

# Recommended Plants & Seed Mixes FOR POLLINATORS & BENEFICIAL INSECTS *California Central Coast Region*



California wildflower pollinator planting in spring (left), and a bumble bee on golden lupine (right). (Photographs by Jessa Kay Cruz, The Xerces Society.)

## Plant Selection

The native wildflowers and shrubs on this list are recommended for use in pollinator habitat restoration and enhancement projects in agricultural landscapes. These species have been selected because they are attractive to a diversity of different bee species, and provide pollen and nectar resources throughout the season, provided that a minimum of three different plant species from each blooming period (early, mid, and late season) are selected. A majority of the plants recommended are drought tolerant, easy to establish, and don't serve as alternate hosts to crop pests or diseases, except when specifically indicated.

## Native Wildflowers for Pollinators and Beneficial Insects

🌸	COMMON NAME	SCIENTIFIC NAME	💧 LIFE CYCLE <sup>®</sup>			NOTES
					MAX HEIGHT	
Early	Baby blue eyes	<i>Nemophila menziesii</i>	L	A	0.25'	
	Bicolor lupine	<i>Lupinus bicolor</i>	M	A	0.5'	
	Chinese houses	<i>Collinsia heterophylla</i>	M	A	0.5'	
	Common tidytips	<i>Layia platyglossa</i>	L	A	0.25'	Tolerates clay soils
	Golden lupine	<i>Lupinus densiflorus</i> var. <i>aureus</i>	L	A	2.5'	
Early-Mid	California poppy	<i>Eschscholzia californica</i>	L	A, P	0.5'	Tolerates clay soils
	Farewell-to-spring	<i>Clarkia amoena</i>	M	A	0.5'	
	Foothill penstemon 🐝	<i>Penstemon heterophyllus</i>	L	P	3'	
	Globe gilia	<i>Gilia capitata</i>	M	A, P	1'	
	Sticky monkey flower 🐝	<i>Mimulus aurantiacus</i>	M	P	2'	



## Native Wildflowers for Pollinators and Beneficial Insects *continued*

🌸	COMMON NAME	SCIENTIFIC NAME	💧	LIFE CYCLE <sup>1</sup>		MAX HEIGHT	NOTES
Mid	Black sage 🌿	<i>Salvia mellifera</i>	L	P	2'		
	California phacelia	<i>Phacelia californica</i>	L	P	1'		
	Common deerweed	<i>Lotus scoparius</i>	L	P	3'	Very long-blooming; tolerates wet or dry conditions	
	Coyote mint 🌿	<i>Monardella villosa</i>	L	P	2'	Requires good drainage	
	Narrowleaf milkweed 🌿🦋	<i>Asclepias fascicularis</i>	M	P	1.5'	Tolerates clay soils; tolerates wet or dry conditions	
	Nettleleaf giant hyssop 🌿	<i>Agastache urticifolia</i>	M	P	4'	Tolerates clay soil; tolerates wet conditions	
	Purple sage 🌿	<i>Salvia leucophylla</i>	L	P	2'		
Mid-Late	Summer lupine	<i>Lupinus formosus</i>	L	P	1.5'		
	California fuchsia 🌿	<i>Epilobium canum</i>	L	P	3'		
	Common sunflower	<i>Helianthus annuus</i>	M	A	5'	Tolerates clay soils	
	Golden-yarrow	<i>Eriophyllum confertiflorum</i>	M	P	3'		
	Gumplant	<i>Grindelia camporum</i>	L	P	4'	Tolerates clay soils; can re-seed aggressively; tolerates wet or dry conditions	
Late	Seaside woolly sunflower	<i>Eriophyllum stoechadifolium</i>	L	P	3'		
	California aster 🌿	<i>Symphyotrichum chilense</i>	L	P	5'	Tolerates clay soils; tolerates wet or dry conditions	
	California buckwheat 🌿	<i>Eriogonum fasciculatum</i>	L	P	2.5'	Can be extremely drought-tolerant	
	Canada goldenrod 🌿	<i>Solidago canadensis</i>	M	P	3'	Tolerates wet or dry conditions	
	Marsh gumplant	<i>Grindelia stricta</i>	M	P	5'		

### Native Wildflowers and Hedgerow Plants—Additional Notes:

- 1 Life cycle: annual (A), perennial (P)
- 2 Dioecious—plant male plants to provide pollen and avoid unwanted seeding

KEY	🌸 Bloom time	💧 Water needs: low (L), medium (M), high (H)	🌿 Establishes better from transplant than seed	🦋 Monarch butterfly host plant
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On the left, preparing to install pollinator habitat from transplants with drip-irrigation. On the right, the habitat as it becomes established over time. (Photographs by Jessa Kay Cruz, The Xerces Society.)



## Native Hedgerow Plants for Pollinators and Beneficial Insects

	COMMON NAME	SCIENTIFIC NAME		MAX HEIGHT	NOTES
Early	Bigberry manzanita	<i>Arctostaphylos glauca</i>	L	10'	
	California lilac	<i>Ceanothus 'Julia Phelps'</i>	L	6'	
	McMinn manzanita	<i>Arctostaphylos 'McMinn'</i>	L	5'	Tolerates clay soils
	Oregon grape	<i>Mahonia aquifolium</i>	L	5'	Drought-tolerant, but also tolerates semi-riparian conditions
Early-Mid	California bee plant	<i>Scrophularia californica</i>	M	4'	Tolerates clay soils; seed can spread
	Foothill penstemon 🌱	<i>Penstemon heterophyllus</i>	L	3'	
	Golden bush lupine	<i>Lupinus arboreus</i>	L	5'	
	Hollyleaf cherry	<i>Prunus ilicifolia</i>	M	15'	
Mid	Sticky monkey flower 🌱	<i>Mimulus aurantiacus</i>	M	2'	
	Black sage 🌱	<i>Salvia mellifera</i>	L	2'	
	Blue elderberry	<i>Sambucus nigra var. cerulea</i>	M	15'	Host plant for the endangered Valley Elderberry Longhorn Beetle; drought-tolerant, but also tolerates semi-riparian conditions
	California buckthorn	<i>Frangula californica</i>	L	5'	
	California wildrose	<i>Rosa californica</i>	M	8'	Tolerates clay soils; can be a host for spotted wing drosophila
	Common deerweed	<i>Lotus scoparius</i>	L	3'	Long-blooming; tolerates wet or dry conditions
	Coyote mint 🌱	<i>Monardella villosa</i>	L	2'	Requires good drainage
	Narrowleaf milkweed 🌱🦋	<i>Asclepias fascicularis</i>	M	1.5'	Tolerates clay soils; tolerates wet or dry conditions
	Nettleleaf giant hyssop 🌱	<i>Agastache urticifolia</i>	M	4'	Tolerates clay soils; tolerates wet conditions
	Purple sage 🌱	<i>Salvia leucophylla</i>	L	2'	
Mid-Late	Toyon	<i>Heteromeles arbutifolia</i>	L	12'	Can be an alternate host for fire blight
	California fuchsia 🌱	<i>Epilobium canum</i>	L	3'	
	Golden-yarrow	<i>Eriophyllum confertiflorum</i>	M	3'	
	Gumplant	<i>Grindelia camporum</i>	L	4'	Tolerates clay soils; can re-seed aggressively; tolerates wet or dry conditions
Late	Seaside woolly sunflower	<i>Eriophyllum stoechadifolium</i>	M	3'	
	California aster 🌱	<i>Symphotrichum chilense</i>	L	5'	Tolerates clay soils; tolerates wet or dry conditions
	California buckwheat 🌱	<i>Eriogonum fasciculatum</i>	L	2.5'	Can be extremely drought-tolerant
	Canada goldenrod 🌱	<i>Solidago canadensis</i>	M	3'	Tolerates wet or dry conditions
	Coyotebrush ②	<i>Baccharis pilularis</i>	L	10'	Extremely drought-tolerant <sup>3</sup>
	Dwarf coyotebrush ②	<i>Baccharis pilularis 'Pigeon Point'</i>	L	2'	Extremely drought-tolerant <sup>3</sup>



Planting wildflowers alongside a hedgerow' (left)—such as lupine<sup>2</sup> (middle) and California poppy<sup>3</sup> (right)—can be an effective way to provide resources to pollinators and beneficial insects while slower-growing trees and shrubs get established. (Photographs by Jessa Kay Cruz<sup>1</sup>, The Xerces Society, and courtesy of Leithen M'Gonigle<sup>2</sup> and KC Mace<sup>3</sup>.)



## Example Seed Mix for Pollinators

This example seed mix has been formulated for a one-acre area\*, based on field trials and monitoring conducted by the Xerces Society, and other conservation partners, and is designed to provide permanent, high-quality foraging resources for a diversity of pollinators and other beneficial insects. None of the recommended species are known to serve as alternate hosts for any crop pests. In addition to pollinator attractiveness, species were selected for their ease of establishment, broad natural geographic range, and drought tolerance.

\*To use this mix on larger or smaller areas, adjust rates accordingly. For more information on sourcing Xerces Society recommended seed mixes, please visit [www.xerces.org/pollinator-seed/](http://www.xerces.org/pollinator-seed/).

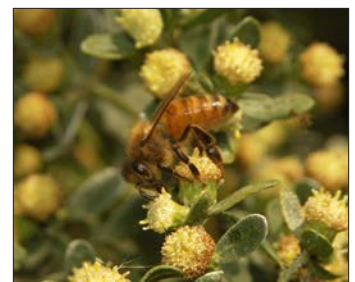
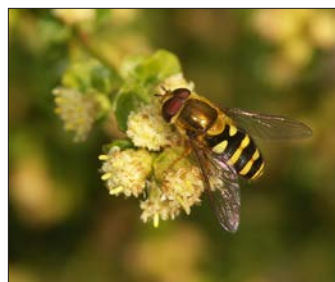
### Pollinator and Beneficial Insect Seed Mix for the Central Coast Region

This mix is comprised primarily of native wildflowers and is appropriate for habitat restoration throughout California's Central Coast region. Native bunch grasses that provide nesting habitat for bumble bees and other beneficial insects may also be included at a low rate.

COMMON NAME	SCIENTIFIC NAME	LIFE CYCLE <sup>①</sup>	SEEDS/ FT <sup>2</sup>	% OF MIX	
				(by seed count)	(by weight)
Baby blue eyes	<i>Nemophila menziesii</i>	A	5	10%	10.5%
California phacelia	<i>Phacelia californica</i>	P	3.5	7%	6.1%
California poppy	<i>Eschscholzia californica</i>	A, P	4	8%	6.3%
Common sunflower	<i>Helianthus annuus</i>	A	1	2%	2.9%
Farewell-to-spring	<i>Clarkia amoena</i>	A	12.6	25%	3.4%
Globe gilia	<i>Gilia capitata</i>	A, P	11.6	23%	7.4%
Golden lupine	<i>Lupinus densiflorus var. aureus</i>	A	0.8	1.5%	34.7%
Golden-yarrow	<i>Eriophyllum confertiflorum</i>	P	4.8	9.5%	3.1%
Gumplant	<i>Grindelia camporum</i>	P	3	6%	24.8%
Yarrow <sup>②</sup>	<i>Achillea millefolium</i>	P	4	8%	0.7%
<b>TOTAL:</b>			<b>50.4</b>	<b>100%</b>	

#### Example Seed Mix—Additional Notes:

- ① Life cycle: annual (A), perennial (P)
- ② Included for its high value to beneficial insects (not known to be particularly attractive to pollinators).



Many pollinators and beneficial insects visit the same plants, such as this coyotebrush, left, a highly attractive resource for numerous pollinators and beneficial insects that was host to (right, clockwise from top left): butterflies, lady beetles, honey bees, syrphid flies, and more. (Photographs by Mace Vaughan, The Xerces Society.)

#### Acknowledgements

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