

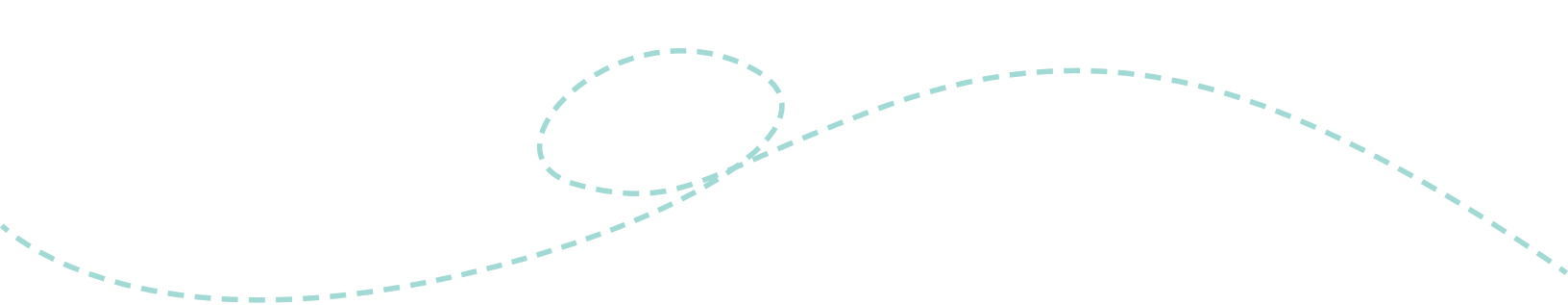


2020

# Butterflyway plant list

12 pollinator-friendly plants for your garden





Information from Lady Bird Johnson Wildflower Centre  
([wildflower.org](http://wildflower.org)) and West Coast Seeds.

With special support from the Butterflyway Indigenous  
Pollinator Plant Committee.

# Common Camas

*Camassia quamash*

Perennial herb





TOM BENSON VIA FLICKR

 30–91 cm (1–3 ft) tall

 **Blossoms:** Blue

 Blooms April–June

 **Native distribution:**  
BC to CA, AB, MT, WY & UT

 **Native habitat:**  
Moist areas, often where  
dry by late spring


## GROWING CONDITIONS

 High water use


 Sun


 Moist soil

**Soil description:** Heavy;  
winter & spring: moist


 Camas eventually goes dormant and should then have less water, but not fully dry soil. Considered among the easiest and showiest of native bulbs.


## BENEFITS


 Elk, deer & moose reportedly graze the plant in early spring

 Bulb favoured by Indigenous Peoples for food

 Conspicuous flowers

 Attracts beneficial insects

 Special value to native bees

 Avoid white variety—death camas (*Zigadenus venenosus*)

# Goldenrod

## *Solidago multiradiata*

Rocky Mountain Goldenrod, Northern Goldenrod, Alpine Goldenrod. Asteraceae (Aster Family)



JANE S RICHARDSON VIA WIKIMEDIA


Perennial herb



 Up to 30 cm (1 ft) tall

 **Blossoms:** Yellow

 Blooms July–Sept.

 **Native habitat:**  
Rocky, lowland & subalpine habitats

## GROWING CONDITIONS


 Part shade


 Dry soil


**Soil description:**  
Rocky, alkaline soils  
(pH >7.2)

## BENEFITS

 Attracts butterflies

 Attracts beneficial insects

 Special value to native bees & honeybees

 Larval Host: damoetas checkerspot (*Chlosyne damoetas*)

# Pearly Everlasting

*Anaphalis margaritacea*


Perennial herb



 30–91 cm (1–3 ft) tall

 **Blossoms:**  
White, yellow

 Blooms June–October

 **Native habitat:**  
Dry prairies; open woods;  
roadsides; waste places


## GROWING CONDITIONS

 Medium water use


  Sun, part shade


 Dry soil


**Soil description:**  
Sandy or gravelly soils


 **Propagation:** Increase by division in the spring or sow fresh seeds in the fall.


## BENEFITS

 The pure white flower is commonly used in dried flower arrangements

 In folk medicine, it is used as a salve for burns

 Attracts butterflies. Good food plant for painted lady butterflies.

 Larval host for skippers, painted lady

 It is a great host plant for the painted lady butterflies. They can lay their eggs anytime during the summer but egg-laying is most common in the spring.


# Pacific Bleeding Heart

*Dicentra formosa*

Perennial herb



STEPHANIE FALZONE VIA FLICKR

 18 cm (7") tall or more




 **Blossoms:**  
Pink, purple

 Blooms March–July

 **Native habitat:**  
Cool, damp woods


## GROWING CONDITIONS

 Low water use

   Sun, part shade, shade

 Moist soil

**Soil description:** Well-drained, humus-rich soil

 This plant can be propagated by seed; however it takes several years for seedlings to grow. Seeds are spread by ants.

## BENEFITS

 Attracts hummingbirds and butterflies

 Conspicuous flowers

# Nodding Onion

*Allium cernuum*

Perennial herb




 Up to 46cm (18") tall

 **Blossoms:**  
White, pink

 Blooms June–August

 **Native distribution:**  
BC to NY


 **Native habitat:**  
Dry to moist prairies;  
stream banks; moist areas  
at high altitudes


## GROWING CONDITIONS

 Sun, part shade


 Moist soil



**Soil description:** Humus-rich, neutral to alkaline



 Most effectively planted in small groups. Some allium species can become weedy in warmer climates. Plants benefit from being divided every third year or when 8–10 bulbs appear in the clump.

 Easily propagated by seed or bulb division. Plant seeds outdoors in fall. Seeds germinate best if scarified. Offset bulblets, which form around the base of the larger bulbs, can be divided in fall.

## BENEFITS

 Bulbs are utilized by bears and ground squirrels. Elk and deer graze the early spring herbage.

 Conspicuous flowers  
 Attracts hummingbirds and hairstreak butterfly

 Attracts beneficial insects  
 Special value to native bees



# Coastal Kinnikinnick


*Arctostaphylos uva-ursi*

Perennial shrub



FRANK FUJIMOTO (CREATIVE COMMONS)

 Evergreen

 15–30 cm (6–12") tall,  
spread up to 4.6 m (15 ft)




 **Blossoms:**  
White, pink

 Blooms March–June

Flowers urn-shaped, waxy,  
white-tinged with pink.

## GROWING CONDITIONS


 Low water use

   Sun, part shade,  
shade


 Cold, drought and heat-  
tolerant


  Dry or moist soil


**Soil description:** Rocky or  
sandy, acidic soils

 Soil should not be  
compacted around the  
plants and they should not  
be fertilized.


## BENEFITS

 The fruit is edible but  
mealy and tasteless; it is  
much favoured by birds  
and other wildlife

 The Haida used it as  
a diuretic for kidney  
diseases and urinary tract  
infections

 The Okanagan-Colville  
cooked the berries with  
venison or salmon, or  
dried them into cakes  
eaten with salmon eggs.  
Various Indigenous groups  
in California prepared a  
cider-like beverage from  
the berries.

 Attracts hummingbirds  
and butterflies

 Larval host for hoary elfin  
(*Callophrys polia*), brown  
elfin (*C. augustinus*), freija  
fritillary (*Boloria freija*)

 Special value to native  
bees




# Virginia Strawberry

*Fragaria virginiana*

Perennial herb




JOSHUA MAYER VIA FLICKR

 Up to about 20 cm (8") tall

 **Blossoms:** White

 Blooms March–May

 **Native habitat:**  
Fields, prairies, woodland edges

## GROWING CONDITIONS

  Sun, part shade

 Dry soil

**Soil description:**  
Variable. Tolerant of moderately acid soil.


## BENEFITS


 Edible fruit

 Berries attract wildlife

 Conspicuous flowers

 Attracts butterflies

 Larval host for gray hairstreak

 Special value to native bees


# Western Yarrow

*Achillea millefolium*

Perennial herb




LAURA CAMP (CREATIVE COMMONS)

 Up to about 91 cm (3 ft) tall

 **Blossoms:**  
White, pink, purple

 Blooms July–October

 **Native distribution:**  
Most of temperate North America

 **Native habitat:**  
Favours recently disturbed soil

## GROWING CONDITIONS


 Medium water use

  Sun, part shade

 Drought-tolerant

 Dry soil

**Soil description:**  
Loamy, well-drained soil  
with a pH of 5.5–7.0

 Sow on the surface of the soil. Start indoors 8–10 weeks before transplanting outside (roughly mid-March on the coast). Transplant or direct sow in early spring or early autumn.

## BENEFITS

 Attracts butterflies

 Special value to native bees

 Attracts beneficial insects


# Douglas Aster


*Aster subspicatus*

Perennial herb



LINDA SEVERSON VIA FLICKR

 Up to about 1.2 m (4 ft) tall

 **Blossoms:**  
Yellow, violet

 Blooms July–Sept.

 **Native distribution:**  
BC, AB


 **Native habitat:**  
Typically a coastal species found in moist lowland habitats such as seashores, salt and fresh marshes, ditches, meadows and clearings at low elevations.

## GROWING CONDITIONS

  Sun, part shade

 Moist soil

**Soil description:**  
Rich soil. Not drought-tolerant.

 Flowers create abundance of feathery seeds and will self seed freely once established.

## BENEFITS

 Attracts butterflies

 Deer-resistant

# Salal


*Gaultheria shallon*

Perennial shrub




MARSHALL DRUMMOND VIA FLICKR


 Evergreen


 30–91 cm (1–3 ft.) tall or more

 **Blossoms:**  
White, pink

 Blooms April–July




 Purple, red, blue edible berries

 **Native distribution:**  
Coastal areas from BC to California

 **Native habitat:**  
Coastal woods or brushy places below 2,500 ft.


## GROWING CONDITIONS


 High water use

   Sun, part shade, shade


 Dry or moist soil


**Soil description:** Peaty soil

 Must have summer fog or rain and shade. Direct summer sun causes scorch. This easy ground cover can become somewhat invasive.


 The tiny seeds germinate well. Best sown on milled sphagnum moss. Seedlings slow-growing. Propagation using cuttings of new wood taken in late summer is a faster method. Can also be propagated by layering.


## BENEFITS

 The fruit is a source of food for many animals. Deer browse on new leaves and berries. Used as winter browse by deer as well.

 A staple food of NW coastal First Nations. Can be eaten fresh, cooked and dried. Berries make excellent jelly.

 Conspicuous flowers

 Attracts butterflies, hummingbirds

 Larval host for brown elfin butterfly


# Hardhack

*Spiraea douglasii*

Perennial shrub




KATJA SCHULZ VIA FLICKR

 1.8–3.65 m (6–12 ft)  
tall

 **Blossoms:** Pink

 Blooms June–Sept.


 Purple, red, blue edible  
berries

## GROWING CONDITIONS

 Low water use

 Part shade

 Moist soil

 Propagate by seed  
or softwood cuttings.  
Offshoots from the  
creeping underground  
stems can be readily  
established.

## BENEFITS

 Attracts butterflies

 Special value to native bees


# Ocean Spray

*Holodiscus discolor*

Perennial shrub



JON D ANDERSON VIA FLICKR

 1.8–3.65 m (6–12 ft)  
tall

 **Blossoms:** White

 Blooms May–August


## GROWING CONDITIONS

 High water use


  Sun, part shade

 Dry or moist soil


**Soil description:** Gravelly  
or rocky soils


 Semi-hardwood cuttings, suckers and seeds have been used with success. Seeds are produced in tiny, dry capsules. The tiny seeds require cold stratification at 5 C for up to 18 weeks.

## BENEFITS

 Attracts butterflies (swallowtail, azure, and Lorquin's admiral butterflies)

 Conspicuous flowers

 Special value to native bees

 A colourful reclamer of open or disturbed lands.





[david Suzuki.org/butterflyway](https://david Suzuki.org/butterflyway)