

San Diego Pollinator Plant List

(non-toxic to animals)

Plant Name	Bloom Period	Type	Water Needs	Notes
Cobwebby thistle Cirsium occidentale	Spring to Summer	Forb	Low	Biennial plant. Known to be unpalatable to animals. Pink/white/purple blooms.
Slender sunflower Helianthus gracilentus	Spring to Fall	Forb	Low	Perennial plant. Excellent butterfly nectar plant. Yellow blooms.
Western vervain Verbena lasiostachys	Spring to Fall	Forb	Low	Perennial plant. Good butterfly plant. Tolerates seasonal flooding, sand, and clay. Can be used for erosion control. Purple blooms.
Common sunflower Helianthus annuus	Summer	Forb	Medium	Annual plant. Yellow blooms.
Sulphur-flower buckwheat Eriogonum umbellatum	Summer to Fall	Forb	Low	Perennial plant. Attracts many species of bees and butterflies. Yellow blooms.
Bluedicks Dichelostemma capitatum	Winter to Spring	Forb	Low	Perennial plant. Attracts other bees, butterflies, and hummingbirds. An early spring bloomer. Purple blooms.
Golden currant Ribes aureum	Spring	Shrub/Tree	Low	Perennial plant. Popular with hummingbirds. Tends to prefer moist areas. Yellow blooms.
Beloperone Justicia californica	Spring to Summer	Shrub/Tree	Low	Perennial plant. Good butterfly and bird plant. Red/yellow/orange blooms.
Desert willow Chilopsis linearis	Spring to Summer	Shrub/Tree	Low	Perennial plant. Fragrant flowers that hummingbirds love. Pink/white blooms.
Sweetscent Pluchea odorata	Summer to Fall	Forb	Low	Perennial plant. Mostly coastal, brackish plant. Can tolerate saline sites. Pink/white blooms.
Western goldentop Euthamia occidentalis	Summer to Fall	Forb	Medium/High	Perennial plant. Wetland-riparian. Yellow blooms.
Black sage Salvia mellifera	Spring to Summer	Shrub/Tree	Low	Perennial plant. Important butterfly and hummingbird plant. Quail eat the seeds. Blue/purple blooms.
Blueblossom Ceanothus thyrsiflorus	Spring to Summer	Shrub/Tree	Low	Perennial plant. Amazing pollinator plant. Host plant to many butterfly species. Birds will eat the seeds. Blue blooms.
California broomsage Lepidospartum squamatum	Summer to Fall	Shrub/Tree	Low/Medium	Perennial plant. Can be used in restoration and stream stabilization projects. Yellow blooms.
Arroyo willow Salix lasiolepis	Winter to Spring	Shrub/Tree	High	Perennial plant. Tolerates sand and seasonal flooding; good for erosion control. Important wildlife plant. Yellow/white blooms.
Monkey flower Diplacus aurantiacus	Winter to Summer	Shrub/Tree	Low	Perennial plant. Evergreen and tolerates difficult or serpentine soils. Great for many butterflies, including checkerspots.
California sage brush Artemisia californica	Summer to Fall	Shrub/Tree	Low	Perennial plant. Fast growing and extremely drought tolerant. Great for supporting Painted Lady and American Lady butterflies.
Bush sunflower Encelia californica	Winter to Spring	Shrub/Tree	Low	Perennial plant. Evergreen and can tolerate sodic soil. Great for many butterflies, including checkerspots.
California buckwheat Eriogonum fasciculatum	Summer to Fall	Shrub/Tree	Low	Perennial plant. Great for bank stabilization and supports Hairstreak, Metalmark, and Blue butterflies.
White sage Salvia apiana	Winter to Summer	Shrub/Tree	Low	Perennial plant. Can be used as a ground cover or in hedges. Good for supporting moths and other pollinators.
Sand Aster Corethrogyne filaginifolia	Winter to Summer	Forbs	Low	Perennial plant. Deer resistant and can be used as a ground cover. Tolerates sand or clay soils.
Plants listed below this line may be toxic to livestock				
Pacific aster Symphyotrichum chilense	Summer	Forb	Low	Perennial plant. Tolerates clay soils and wet or dry conditions. Yellow/violet blooms.
California goldenrod Solidago velutina ssp. californica	Summer to Fall	Forb	Low	Perennial plant. Important late-season forage for bees, butterflies, wasps, beetles, and more. Yellow blooms.
Narrow-leaved milkweed Asclepias fascicularis	Summer to Fall	Forb	Medium	Perennial plant. Monarch caterpillar host plant. Tolerates clay soils and wet or dry conditions. Pink/white blooms.
Rubber rabbitbrush Ericameria nauseosa	Summer to Fall	Shrub/Tree	Low	Perennial plant. Very drought tolerant. Yellow/violet blooms.
Desertbroom Baccharis sarothroides	Winter	Shrub/Tree	Low	Perennial plant. Can be used for streambank stabilization. Pink/white blooms.
Common sandaster Corethrogyne filaginifolia	Summer to Fall	Forb	Low/Medium	Perennial plant. Host plant for Gabb's checkerspot (Chlosyne gabbii). Yellow/purple blooms.
Dunn's lobelin Lobelia dunnii var. serrata	Summer to Fall	Forb	High	Perennial plant. Excellent butterfly plant. Purple blooms.
Coyotebrush Baccharis pilularis	Fall to Winter	Shrub/Tree	Low	Perennial plant. Easy to grow and extremely drought tolerant, attractive to many insects. Yellow/white blooms.
Sugar sumac Rhus integrifolia	Winter to Spring	Shrub/Tree	Low/Medium	Perennial plant. Good for erosion control on coastal bluffs. Fruits are eaten by birds and other wildlife. Pink blooms.
California brittlebush Encelia californica	Winter to Summer	Shrub/Tree	Low/Medium	Perennial plant. Tolerates salt spray. Can be used to stabilize slopes. Good bee and butterfly plant. Yellow blooms.