

Plant Name / Common name / height / bloom time/	January	February	March	April	May	June	July	August	September	October	November	December	Use	
Achillea millefolium 'Sonoma Coast'													pollen/ nectar	
Aeonium lancerottense														
Agastache 'Purple Haze' 3 Ft.													Nectar	
Aloe ferox "Cape Aloe"														
Anistodontea 'Tara's Pink'													Nectar/Host	Grey Hairstreak
Arctostaphylos species (Manzanita) 2'-6'													Nectar	
Asclepias facicularis													Host/nectar	
Aster chilensis (California Aster) 2'													Nectar	
Aster x frikartii (Frikart's aster) 1.5' - 3'													Nectar	
Bidens ferulifolia (Apache Beggersticks) 2'													Nectar	
Caryopteris incana (Bluebeard) 3'													Nectar	
Caryopteris x clandonensis (Blue mist) 3'													Nectar	
Ceanothus 'Dark Star' (California Lilac) 3' -6'													Nectar	
Ceanothus 'Julia Phelps' (California Lilac) 4'-6'													Nectar	
Ceanothus 'Ray Hartman' (California Lilac) 6'-23'													Nectar	
Cercis occidentalis (Western Redbud) 6'-20'									sometimes				Nectar	
Clinopodium nepeta (Lessser catmint) < 27"													Nectar	
Collinsia heterophylla (Chinese Houses) < 20"													Pollen/Nectar	
Coreopsis grandiflora (Tickseed) 18"-30"													Pollen/Nectar	
Cosmos bipinnatus (Garden Cosmos) 12" - 8'													Pollen/Nectar	
Cosmos sulphureus (Sulpher Cosmos) 6' - 8'													Pollen/Nectar	
Echinacea													Nectar	
Echium candicans (Pride of Madeira) 6'- 10'													Pollen/Nectar	
Encelia californica (California Sunflower) <4'									in SF gardens can be blooming year roun				Pollen/Nectar	
Erigeron glaucus 'Bountiful' or "wayne" 8"-12"													Pollen/Nectar	
Eriogonum grande var. rubescens (Buckwheat) 24"													Pollen/Nectar	
Eryngium species													Nectar	
Eschscholzia californica (California Poppy) > 20"													Pollen	
Gaillardia x grandiflora (Blanket Flower) 16"-40"													Pollen/Nectar	
Gilia capitata (Globe Gilia) < 27"													Pollen/Nectar	
Grindelia hirsutula (Hairy Gum plant) < 30"													Pollen/Nectar	
Grindelia stricta (Gum Plant) < 30"													Pollen/Nectar	
Helenium ' Mardi Gras ' (Sneezeweed) < 5.5'													Pollen/Nectar	
Helianthus annuus (Common Sunflower) < 8'													Pollen/Nectar	
Lavandula species (Lavender) < 4'													Nectar	
Linaria purpurea (Purple Toadflax) < 40"													Nectar	
Lovage													Host/necter	
Monardella species (Coyote Mint) < 28"													Nectar	
Nepeta x faassenii (Catmint) 20"-30"													Nectar	
Origanum species (Oregano) <3'													Nectar	
Penstemon heterophyllus (Foothill Penstemon) 4'													Pollen/Nectar	

