

COLUMBIA MOUNTAINS AND HIGHLANDS ECOZONE

Help bring butterflies home to your garden

Native wildflowers are adapted to local climate and soils and require less care and watering once established. They provide sugar-filled nectar and protein-rich pollen for beneficial insects like local butterflies and wild bees. This regional native plant list includes wildflowers for the *Columbia Mountains and Highlands ecozone*, which includes: **Revelstoke, Nelson, Blue River, Wells and Creston**. Always try to find local sources for native plants.



Common Yarrow



Arrow-Leaved Balsamroot



Sticky Geranium



Silverleaf Phacelia



Western Canada Goldenrod



Common Name	Botanical Name	Height	Flower Colour	Flower Season	Sun	Soil	Pollinators	Butterfly Host Plant
Common Yarrow	Achillea Millefolium	0.75m	White-Pink	April – July	Sun	Dry	Bees, beetles, butterflies	X
Pearly Everlasting	Anaphalis Margaritacea	Up to 0.9m	White & Yellow	June – July	Sun to partial shade	Dry to moist	Bees, butterflies	
Red, Sitka, or Western Columbine	Aquilegia Formosa	Up to 0.5m	Orange-Red Sepals; Yellow Inner Petals	March – April	Sun to partial shade	Normal to moist	Bees, butterflies, hummingbirds	
Showy Milkweed	Asclepias Speciosa	0.4-1.2m	Pink to Redish Purple	May – Sept	Sun	Moist to mesic	Bees, butterflies, hummingbirds	X
Lindley's Aster	Aster Ciliolatus	0.25-1.0m	Pale Blue	Aug – Sept	Sun	Dry to moist	Bees, butterflies	X
Arrow-Leaved Balsamroot	Balsamorhiza Sagittata	0.4-1.2m	Yellow	March – April	Sun to partial shade	Dry	Bees, flies	
Common Red Paintbrush	Castilleja Miniata	0.8m	Red	April – May	Sun to partial shade	Dry	Bees	
Fireweed	Chamaenerion Angustifolium	1-3m	Purplish-Pink	June – Aug	Sun	Dry to moist	Bees, hummingbirds	
Richardson's Geranium	Geranium Richardsonii	0.2-0.8m	Light Purple	April – May	Sun to partial shade	Mesic to moist	Bees, butterflies, hummingbirds	
Sticky Geranium	Geranium Viscosissimum	0.25-0.9m	Pinkish Purple to Lavender	April – May	Sun to partial shade	Mesic to dry	Bees, butterflies, hummingbirds	
Large-Leaved Avens	Geum Macrophyllum	0.3-1m	Yellow	May – June	Sun to partial shade	Moist	Bees, other insects	
Arctic Lupine	Lupinus Arcticus	0.2-0.6m	Bluish Purple	April – May	Sun to partial shade	Moist to mesic	Bees, butterflies, hummingbirds	
Silverleaf Phacelia	Phacelia Hastata	0.2-0.5m	Creamy White	April – May	Sun	Dry	Bees, other insects	
Lance-Weaved Stonecrop	Sedum Lanceolatum	0.05-0.25m	Yellow	Late June – July	Sun	Dry	Bees, other insects	
Western Canada Goldenrod	Solidago Lepida	0.3-1.65m	Yellow	Aug – Oct	Sun	Dry to moist	Bees, other insects	X