

THOMPSON-OKANAGAN PLATEAU 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 *Thompson-Okanagan Plateau ecozone*, which includes: **Penticton, Kelowna, Vernon and Kamloops**. Always try to find local sources for native plants.



Common Yarrow



Showy Milkweed



Blanketflower



Long-Flowered Bluebell



Canada Goldenrod



Common Name	Botanical Name	Height	Flower Colour	Flower Season	Sun	Soil	Pollinators	Butterfly Host Plant
Common Yarrow	<i>Achillea Millefolium</i>	0.75m	White-pink	April – July	Sun	Dry	Bees, beetles, butterflies	X
Red, Sitka, or Western Columbine	<i>Aquilegia Formosa</i>	Up to 0.5m	Orange-red sepals; yellow inner petals	March – April	Sun to partial shade	Normal to moist	Bees, butterflies, hummingbirds	
Showy Milkweed	<i>Asclepias Speciosa</i>	Up to 1m	Pinkish-purple	May – June	Sun	Dry	Butterflies, hummingbirds	X
Arrow-Leaved Balsamroot	<i>Balsamorhiza Sagittata</i>	0.4-1.2m	Yellow	March – April	Sun to partial shade	Dry	Bees, flies	
Harebell, Bluebell	<i>Campanula Rotundifolia</i>	0.1-0.8m	Purple	June – Sept	Sun to partial shade	Dry to moist	Bees, hummingbirds	
Parsnip-Flowered Buckwheat	<i>Eriogonum Heracleoides</i>	0.4m	Orange-pink	April – June	Sun	Dry, well drained	Bees, beetles, butterflies	X
Blanketflower	<i>Gaillardia Aristata</i>	0.2-0.7m	Yellow to orange	May – Oct	Sun	Dry	Bees, beetle (soft-winged flower beetle <i>Listrus senilis</i>), butterflies	
Golden-Aster	<i>Heterotheca Villosa</i>	0.1-0.5m	Yellow	July – Oct	Sun	Dry	Bees, other pollinators	
Long-Flowered Bluebell	<i>Mertensia Longiflora</i>	0.05-0.25m	Blue	Mar – May	Sun to partial shade	Dry to moist	Bees	
Wild Bee Balm	<i>Monarda Fistulosa</i>	0.3-0.7m	Purple	July – Aug	Sun to partial shade	Dry to moist	Bees, other insects	
Brittle Prickly-Pear Cactus	<i>Opuntia Fragilis</i>	0.05-0.2m	Orange-tinted yellow	May – July	Sun	Dry	Bees, other insects	
Little Penstemon	<i>Penstemon Procerus</i>	Up to 0.25m	Deep blue lavender	June – Aug	Sun	Dry	Bees, butterflies, flies, hummingbirds	
Silver-Leaf Phacelia	<i>Phacelia Hastata</i>	Up to 0.5m	White	April – May	Sun	Dry to moist	Bees	
Lance-Leaved Stonecrop	<i>Sedum Lanceolatum</i>	0.05-0.25m	Yellow	Late June – July	Sun	Dry	Bees, other insects	
Canada Goldenrod	<i>Solidago Canadensis</i>	0.3-1.65m	Gold	Aug – Oct	Sun	Dry to moist	Bees, other insects	X