

Pollinator Plant Guide

Perennials



Canada goldenrod - *Solidago canadensis*

Height: 2-5 feet.

Seed is non-dormant, and can be planted in the fall or spring.



Douglas aster - *Symphyotrichum subspicatum*

Height: 1-4 feet. Spreads by rhizomes.

Fall is the preferred time for sowing because the seeds need a period of cold stratification to break dormancy, which occurs naturally during the winter months.



Cascades Penstemon - *Penstemon serrulatus*

Height: 1.5-2 feet

Needs cold moist stratification, sow in fall.



Yarrow - *Achillea millefolium*

Height: 1.5-2 feet

Needs cold moist stratification, sow in fall. Just cover seeds lightly.



Pearly everlasting - *Anaphalis margaritacea*

Height: 2 feet. Needs ~30 days cold moist stratification, sow in fall or early spring. Seed needs light to germinate, do not cover after planting.



Western columbine - *Aquilegia Formosa*

Height: 2 feet.

Needs cold moist stratification, sow in fall. Seed needs light to germinate, do not cover after planting.



Nodding onion – *Allium cernuum*

Height: 2 feet.

Needs cold moist stratification, sow in fall.



Hairy honeysuckle – *Lonicera hispidula*

Trailing or climbing vine.

Needs cold moist stratification, sow in fall.



Common Cow-parsnip - *Heracleum maximum*

Height: 2--5 feet.

72 hour water soak; cold moist stratification, sow in fall



Graceful Cinquefoil - *Potentilla gracilis*

Height: 1.5-2 feet

Cold moist stratification, sow in fall.



Henderson's Checker Mallow - *Sidalcea hendersonii*

Height: 3 feet.

Best germination if scarify seeds, rub on sandpaper.

Needs cold moist stratification, sow in fall.



Riverbank lupine - *Lupinus rivularis* (this photo)

Bigleaf lupine - *Lupinus polyphyllus*

Height: 3-6 feet.

Scarify seeds, rub on sandpaper.

Sow spring or fall.



Puget gumweed - *Grindelia integrifolia*

Height: 3-4 feet.

Germinates at 65 degrees, keep moist. Can be kept cooler after germination. I have been starting indoors in March.



Showy fleabane - *Erigeron speciosus*

Height: 2 feet.

Germinates at 65 degrees, keep moist. Can be kept cooler after germination. I have been starting indoors in March.

Annuals

Sow spring or fall. No cold stratification needed. Will self-seed.



Farewell to spring - *Clarkia amoena*

Height: ~ 2 foot



Blue gilia - *Gilia capitata*

Height: 2-3 foot



Large-Flowered Collomia - *Collomia grandiflora*

Height: ~ 2 foot

Self-seeds a lot



Rocky Mountain beeplant - *Peritoma serrulata*

Height: 3 -6 foot



Douglas Meadow foam - *Limnanthes douglasii*

Height: ~ 1 foot

Self-seeds a lot. Native to northern California