World Nature is in its worst shape in human history**, UN report says United Nations issued its first comprehensive global scientific report on biodiversity, which explored the threat of extinction for Earth's plants and animals. (Ben Curtis, File/Associated Press) **May 2019**

**Giving Ecological Purpose to Your Landscape** by Douglas W. Tallamy **2017**



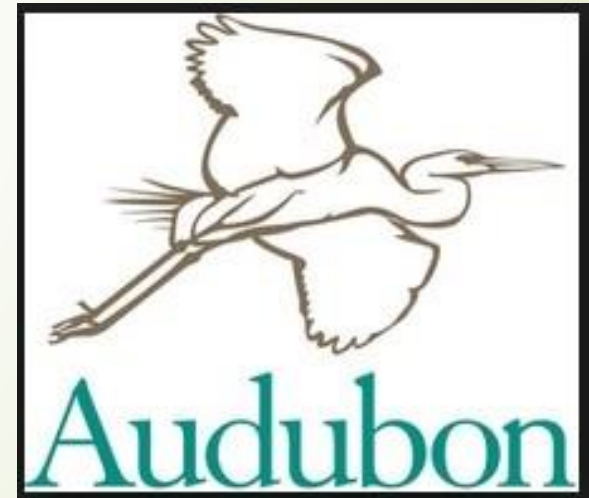
Cover of New York Times, Nov 2018

# Bird decline is in the news also.

- North America Has Lost 3 Billion Birds, Scientists Say September 19, 2019 Heard on National Public Radio's **All Things Considered**
- More than 1 in 4 birds have disappeared from the landscape in a mere half a century. One of the key steps recommended by Audubon is: "Reduce lawn, plant natives" Audubon article on recent Cornell Lab study

## Audubon recommends: Seven Simple Actions to Help Birds

- 1. Make Windows Safer, Day and Night
- 2. Keep Cats Indoors
- **3. Reduce Lawn, Plant Natives**
- 4. Avoid Pesticides
- 5. Drink Coffee That's Good for Birds
- 6. Protect Our Planet from Plastic
- 7. Watch Birds, Share What You See



Audubon Logo

# Did you know that caterpillars are the primary food source for many bird species?

**For example, the Carolina Chickadee must catch 6,000 – 9,000 caterpillars to rear one clutch of baby birds!**



Carolina Chickadee and caterpillar Photo by Doug Tallamy

Both parents take turns feeding the chicks, enabling them to bring a caterpillar to the nest once every three minutes. And they do this from 6 a.m. until 8 p.m. for each of the 16 to 18 days it takes the chicks to fledge. That's a total of 350 to 570 caterpillars every day, depending on how many chicks they have. So, an incredible 6,000 to 9,000 caterpillars are required to make one clutch of chickadees.

**Doug Tallamy, University of Delaware professor and chair for entomology and wildlife ecology**

# How can we help Butterflies and Moths who produce these caterpillars for the baby birds?

- 1) By preserving native landscape
- 2) By not using pesticides and using herbicides only sparingly
- 3) By making sure the plants you buy were not grown with Neonicotinoids.
- 4) By planting more LOCAL native plants *everywhere*: add them to your yard, your HOA, your apartment complex, your church, your kids' school; AND by encouraging your Parks, Water Districts, and municipal governments to do the same!



Western Square Dotted Blue photo by Tara Collins

***YOU DON'T HAVE TO CUT DOWN YOUR LILACS! But the bees, birds and butterflies will appreciate it if you add local native plants somewhere!***

# What is a Native Plant?

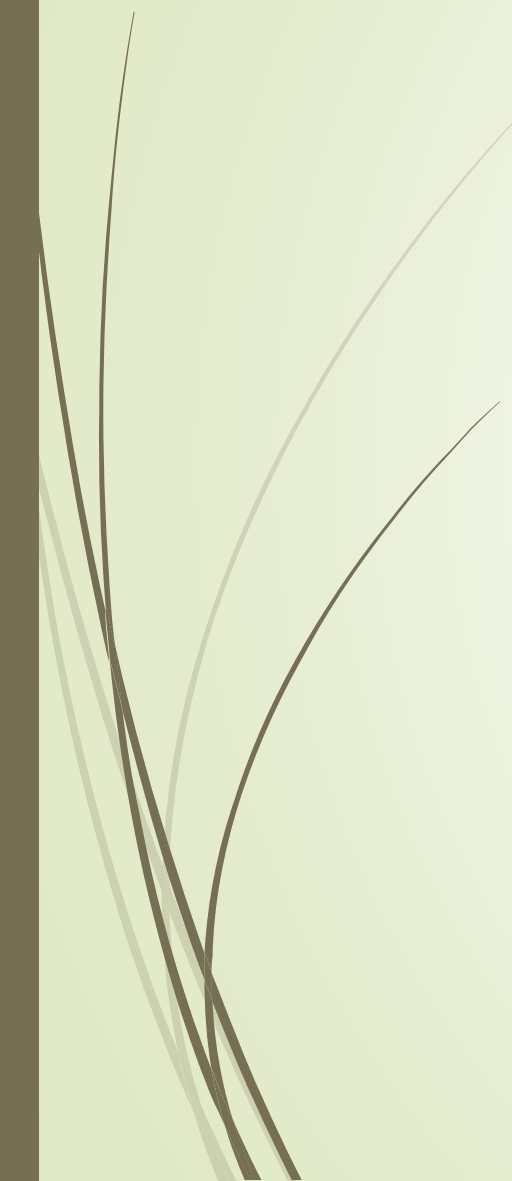
A **plant** is considered **native** if it has occurred naturally in a particular region, ecosystem, or habitat without human introduction.



Bumblebee on a California Poppy,  
photo by Jim Wadsworth



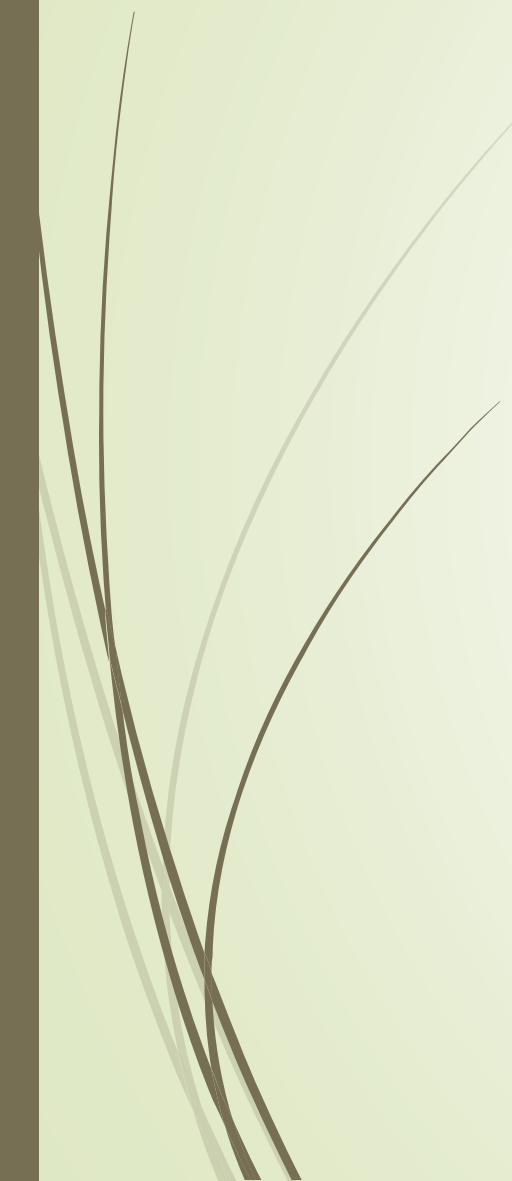
# WHY NATIVE PLANTS ARE IMPORTANT


- ▶ **Native Plants** are the building blocks of native ecosystems – **habitats for our native fauna**. By providing this natural habitat, we *help our native animals thrive*.
  - ▶ They are more than drought-tolerant – they are **climate-adapted!**
  - ▶ **Native plants** have **adapted** to the natural features of the region, including **climate, soil, and water efficiency**.
- 





# WHY NATIVE PLANTS IMPORTANT

- ▶ **Replace landscapes** that don't support local beneficial insects and birds **with local native plants** that do
  - ▶ **Local native plantings** will fill the gaps between fragmented natural areas, **creating biological corridors** that reconnect them.
  - ▶ Local native plants contribute to regional **water conservation objectives**
  - ▶ Local native plants contribute **to regional carbon sequestration**
- 



# WHAT CAN **RWA Members DO?**

## **PARTICIPATE IN HH - IMPROVE ECOLOGICAL HEALTH & WATER AVAILABILITY BY:**

- ▶ **Incorporate the HH program** message and plant list on your web page, customer outreach, and social media **messaging**
- ▶ **Change** your water conservation and incentive programs so they focus on landscape actions that result in the planting of **HH Plants**
- ▶ **Identify and work with** commercial, institutional, HOA, and developers to adopt the use of HH plants as part of existing and future landscaping
- ▶ **Join** with **RWA to help fund CNPS's regional and statewide efforts to develop and expand the marketing and availability of local HH Plants**
- ▶ **Become part of the Regional Biodiversity Pathway Mapping** effort

# Homegrown Habitat, *Supporting Bees, Birds and Butterflies and the rest of Nature* Sacramento Valley Top Habitat Plants

Bloom	Common Name	Scientific Name	Life Cycle	Height	WUCOL	Sun	Notes	
Early	<a href="#">Western Redbud</a>	<i>Cercis occidentalis</i>	P	10'-20'	L	S/PS	Drought-tolerant; also tolerates semi-riparian conditions	
	<a href="#">Red Willow</a>	<i>Salix laevigata</i>	P	30'-50'	H	FS	Wetland-semi riparian; tolerates clay soils; fast grower, semi-deciduous	
	<a href="#">Arroyo Willow</a>	<i>Salix lasiolepis</i>	P	7'-35'	H	FS	Likes marshes/wet areas; spreads by root runners; deciduous	
	<a href="#">Sandbar Willow</a>	<i>Salix exigua</i>	P	10'-23'	H	FS	Constant moisture; spreads by basal shoots to any moisture	
	<a href="#">Valley Oak</a>	<i>Quercus lobata</i>	P	60'-100'	L	FS	Fast growing (20' in 5 years); drought tolerant	
	<a href="#">Scrub Oak</a>	<i>Quercus berberidifolia</i>	P	15'-20'	L	FS/PS	Smaller, drought tolerant, likes medium fast drainage	
	<a href="#">Buck Brush</a>	<i>Ceanothus cuneatus</i>	P	5'-12'	VL	FS	Needs fast drainage; fast to moderate growth, evergreen	
	<a href="#">California Everlasting</a>	<i>Psuedognaphalium californicu</i>	P	3'	VL/L	FS	Semi deciduous, may like some afternoon shade in summer	
	<a href="#">California Blackberry</a>	<i>Rubus ursinus</i>	P	6'	M/H	FS/PS/S	Requires substantial moisture, wide spreading	
	<a href="#">Dutchmans Pipe</a>	<i>Aristolochia californica</i>	P	20'	L/M	S/PS	Deciduous vine, grows in moist woods along streams	
	<a href="#">Baby Blue Eyes</a>	<i>Nemophila menziesii</i>	A	.25'	L	FS/PS	Annual herb	
	<a href="#">Chinese Houses</a>	<i>Collinsia heterophylla</i>	A	.5'	M	S/PS	Annual purple flowering herb, good in containers	
	<a href="#">Lacy Phacelia</a>	<i>Phacelia tanacetifolia</i>	A	3'	VL/L	FS	Tolerates clay soils; good plant for biological pest control	
	<a href="#">Miners Lettuce</a>	<i>Claytonia perfoliata</i>	A	1.3'	L/M	PS	Edible spreading annual herb; in the valley, does best in part shade	
	Early-Mid	<a href="#">Blue Elderberry</a>	<i>Sambucus nigra var. cerulea</i>	P	20'-30'	M	FS	Easy to grow, fast growing deciduous shrub/tree; host plant for endangered Valley Elderberry Longhorn Beetle
		<a href="#">Interior Live Oak</a>	<i>Quercus wislizenii</i>	P	15'-50'	VL	S/PS	Medium to large evergreen, moderate grower
<a href="#">Blue Oak</a>		<i>Quercus douglasii</i>	P	16'-82'	VL	FS/PS	Slow grower deciduous, supports many species	
<a href="#">Toyon</a>		<i>Heteromeles arbutifolia</i>	P	12'	L	FS/PS	Evergreen shrub easy to grow, white flowers early summer, red berries in fall	
<a href="#">Shining Willow</a>		<i>Salix lasiandra</i>	P	3'-30'	M/H	FS/PS	Winter deciduous riparian plant, good for restoration projects	
<a href="#">Mountain Mahogany</a>		<i>Cercocarpus betuloides</i>	P	8'-20'	VL/L	FS/PS	In the valley this plant will do better with PM shade	
<a href="#">Hollyleaf Redberry</a>		<i>Rhamnus ilicifolia</i>	P	9'	L	PS	PM shade in the valley, siting is critical for success	
<a href="#">California Broom/Deerwe</a>		<i>Acmispon glaber</i>	P	3'	VL	FS	Not too showy subshrub with high habitat value	
<a href="#">Skunkbush, Fragrant Sum</a>		<i>Rhus aromatica</i>	P	8'	L	FS/PS	Winter deciduous shrub, may like PM shade in valley	
<a href="#">Chaparral Honeysuckle</a>		<i>Lonicera interrupta (hispidula)</i>	P		VL/L	FS/PS	Hardy, woody chaparral shrub/vine, summer flowering, edible/bitter berries	
<a href="#">Silver Bush Lupine</a>		<i>Lupinus albifrons</i>	P	3'	L	FS/PS	Requires good drainage, PM shade in valley	
<a href="#">Foothill Penstemon</a>		<i>Penstemon heterophyllus</i>	P	5'	L	FS/PS	Perennial evergreen herb. May need pm shade in valley	
<a href="#">Sonoma Sage</a>		<i>Salvia sonomensis</i>	P	1.3'	VL	PS	Moderately drought tolerant if given part shade	
<a href="#">Purple Needlegrass</a>		<i>Stipa pulchra</i>	P	3'	VL/L	FS	CA state grass, perennial with deep roots	
<a href="#">California Poppy</a>		<i>Eschscholzia californica</i>	A	.5'	VL/L	FS	CA State flower, tolerates clay soil, readily reseeds	
<a href="#">Elegant Clarkia</a>		<i>Clarkia unguiculata</i>	A	.5'	L	FS/PS	Showy pink flowers, reseeds readily	
<a href="#">Globe Gillia</a>		<i>Gillia capitata</i>	A	1'	L/M	FS	Showy pink to lavender flowers	
<a href="#">Miniature Lupine</a>		<i>Lupinus bicolor</i>	A	1.3'	L	FS	Showy purple and white flowers, plant with CA poppies	
<a href="#">Sky Lupine</a>	<i>Lupinus nanus</i>	A	2'	L	FS	Chaparral annual herb		

# Homegrown Habitat, *Supporting Bees, Birds and Butterflies and the rest of Nature*

## Sacramento Valley Top Habitat Plants

Bloom	Common Name	Scientific Name	Life Cycle	Height	WUCOL	Sun	Notes
Mid	<a href="#">California Buckwheat</a>	Eriogonum fasciculatum	P	2.5'	VL/L	FS	Tough, easy to grow, prefer good drainage
	<a href="#">Hoary Coffeberry</a>	Frangula californica var tomer	P	20'	L	FS/PS	May prefer PM shade in valley
	<a href="#">California Wildrose</a>	Rosa californica	P	8'	M	FS/PS	Tolerates clay soils; drought-tolerant; spreads through underground runners
	<a href="#">California Wild Grape</a>	Vitis californica	P	10'-40'	L/M	FS/PS	Common along rivers and streams, winter deciduous
	<a href="#">Common Yarrow</a>	Achillea millefolium	P	3'	L-H	FS/PS	Looks best with regular water; semi deciduous in drier conditions; can be aggressive
	<a href="#">Coyote Mint</a>	Monardella villosa	P	2'	L	PS/S	Requires good drainage, needs PM shade in the valley
	<a href="#">Showy Milkweed</a>	Asclepias speciosa	P	5'	L/M	FS	Tolerates clay soils; spreads through underground rhizomes
	<a href="#">Imbricate Phacelia</a>	Phacelia imbricata	P	1'	L	FS/PS	Perennial herb; tolerates clay soil; can re-seed
	<a href="#">Woolly Sunflower</a>	Eriophyllum lanatum	P	2'	L	FS/PS	Summer semi-deciduous; can be extremely drought-tolerant
	<a href="#">Nude Buckwheat</a>	Eriogonum nudum	P	6'	L	FS	Summer semi-deciduous; leafless stems
	<a href="#">Blue Wild Rye</a>	Elymus glaucus	P	5'	L	FS/PS	Popular accent grass for gardens; summer semi-deciduous
	<a href="#">Deergrass</a>	Muhlenbergia rigens	P	5'	L	FS	Attractive bunch grass; easy to grow; grows in most soils
	<a href="#">Fleabane Daisy</a>	Erigeron foliosus	P	3.3'	L	PS	
	<a href="#">Lippia</a>	Phyla nodiflora	P	6"	L	FS/PS	Flowering ground cover; spreads rapidly
	<a href="#">Spider Lupine</a>	Lupinus benthamii	A	2.3'	VL	FS	
	<a href="#">Seep Monkeyflower</a>	Erythranthe guttata	A	5'	M/H	FS/PS	Aquatic annual plant; good in ponds or rain gardens
	Mid-Late	<a href="#">Narrowleaf Milkweed</a>	Asclepias fascicularis	P	1.5'	M	FS
<a href="#">Virgin's Bower</a>		Clematis ligusticifolia	P	30'	L/M	PS/SH	vine; showy white flowers; summer deciduous; part shade to shade
<a href="#">Hooker's Evening Primrose</a>		Oenothera elata	P	5'	M-H	FS/PS	Wetland-riparian but still drought tolerant; reseeds aggressively
<a href="#">California Fuchsia</a>		Epilobium canum	P	3'	L	FS	Hummingbird favorite; spreads; cut back in winter
<a href="#">Gumplant</a>		Grindelia camporum	P	4'	L	FS	Tolerates most soils; can be cut back in winter
<a href="#">Snowberry</a>		Symphoricarpos albus	P	6'	L	PS/SH	Moist shady areas; winter deciduous; spreads by rhizomes
<a href="#">Slender Woolly Buckwheat</a>		Eriogonum gracile	A	5'	EL/VL	FS/PS	Small annual; tolerates most soils; winter semi-deciduous
<a href="#">Common Madia</a>		Madia elegans	A	7'	L	FS/PS	Annual herb; showy yellow flowers; tolerates many soils
<a href="#">Common Sunflower</a>	Helianthus annuus	A	5'	M	FS	Tolerates most soils; can get very large	
Late	<a href="#">California Aster</a>	Symphotrichum chilense	P	5'	VL/L	FS/PS	Tolerates clay soil; winter deciduous; cut back in winter; aggressive spreader
	<a href="#">California Goldenrod</a>	Solidago californica	P	3'	VL/M	FS/PS/S	Easy to grow; for late color plant with Epilobium canum; spreader
	<a href="#">Sulphur Buckwheat</a>	Eriogonum umbellulatum	P	7'	VL/M	FS	Showy yellow flowers; variable plant; evergreen
	<a href="#">Bee Plant</a>	Scrophularia californica	P	4'	L	PS	Strong bee attractant; tolerates most soils; needs good drainage
	<a href="#">Coyote Brush</a>	Baccharis pilularis	P	10'	VL/L	FS/PS	Tour easy to grow shrub; variable forms; blooms into winter
	<a href="#">Rubber Rubberbrush</a>	Ericameria nauseosa	P	9'	L	FS	Needs good drainage; summer/fall bloom
	<a href="#">Vinegarweed</a>	Trichostema lanceolatum	A	1'	L	FS	Does not do well in seed mixes; sow individually; tolerates dry clay soils