

FALL FOR NATIVE PLANTS

Incorporating the Region's Flora into Your Garden



People need nature, Nature needs people.

SACVALLEY CNPS NURSERY & GARDENS

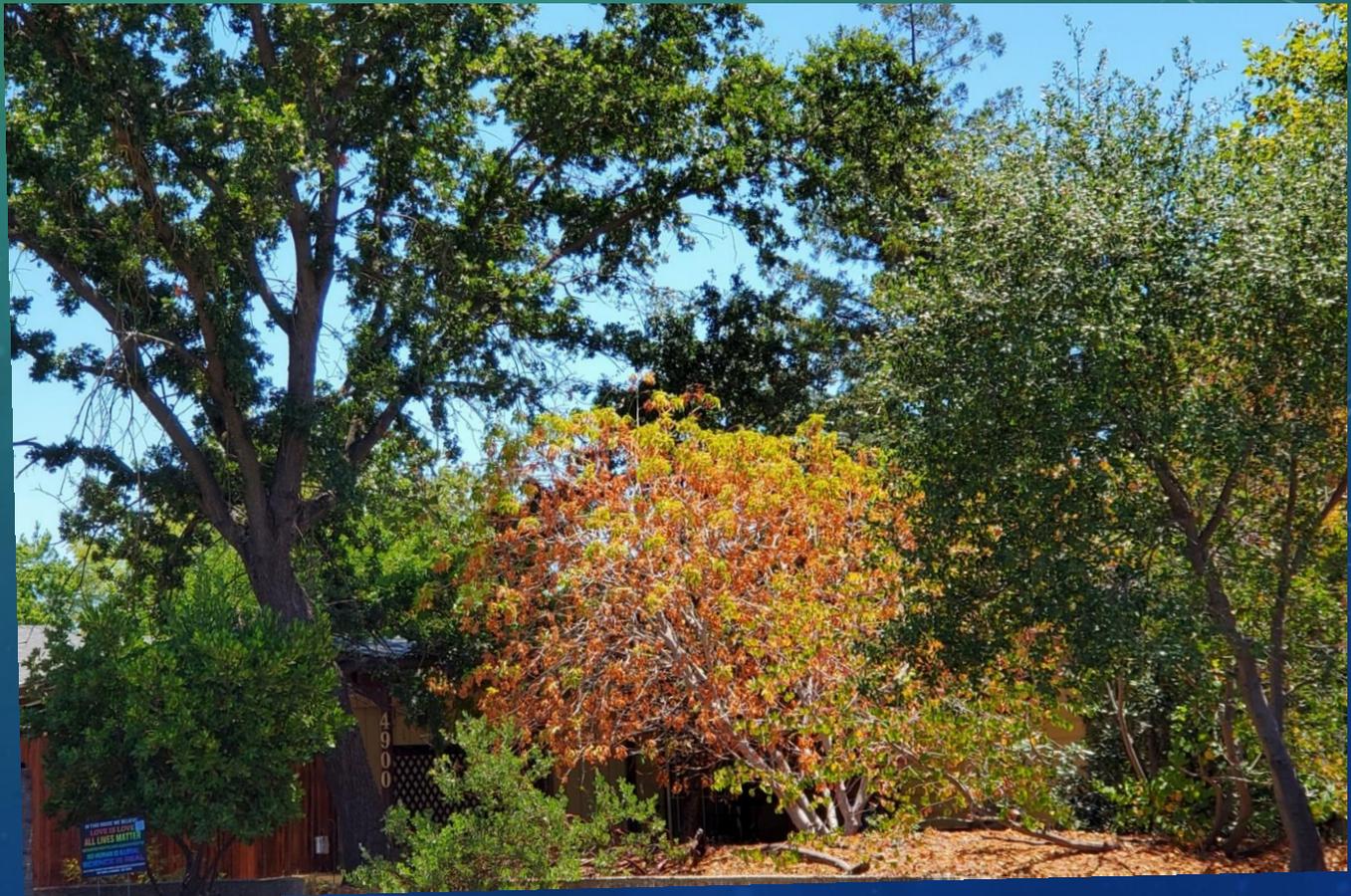
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CALIFORNIA NATIVE PLANT SOCIETY



We aren't here anymore, but maybe we can supplement the bounty that used to be.

Fall is the best time of year to establish new plants and update your garden. This fall, consider planting native flora. Let's start with NATIVE PLANTS.



Fall colors come early for Common Buckeye

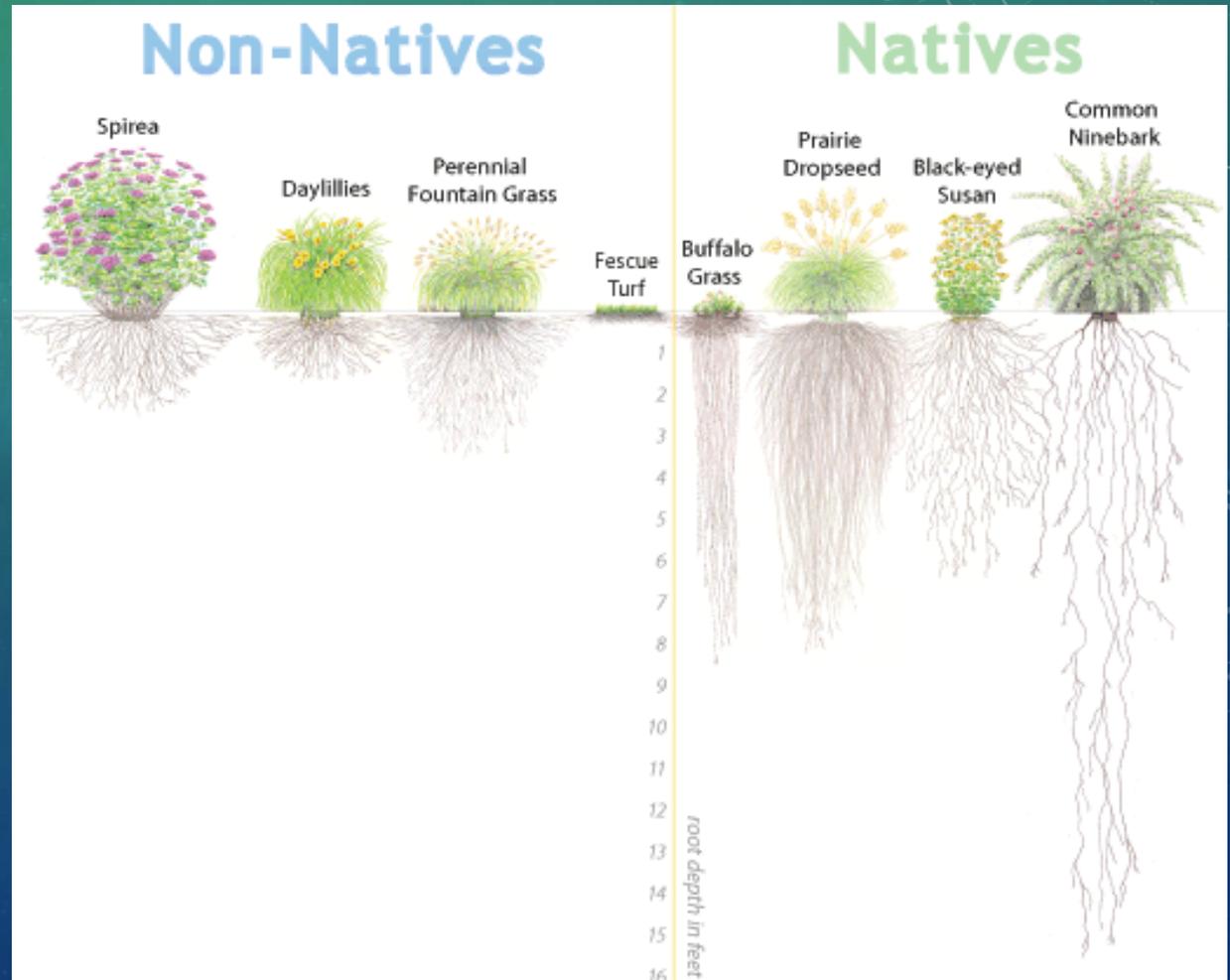
PLANTING IN THE FALL, GIVES PLANTS TIME TO DEVELOP THEIR ROOT SYSTEM

ROOT SYSTEM?

Yes, the root systems of native plants are often why they can withstand the Sacramento region's punishing summer heat with little irrigation (once established).

The first year, they sleep; the 2nd year, they creep; and the 3rd year, they leap!

(Native plants need regular watering in their establishment years.)



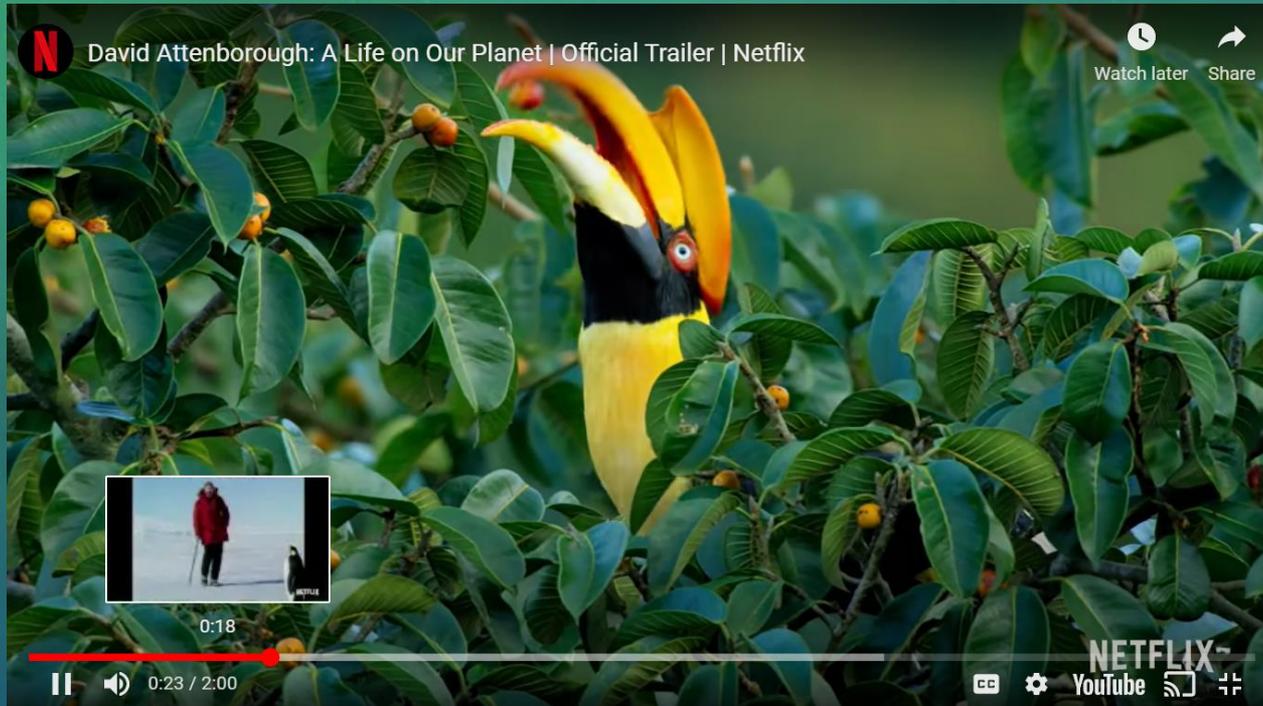
WHAT IS A NATIVE PLANT?



- Plants that grew here prior to European settlers or explorers came to our state.
- These plants evolved with native animals, fungi, and microscopic life over **millions** of years.
- They have adapted to all of the natural features, such as the climate, the soil, and the availability of water.
- Native plants are the building blocks of native ecosystems, aka natural communities.
- **Native plants aren't simply Drought Tolerant; they are Climate Adapted.**

A Life On Our Planet

by David Attenborough is on Netflix



Attenborough: “never before have we been so aware of the harm we are doing to our planet and yet have the ability to do something about.” He challenges us, all of us, to take on the responsibility to care for our blue planet. Because the future of humanity as well as all life on earth, now depends on us.

A Life On Our Planet *David Attenborough*

- It follows Attenborough's career as a presenter and natural historian, along with the decline in wildlife and rising carbon emissions during the period.
- In the movie on Netflix, Attenborough warns of the effects that climate change and biodiversity loss will have in the near future, and offers action which can be taken to prevent natural disaster.
- A companion book to the film *David Attenborough: A Life on Our Planet*, is a deep dive with more insights.

BRINGING NATURE HOME

BY: DOUGLAS TALLAMY

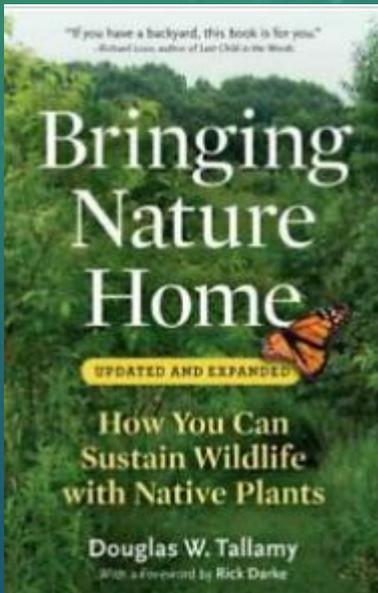
Include the Region's Flora into Your Garden because:

Native plants do a better job of providing food and shelter for native wild animals than do 'horticultural' plants.

Native plants are the foundation of our natural ecosystems and protect biodiversity.

Native plants are not only beautiful, they are also essential components of our **ecosystems** and natural processes, and provide us with valuable renewable materials ...

You can do your part to **help** decrease the rate of **climate change**, and thus its impacts, by planting more native plants in your gardens and our community gardens.





The California Native Plant Society is on a mission to save California's native plants and their communities by engaging people using science, education, conservation, and gardening to power the native plant movement..



DID YOU KNOW?

CALIFORNIA IS THE MOST HYDROLOGICALLY ALTERED
LANDMASS ON THE PLANET

FACT

- Wetlands: More than 90% have disappeared
- Riparian Woodlands: Only 1% still considered intact
- Vernal Pools: 66% have been destroyed
- Freshwater Marshlands: Less than 6% remain
- CA Native Grasslands: Only 2-3% remain

THE CONSEQUENTIAL LOSS OF SPECIES AND
BIOLOGICAL DIVERSITY IS HEARTBREAKING

HOW CAN YOU HELP?

- 1) Encourage government to preserve existing wildlands.
- 2) Explore natural areas & get to know your native plants!
- 3) Bring nature back to schools, your community gardens by planting local native plants.
- 4) Ask for a wider selection of local in nearby Nurseries.
- 5) Help start a Native Plant Nursery!



SACRAMENTO VALLEY CHAPTER CALIFORNIA NATIVE PLANT SOCIETY

Join SVC's
efforts!

California Native Plant Society

Sacramento Valley Chapter

Since 1965, it's been the mission of CNPS is to increase understanding and appreciation of California's native plants and to conserve them and their natural habitats, through education, science, advocacy, horticulture and land stewardship.

Chapter meetings are on the 2nd Wed of Jan – June; Sept - Nov at 7pm and are held virtually. See SacValleyCNPS.org for updates. *Technology support needed.*

Conservation - Would you like to participate in protecting local habitat and healthy ecosystems? Our chapter collaborates with community leaders and local environmental groups to preserve native plant habitat and advocate for healthy ecosystems. Find out more about this group's work, [Habitat 2020](#).



Elderberry Farms Demonstration Garden has been reimaged in 2021 & 2022. Information pages for each garden will be completed by May 2022. These gardens will be featured in an upcoming Bulletin. Gardens include: Butterfly Waystation, Container Gardening, Robin's Front Yard, Native Grasses, No Water - Hand Water, Traditional Resources, HOA Friendly, Shade Garden, Wildlife Oasis, and Under Oaks.

Elderberry Farms Native Plant Nursery volunteers propagate local native plants. Workdays continue on Mondays & Wednesdays. See times: SacValleyCNPS.org/nursery

Bulletin, our e-Newsletter is published monthly, free to everyone. Sign up online, plus newsletter archives: SacValleyCNPS.org/newsletters

Field Trips are offered throughout the year, though mostly during spring and summer months.

Friday Walks are for seed collecting, plant identification, photography, | and fun! Destinations are along the American River Parkway and beyond.



**CALIFORNIA NATIVE
PLANT SOCIETY**
Sacramento Valley Chapter



Homegrown Habitat

- Supporting bees, birds, butterflies and the rest of nature
- Climate change, pesticide use, agriculture, developments, wildfires, drought, and invasive species are some of the key concerns associated with the ongoing, drastic decline in populations of native wildlife species. Each of these issues has, in its own way, left wildlife without adequate places to live, feed, and reproduce, and the resulting population declines are unprecedented.
- Native insects, including pollinators, are among these threatened species. Because insect larvae are a key source of food for larger animals, including the young of most bird species, insects form the foundation of the food chain. Without these insects, the food chain would collapse.
- Homegrown Habitat is working on solutions to this issue. You can help, too.

SacValleyCNPS.org/HH



Homegrown Habitat HOST program – Inspire others with native plants in your front yard!

LOOKING FOR HELP TO DEVELOP THIS: ‘Homegrown Habitat’ was developed as a way to inspire homeowners, developers, and managers of community parks, facilities and other public spaces to include more native plants. Based on the work of Doug Tallamy and his concept of a Homegrown National Park (Bringing Nature Home, Nature’s best Hope) our effort is focused on supporting the local wildlife—birds, bees, butterflies and beneficial insects.

This is a front yard effort because of visibility! We enlist native plant gardeners who have changed their landscapes by incorporating local California Native Plants and other nature friendly practices to create habitat for birds, bees, butterflies and other beneficials. Then they share information and photos of their gardens on our website in order to inspire others to do the same. Together we can make a difference for these critical species.

SacValleyCNPS.org/Homegrown-Habitat/



The Yellow-billed Magpie is one of California's most striking birds. Popular among birders and compelling among conservationists, the bird is a true endemic that lives only in California's Central Valley and coastal ranges ...

WHY GARDEN WITH NATIVE PLANTS ?

- ◎ **Connecting with Wildlife**
- ◎ **Pesticide Freedom**
- ◎ **Attract beneficial insects**
- ◎ **Explore medicinal and culinary uses**
- ◎ **Low maintenance**
- ◎ **Saves WATER**
- ◎ **When established they are *adaptable***



PESTICIDE FREEDOM

- ◎ Native plants have developed their own defenses against many pests and diseases.
- ◎ Since most pesticides kill indiscriminately, beneficial insects become secondary targets in the fight against pests.
- ◎ Reducing or eliminating pesticide use lets pest control take over and keeps garden toxins out of our watersheds.
- ◎ Remember:
PLANT "PESTS" are BIRD FOOD!



PESTICIDES AND HERBICIDES KILL BENEFICIAL INSECTS

Broad spectrum insecticides (Round-up and other Glyphosates) - they KILL indiscriminately (this includes beneficial insects).



BRING IN THE **FBI**:

Flowers for Beneficial Insects

- Most beneficial insects need to supplement their diets with pollen and nectar. You can attract them to your garden, and encourage them to stay and hunt for pests, by offering them a variety of nectar and pollen rich flowers.
- Common Yarrow, all native Buckwheat species, Common Sunflower and many others are especially attractive to beneficials.
- Choose a diversity of native plants that bloom at different times so that the beneficials can feed throughout the year.
- Some non-native common garden plants suited to our climate will attract beneficials, including oregano, alyssum, borage, dill, angelica, cosmo, tansy, calendula and rosemary.

Creating wildlife-friendly habitat you will love



SacValley CNPS Nursery & Gardens

on the American River Parkway at Soil Born Farms



Our mission is to promote awareness of the benefits of native plant habitat, encourage community involvement, and provide a source of local native plants for restoration projects as well as gardeners.

WORKDAYS: Mondays & Wednesdays

from 9:30-noon

Beginners & experts welcome!

SacValley CNPS/Nursery

SacValley CNPS Nursery

We started “Friday Walks”



- On Friday Walks, we collect seeds and cuttings on the American River Parkway while enjoying getting to know our parks.
- Then we prepare the seeds at the Nursery.

THEN
WE PROPAGATE
THEM!





SacValley CNPS grows over 120 species of local native plants

GARDENING RESOURCES

<https://www.sacvalleycnps.org/gardening-resources/>

Why Native Plants?



[Why Garden With Native Plants?](#) CNPS site explains how you can bring the beauty of California into your own landscape while also receiving - and providing - numerous benefits.

[To Feed the Birds, First Feed the Bugs](#) NYTimes article communicates Doug Tallamy's message: gardeners can provide biodiversity and slow the rate of extinction by planting natives in their yards.

Garden Design
Prep, Planting & Maintenance
What to Plant?
CNPS Plant Lists
Plant Sales & Nurseries

Gallery of Gardens
Publications
Organizations
Articles

VINES!



Vines are unsung heroes! They provide a source of nectar at different heights!

ARISTOLOCHIA CALIFORNICA
DUTCHMAN'S PIPEVINE



Pipevine Swallowtail

Battus philenor [link to Calscape](#)



Dutchman's Pipe Vine Is the Host Plant* for the Pipevine Swallowtail. Vine can cover a trellis. It is SLOW to start growing, then once its roots are happy will shoot up!
(Sleep / Creep / Leap!)

* A butterfly will lay her eggs on it's *host* plant. The caterpillar can only eat this plant's leaves.





CLEMATIS LIGUSTICIFOLIA VIRGIN'S BOWER



10-30' TALL! Butterflies & moths hosted: 1 confirmed, 8 likely

LONICERA INTERRUPTA CHAPARRAL HONEYSUCKLE



8-20' tall.

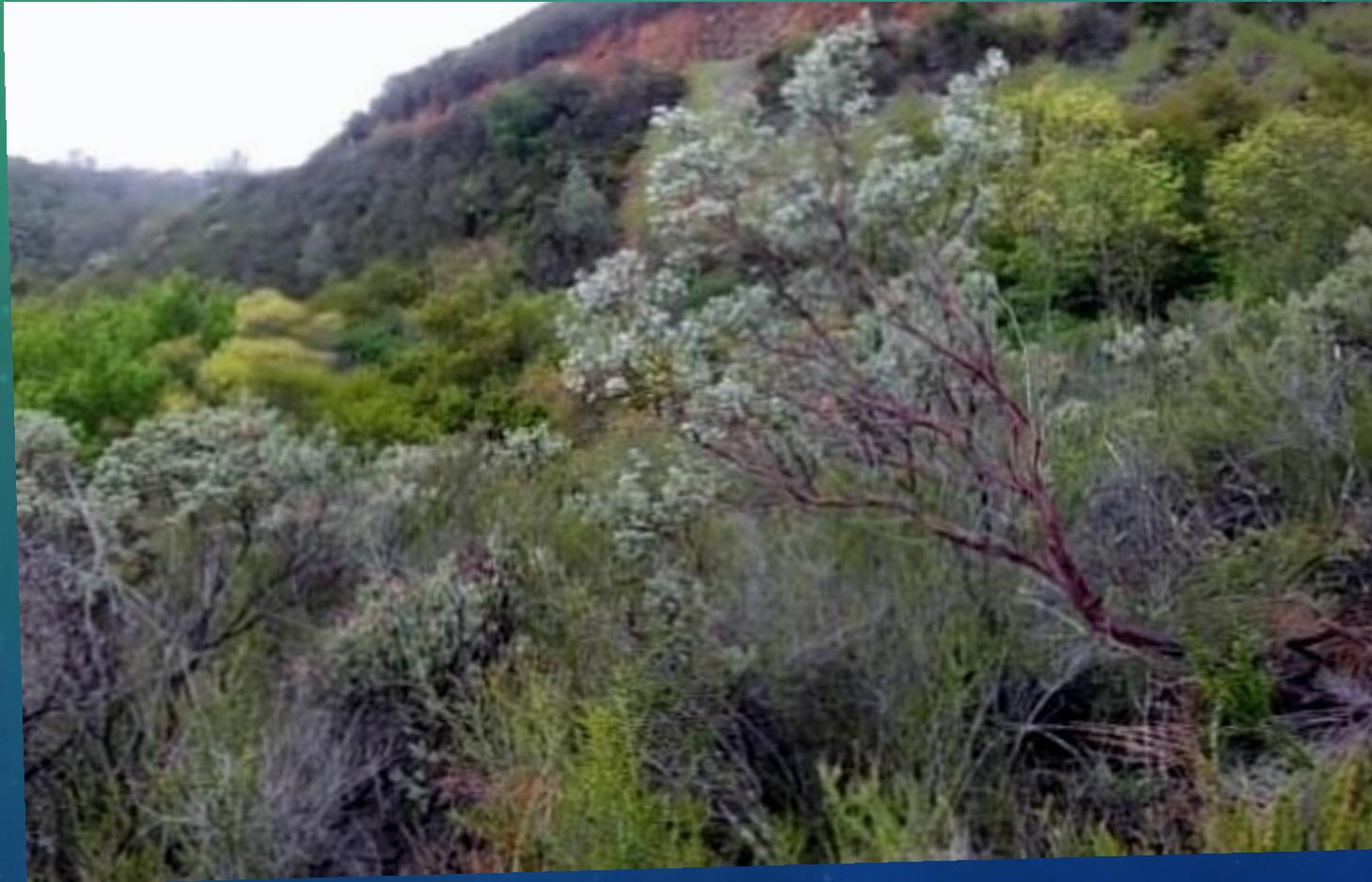
Butterflies & moths hosted: 23 likely

VITIS CALIFORNICA CALIFORNIA WILD GRAPE



Native grapes are small and have seeds but are very sweet!
Height: 20-40'
Butterflies & moths hosted: potentially 41

SHRUBS



Native shrubs provide food and cover for critters!

AESCULUS CALIFORNICA CALIFORNIA BUCKEYE



Strikingly flowers to us, important nectar source for butterflies! 20-40' tall & wide
Native bees and other insects including several butterfly species are attracted to the
flowers. It is said to be toxic to non-native bees.

ARCTOSTAPHYLOS VISIDA
WHITELEAF MANZANITA



A 10-17' tall and wide manzanita. It blooms in January and February which is perfect for hummingbirds! Wildlife Supported: Insects and hummingbirds are attracted to the flowers. Other birds are attracted to the fruits. Butterflies & moths hosted: 2 confirmed, 54 likely

BACCHARIS PILULARIS COYOTE BRUSH



← Male flower Female flower above

Baccharis is dioecious, which means that it has "male" and "female" individuals. Great for hedge or background planting. Butterflies & moths hosted: 11 confirmed, 18 likely

Butterflies & moths hosted (9 confirmed ✓ , 86 likely)
Butterflies & moths hosted (9 confirmed ✓ , 86 likely)

CEANOTHUS CUNEATUS BUCK BRUSH



It is valued for providing pollen and nectar for many beneficial insects.
Butterflies & moths hosted: 9 confirmed, 86 likely

CERCIS OCCIDENTALIS WESTERN REDBUD



Very attractive for people and beneficial insects. Seed pods are interesting too! Butterflies
& moths hosted: 11 likely



Dry Shade



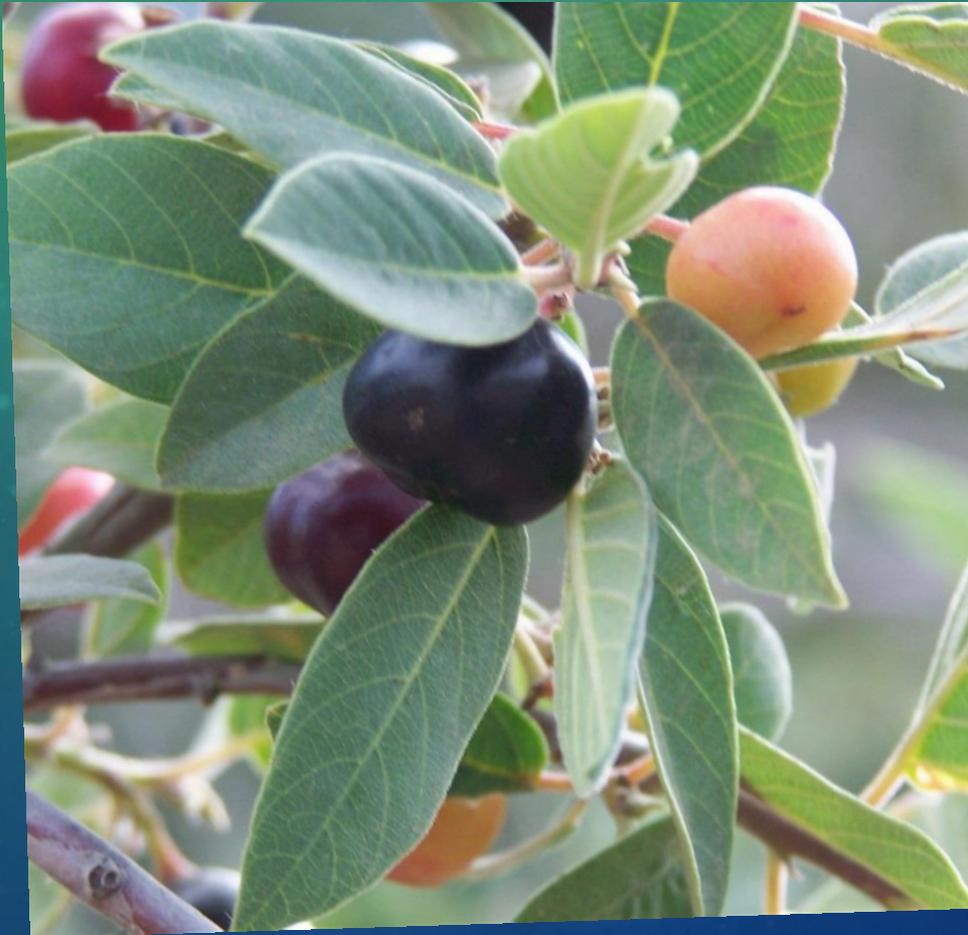
Full Sun, some watering



In a Rain Garden
(winter flooding)

WESTERN REDBUD
A PLANT FOR ALL CONDITIONS!

FRANGULA CALIFORNICA SSP. TOMENTELLA
HOARY COFFEEBERRY



**Velvety soft leaves and a good choice for evergreen screen.
Pollinator heaven in Spring; berries attract many birds!
Butterflies & moths hosted: 33 likely**

HETEROMELES ARBUTIFOLIA

TOYON / CHRISTMAS BERRY BUSH



Good screen or specimen plant .
Bees LOVE it in the spring;
Birds LOVE to eat the berries in the winter!
Butterflies & moths hosted: 4 confirmed, 4 likely

LUPINUS ALBIFRONS

SILVER BUSH LUPINE



**Silvery evergreen shrub with showy flowers. Bumble bees love it!
Butterflies & moths hosted: 7 confirmed, 49 likely**

QUERCUS BERBERIDIFOLIA INTERIOR SCRUB OAK



Evergreen small tree or large shrub (15' tall & wide): A true oak only much smaller. It is great for a bird garden. It grows at about 1'-2' per year. Easy to grow. Great for Hedges, Bird Gardens, Butterfly Gardens. It is Deer Resistant. Butterflies & moths hosted: 165 likely

RHAMNUS CROCEA ILICIFOLIA
HOLLYLEAF REDBERRY



Butterflies & moths hosted: 19 likely

ROSA CALIFORNICA CALIFORNIA WILD ROSE



"A plant that has fed nothing has not done its job." Douglas Tallamy
Wildlife Supported: Birds, bees, plus:
Butterflies & moths hosted: 2 confirmed, 70 likely

SYMPHORICARPOS ALBUS SNOWBERRY



**Striking white berries in winter. Can run if given too much water.
Butterflies & moths hosted: 10 confirmed, 19 likely**



This is Jim's Bench
and Container
Garden at the
SacValley CNPS
Nursery

Space for people
in our gardens
helps connect us
with the nature
we create.

PERENNIALS & GRASSES



ACHILLEA MILLEFOLIUM COMMON YARROW



Wildlife Supported: carnivorous insects; butterflies; bees
Butterflies & moths hosted: 5 confirmed, 10 likely

ARTEMISIA DOUGLASIANA CALIFORNIA MUGWORT



It is said that if you put a mugwort leaf under your pillow, you'll have good dreams!
Traditionally used as insect repellent.

ASCLEPIAS FASCICULARIS NARROWLEAF MILKWEED



ASCLEPIAS SPECIOSA SHOWY MILKWEED

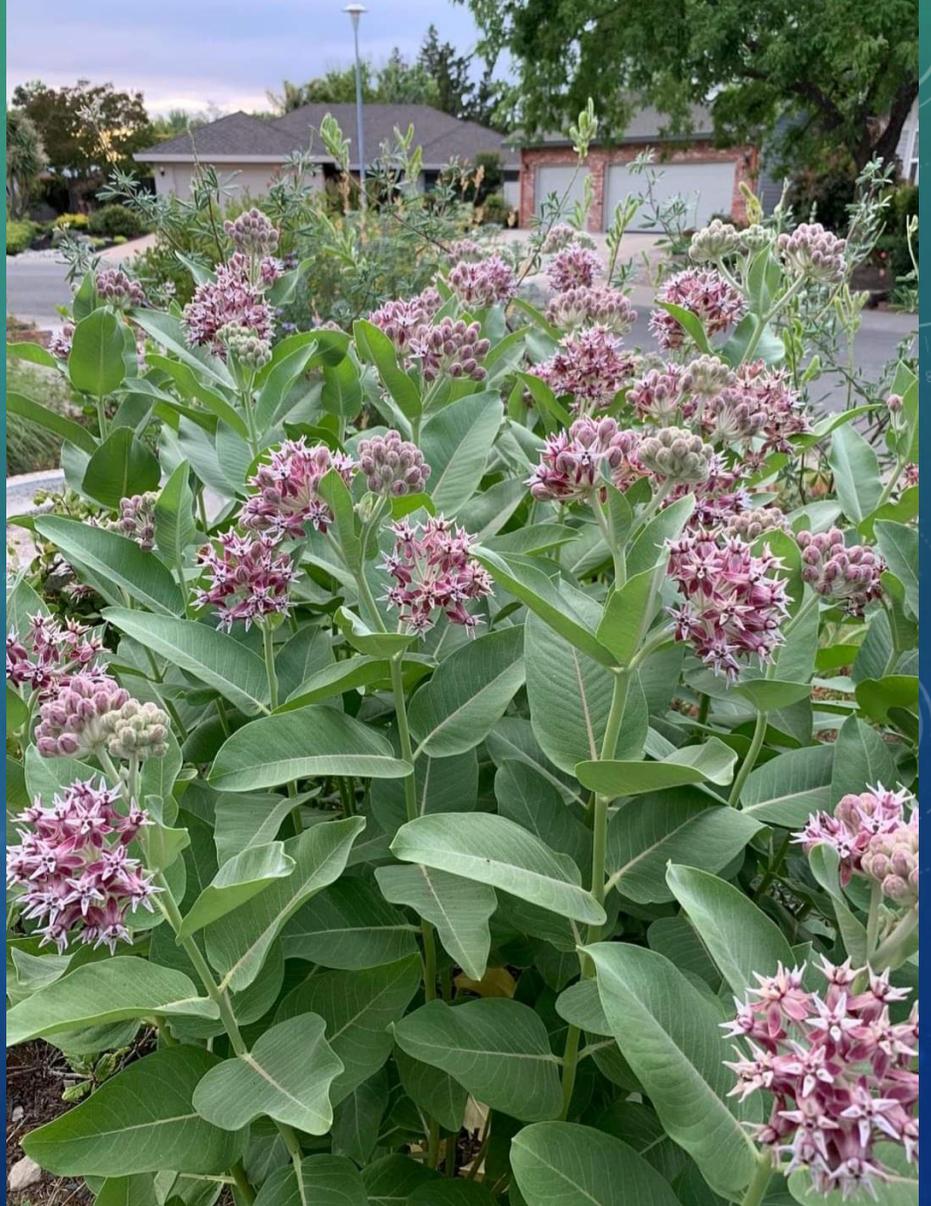
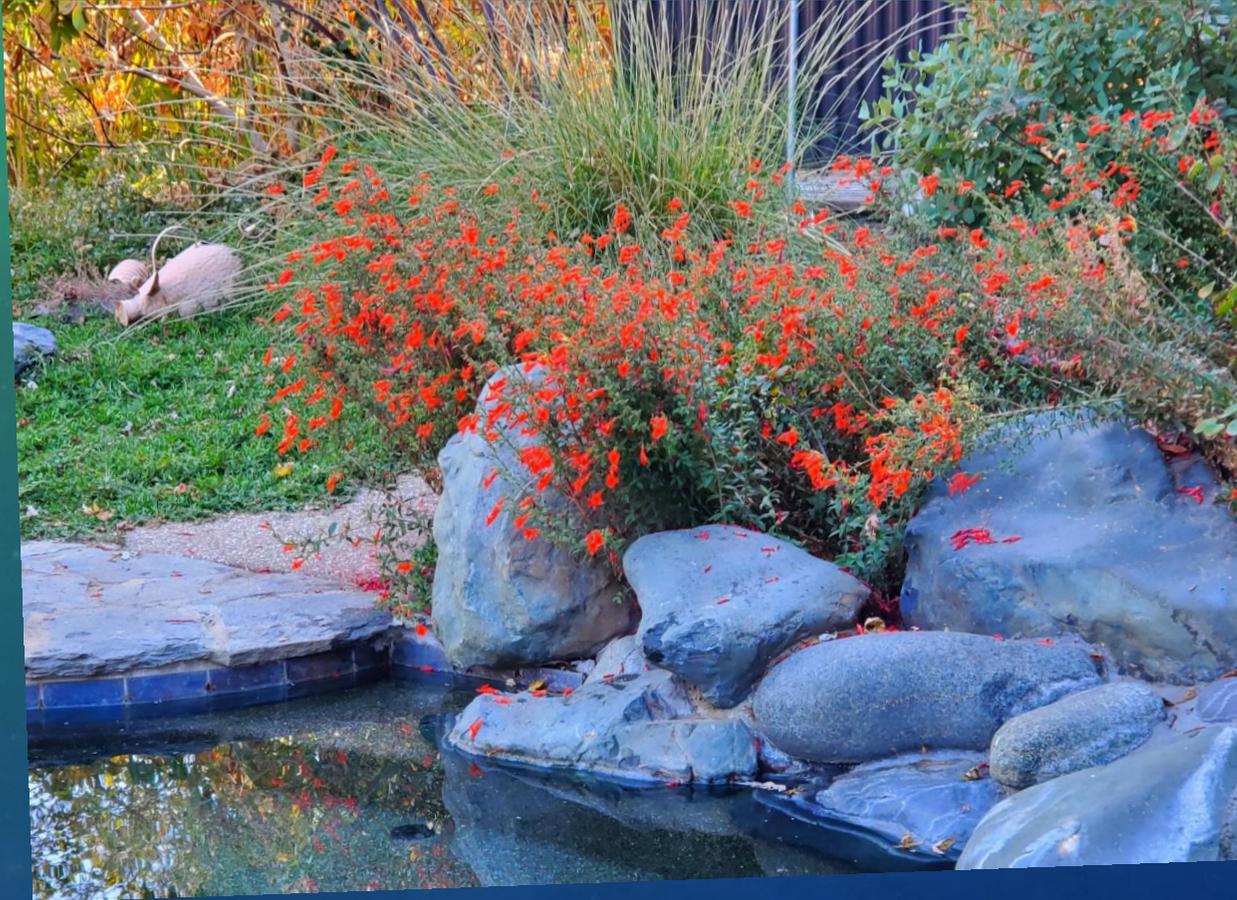


Photo by Lesley Hamamoto
in her front yard garden

EPILOBIUM CANUM CALIFORNIA FUCHSIA



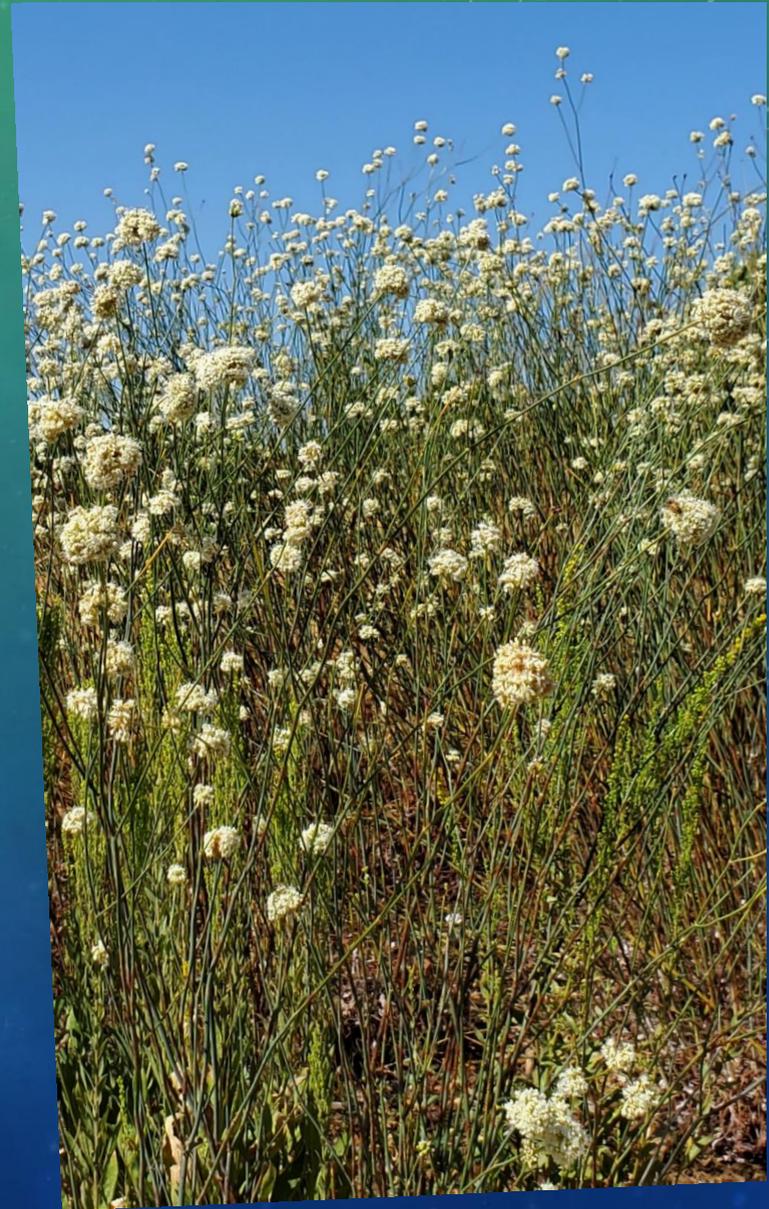
Hummingbird favorite in September & October.
Butterflies & moths hosted: 15 likely

ERIGERON FOLIOSUS
FLEABANE DAISY



Butterflies & moths hosted: 13 likely

ERIOGONUM NUDUM NUDE BUCKWHEAT



Wildlife Supported: Native bees, butterflies (including, blues, hairstreaks, and metalmarks), as well as many other pollinators.

It is an important host plant to caterpillars.
Host plant for 9 confirmed and 39 likely.

MELICA TORREYANA
TORREY'S MELICGRASS



MONARDELLA VILLOSA

COYOTE MINT



Important nectar source for butterflies and other insects.

Butterflies & moths hosted: 6 likely

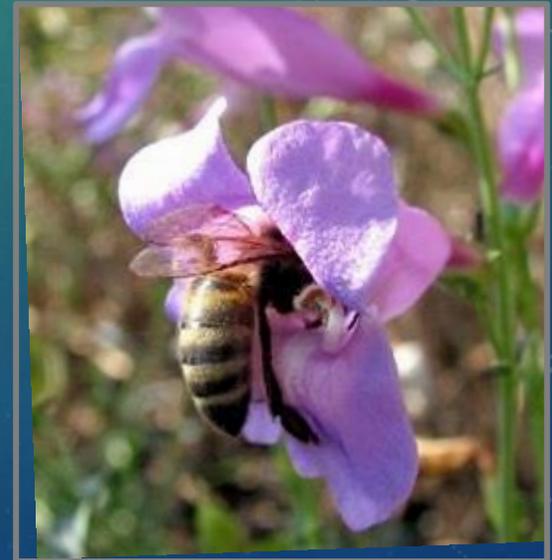
MUHLENBERGIA RIGENS DEER GRASS



Commonly used for making baskets by the Ca. Indians. Very Easy. Butterflies & moths hosted: 1 likely

PENSTEMON HETEROPHYLLUS

FOOTHILL PENSTEMON



Bees love this plants! Butterflies & moths hosted: 17 likely

PHYLA NODIFLORA *LIPPIA*



Best in confined areas because its spreads aggressively, but it prunes easily. Bees love it!
Butterflies & moths hosted: 2 confirmed, 1 likely

SYMPHYOTRICHUM CHILENSE CALIFORNIA ASTER



The flowers attract many beneficial insects.
Butterflies & moths hosted: 10 likely

ROGER'S RED
GRAPE

VITIS ROGERS
RED

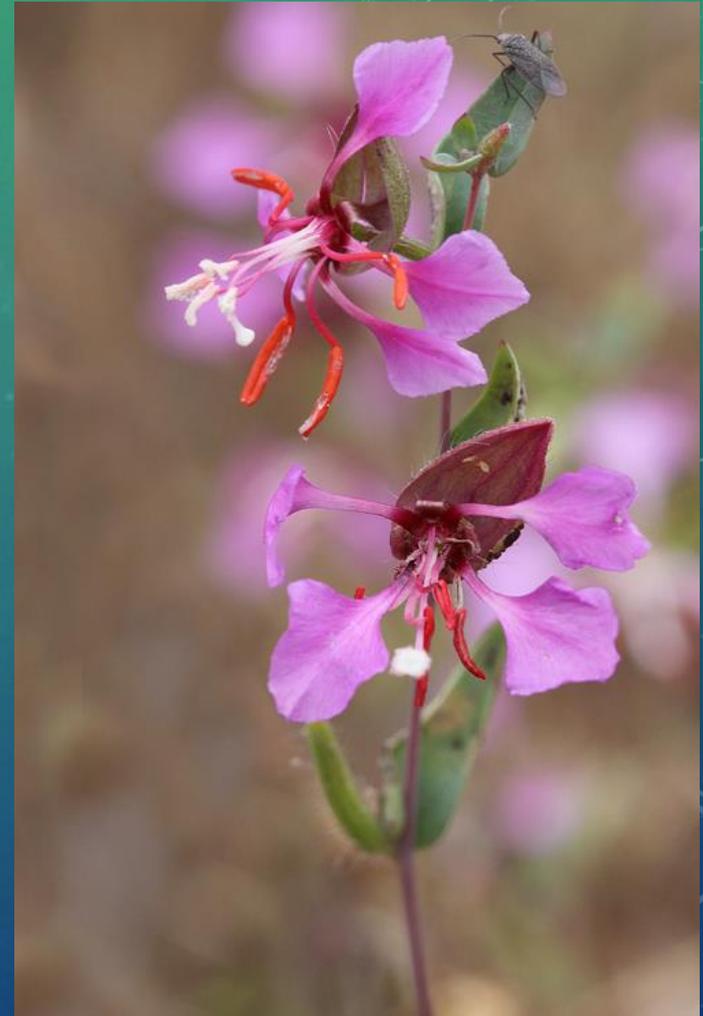


ANNUALS – JUST A FEW FAVORITES



CLARKIA UNGUICULATA

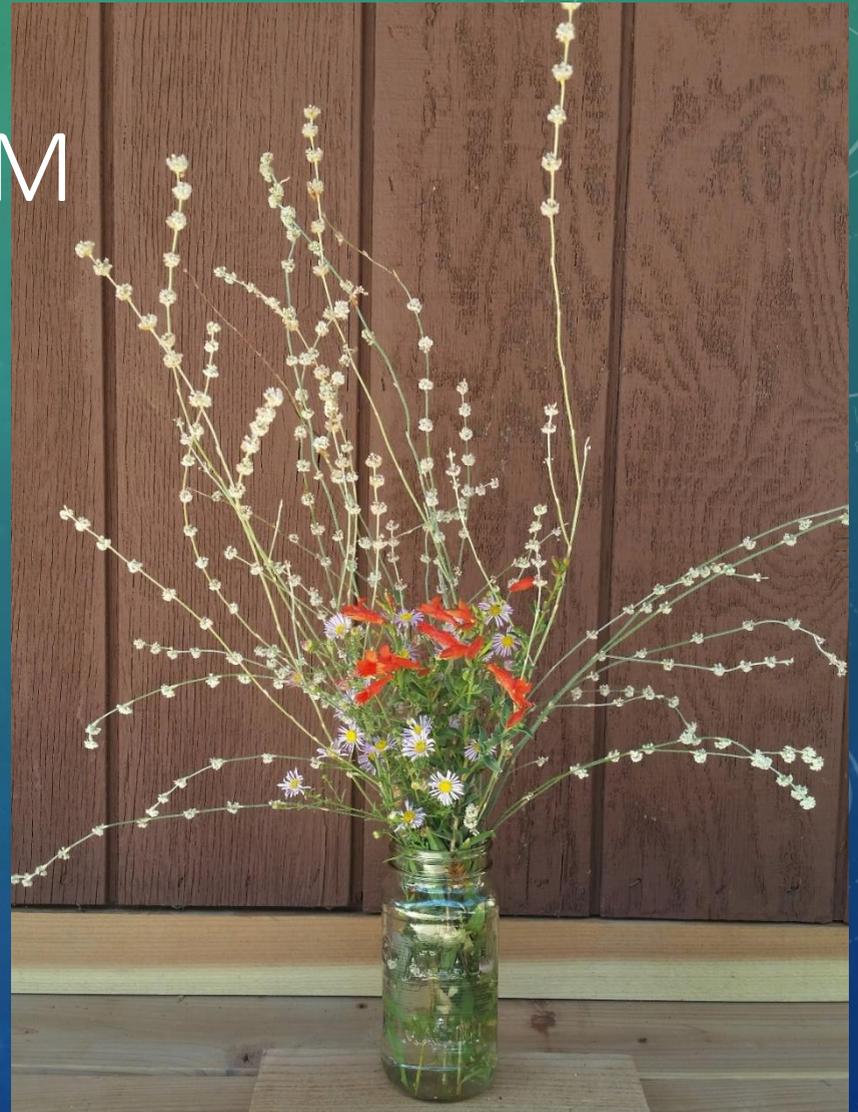
ELEGANT CLARKIA



An upright annual plant that is beneficial to both butterflies and bees with striking leaves and beautiful flowers. Its reseeds freely!

Butterflies & moths hosted: 2 confirmed, 3 likely

WAND BUCKWHEAT ERIOGONUM ROSEUM



SUMMER ANNUAL

While only 1 butterfly is confirmed to use it as a host, 47 more are likely. Bees LOVE.

PHACELIA TANACETIFOLIA
TANSY (LACY) PHACELIA



Very attractive to insects especially bees
and hover flies and butterflies.

Butterflies & moths hosted: 9 likely

THIS FALL, THINK OF FUTURE GENERATIONS,
THEY'RE ALL COUNTING ON US!



By gardening with native plants — no matter where you live or how small or large your space is — you can help sustain wildlife. Douglas Tallamy

SacValleyCNPS.org/Nursery

2022 September Online **Native Plant Sale**

Online ordering: **Wed, 9/14** until **Sun, 9/18**

Drive-thru pickups: **Sun, 9/25** & **Sun, 10/2**



**CALIFORNIA NATIVE
PLANT SOCIETY**

Sacramento Valley Chapter

Black Phoebe eating **Blue Elderberries**

Photo by Jim Wadsworth

Sign up to receive our eNewsletter: SacValleyCNPS.org/Newsletters/

JOIN CALIFORNIA NATIVE PLANT SOCIETY SACRAMENTO VALLEY CHAPTER



CALIFORNIA NATIVE PLANT SOCIETY

Sacramento Valley Chapter

GET INVOLVED!

Volunteer positions open:

- Native Plant gardening advocate
- Native Plant gardening speaker
- Nursery organizer
- Native plant Propagator
- Outreach Coordinator
- Homegrown Host Coordinator
- Municipal Project Plan reviewer
- Board Member at Large

Questions or comments, contact Christina Lewis, CNPSchris@gmail.com