Plant Name	Type	Pollinator	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Use
Abronia latifolia	groundcover	Silverspot butterfly													Nectar
Achillea Ageratum	groundcover	Bee and Butterfly													Nectar
Agastache 'Purple Haze' 3 Ft.	shrub	all													Nectar
Allium August Confection	groundcover	butterfly													Nectar
Arctostaphylos species (Manzanita) 2'-6'	tree	all													Nectar/Pollen
Asclepias curassavica	shrub	Bee and hummingbird													Nectar/larvel
Aster chilensis (Ca. Aster) 2'	groundcover	all													Pollen/Nectar
Aster X Frikartii	groundcover	native bee													PollenNectar
Aster x frikartii (Frikart's aster) 1.5' - 3'	groundcover	all													Pollen/Nectar
Bidens	groundcover	native bee													Pollen/Nectar
Bidens ferulifolia (Apache Beggerticks) 2'	groundcover	all													Pollen/Nectar
Bulbine frutescens	groundcover	native bee													Nectar
Callicarpa Japonica	groundcover	butterfly													Pollen/Nectar
Caryopteris Clandonensis	shrub	butterfly													Mostly Nectar
Caryopteris incana (Bluebeard) 3'	shrub	all													Mostly Nectar
Caryopteris x clandonensis (Blue mist) 3'	shrub	all													Mostly Nectar
Castilleja	groundcover	Bay Checkerspot Butterfly													Larval
Ceanothus	shrub/groundcover	bee and butterfly													Pollen
Ceanothus 'Dark Star' (Ca. Lilac) 3' -6'	shrub	all													Pollen
Ceanothus 'Julia Phelps' (Ca. Lilac) 4'-6'	shrub	all													Pollen
Ceanothus 'Ray Hartman' (Ca. Lilac) 6'-23'	shrub	all													Pollen
Cercis occidentalis (Western Redbud) 6'-20'	tree	all								sometimes					Nectar/Pollen
Clinopodium nepeta (Lessser catmint) < 27"	shrub	all													Nectar
Collinsia heterophylla (Chinese Houses) < 20"	shrub	all													Nectar/Pollen
Coreopsis	shrub/groundcover	native bee													Pollen/Nectar
Coreopsis grandiflora (Tickseed) 18"-30"	shrub/groundcover	all													Pollen/Nectar
Cosmos bipinnatus (Garden Cosmos) 12" - 8'	groundcover	all													Pollen/Nectar
Cosmos sulphureus	shrub/groundcover	native bee													Pollen/Nectar
Cosmos sulphureus (Sulfur Cosmos) 6' - 8'	shrub	all													Pollen/Nectar
Cuphea Hysoppifolia	groundcover	butterfly and hummingbird													Both
Echinacea	groundcover	native bee													Nectar
Echium candicans (Pride of Madeira) 6'- 10'	shrub	all													Pollen(blue)/Nectar
Encelia californica (Ca. Sunflower) <4'	shrub	all							in SF gardens can be blooming y						Pollen/Nectar
Erigeron glaucus	shrub	bee and butterfly				can be yellow and blue									Pollen/Nectar
Erigeron glaucus 'Bountiful' or "wayne" 8"-12"	shrub	all													Pollen/Nectar
Eriogonum grande var. rubescens (Buckwheat) 24"	shrub	all													Pollen/Nectar
Eriogonum nudum	shrub	Lange's Metalmark Butterfly													Both
Eryngium species	shrub/groundcover	all													Mostly Nectar
Eschscholzia californica (Ca.) > 20"	groundcover	all													Pollen
Gaillardia x grandiflora (Blanket Flower) 16"-40"	groundcover	all													Pollen/Nectar
Gilia capitata (Globe Gilia) < 27"	groundcover	all													Pollen/Nectar
Grindelia grandiflora	shrub/groundcover	native bee													Nectar
Grindelia Hirsutula	groundcover	native bee													Pollen/Nectar
Grindelia hirsutula (Hairy Gum plant) < 30"	groundcover	all													Pollen/Nectar
Grindelia stricta (Gum Plant) < 30"	groundcover	all													Pollen/Nectar
Grindelia stricta platyphylla	groundcover	Silverspot butterfly and Bee													Pollen/Nectar
Helenium	groundcover	native bee													Pollen/Nectar
Helenium ' Mardi Gras' (Sneezeweed) < 5.5'	groundcover	all													Pollen/Nectar
Helianthus annuus	groundcover	native bee													Pollen/Nectar

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Helianthus annuus (Common Sunflower) < 8'	groundcover	all													Pollen/Nectar
Holodicus discolor	shrub	Brown Elfin Butterfly							white						Larval
Hybanthus verticillatus	grass/flower	Silverspot butterfly													Larval
Lavandula species (Lavender) < 4'	shrub	all													Nectar
Linaria purpurea	shrub/groundcover	native bee													Nectar
Linaria purpurea (Purple Toadflax) < 40"	shrub	all													Nectar
Lupine	shrub	Lange's Metalmark Butterfly													Larval
Manzanita	shrub/groundcover	native bee													Nectar
Monardella species (Coyote Mint) < 28"	shrub	all													Nectar
Monardella villosa	groundcover	native bee													Nectar
Nepeta X faassenii	groundcover	native bee													Mostly Nectar/Some pollen is collected by small bees
Nepeta x faassenii (Catmint) 20"-30"	shrub	all													Nectar
Origanum species (Oregano) <3'	groundcover	all													Nectar
Passiflora	shrub	All /Gulf Frittlary				can be other colors									Nectar/larvel
penstemon heterophyllus	shrub/groundcover	native bee													Nectar
Penstemon heterophyllus (Foothill Penstemon) 4'	shrub/groundcover	all													Pollen/Nectar
Perovskia atriplicifolia (Russian Sage) 4'	shrub	all													Nectar
Phacelia campanularia (Desert blueBells) < 18"	groundcover	native bee													Pollen/Nectar
Phacelia cicutaria	groundcover	native bee													Pollen/Nectar
Phacelia cicutaria (Caterpillar phacelia) < 30"	groundcover	native bee													Pollen/Nectar
Phacelia Distans	groundcover	Native bee													Nectar
Phacelia tanacetifolia (Tansy Phacelia) < 30"-40"	groundcover	native bee													Pollen (Blue)/Nectar
Phacelia tanacetifolia	groundcover	native bee													Pollen (Blue)/Nectar
Plantago erecta	groundcover	Bay Checkerspot Butterfly				white									Larval
Polygonum	groundcover	Purpleish Copper Butterfly													Larval
Rosmarinus officinalis (Rosemary) < 4'	shrub	native bee													Mostly Nectar/Some pollen
Rudbeckia hirta (Black-eyed Susan) 20"- 4'	shrub	all													Pollen/Nectar
Rumix	groundcover	butterfly													Larval
Salvia 'Indigo Spires' (Indigo Spires Sage) 3'-6.5'	shrub/groundcover	all													Mostly Nectar
Salvia brandegeei (Santa Rosa Island Sage) 3'-6'	shrub/groundcover	all						with water							Nectar
Salvia chamaedryoides (Germander Sage) <2'	shrub/groundcover	all								sometimes					Mostly Nectar
Salvia Greggii	shrub/groundcover	native bee													Nectar/Pollen
Salvia greggii (Autumn Sage) 1'- 4'	shrub/groundcover	all													Nectar/Pollen
Salvia Melissodora	shrub/groundcover	native bee													Nectar
Salvia Mellifera	shrub/groundcover	native bee						can be white							Mostly Nectar
Salvia mellifera (Honey Sage) < 6.5'	shrub/groundcover	all													Mostly Nectar
Salvia microphylla (Baby Sage) 5'	shrub/groundcover	all													Pollen/Nectar
Salvia uliginosa (Bog Sage) 5'	shrub/groundcover	all													Pollen/Nectar
Scabiosa atropurpurea	groundcover	native bee					can	purple, white, pink-ish red							Pollen/Nectar
Scabiosa atropurpurea (Pincushion Flower) 3'	groundcover	all													Pollen/Nectar
Senecio cineraria (Dusty Miller) 20"-40"	groundcover	all													Pollen/Nectar
Senecio flaccidus	shrub	Lange's Metalmark Butterfly													Nectar
Soldiago californica (Ca. Golden Rod) 4'	shrub/groundcover	all													Pollen/Nectar
solidago californica	shrub/groundcover	native bee													Pollen/Nectar
Sphaeralcea ambigua	shrub/groundcover	native bee													Pollen
Sphaeralcea ambigua (Apricot Mallow) 3'-5'	shrub/groundcover	all	in mild areas												Pollen
Stachys byzantina (Lamb's ears) <20"	groundcover	all													Mostly Nectar
Teucrium x lucidrys (Hedge Germander) <2'	shrub	native bee													Nectar
Viola Adunca	groundcover	Silverspot butterfly													Larval

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Vitex agnus-castus (Chaste Tree) 6'-25'	shrub	all													Pollen/Nectar, especially nectar for larger bees
Wisteria sinensis (Chinese Wisteria) vine	tree	all													Nectar