

Upper Salinas-Las Tablas Resource Conservation District  
Northern San Luis Obispo County  
Native Plants for Monarch Habitat on Working Lands\*

Botanical Name	Common Name	Bloom Period	Flower Color	Plant Type	Growth Cycle	Native Plant Communities
<i>Achillea millefolium</i>	Yarrow	Apr-Aug	White	Forb	Perennial	Alkali sink, chaparral, coastal sage scrub, coastal strand, valley grassland, coastal prairie, central oak woodland
<i>Agastache urticifolia</i>	Licorice Mint	May-Jun	Purple/White	Forb	Perennial	Mixed-evergreen forest, mountain meadow, riparian
<i>Arctostaphylos densiflora</i>	Manzanita	Feb-Apr	White	Shrub	Perennial	Chaparral, coastal sage scrub
<i>Arctostaphylos glauca</i>	Big Berry Manzanita	Jan-Feb	White	Shrub	Perennial	Chaparral, coastal sage scrub
<i>Arctostaphylos manzanita</i>	Common Manzanita	Jan-Mar	White	Shrub	Perennial	Chaparral, coastal sage scrub
<i>Asclepias eriocarpa</i>	Woollypod Milkweed	Jun-Sep	Pink/White	Forb	Perennial	Chaparral, valley grassland, central oak woodland
<i>Asclepias fascicularis</i>	Narrowleaf Milkweed	Jun-Sep	Pink/White	Forb	Perennial	Chaparral, mixed-evergreen forest, riparian, southern oak woodland
<i>Baccharis pilularis</i>	Coyotebrush	Sep-Jun	White/Yellow	Shrub	Perennial	Coastal sage scrub, coastal strand, northern coastal sage scrub
<i>Baccharis salicifolia</i>	Mule-fat	Jan-Dec	White/Yellow	Shrub	Perennial	Coastal sage scrub, riparian, sagebrush scrub
<i>Berberis aquifolium</i>	Hollyleaved barberry/Oregon Grape	Feb-Apr	Yellow	Shrub	Perennial	Douglas fir forest, red fir forest
<i>Bidens laevis</i>	Joaquin Sunflower	Aug-Sept	Yellow	Forb	Perennial	Freshwater marsh, riparian
<i>Ceanothus cuneatus</i>	Buckbrush	Feb-Apr	White	Shrub	Perennial	Chaparral, pinyon-juniper woodland, central oak woodland
<i>Ceanothus foliosus</i>	Wavyleaf lilac	Mar-Jun	Blue/Purple	Shrub	Perennial	Chaparral, mixed-evergreen forest
<i>Ceanothus thyrsiflorus</i>	California lilac	Mar-May	Blue/Purple	Shrub	Perennial	Coastal sage scrub
<i>Clematis lasiantha</i>	Pipstem	Mar-Jul	White	Forb	Perennial	Chaparral, mixed-evergreen forest, riparian
<i>Clematis ligusticifolia</i>	Western white clematis	Jun-Aug	White	Forb	Perennial	Chaparral, mixed-evergreen forest, riparian, southern oak woodland
<i>Encelia californica</i>	Bush sunflower/Coast sunflower	Feb-Jun	Yellow	Shrub	Perennial	Chaparral, coastal sage scrub, coastal strand
<i>Ericameria ericoides</i>	Mock heather	Sep-Nov	Yellow	Shrub	Perennial	Coastal sage scrub, coastal strand
<i>Erigeron glaucus</i>	Seaside daisy	Jan-Aug	Purple	Forb	Perennial	Coastal sage scrub, coastal strand
<i>Eriodictyon californicum</i>	Yerba Santa	May-Jun	White	Shrub	Perennial	Chaparral, mixed-evergreen forest, northern oak woodland, central oak woodland
<i>Eriogonum latifolium</i>	Coast buckwheat	Jul-Sep	Pink/White	Forb	Perennial	Coastal strand, northern coastal sage scrub
<i>Eriogonum parryfolium</i>	Seacliff buckwheat	Jan-Dec	White	Shrub	Perennial	Chaparral, coastal sage scrub, coastal strand, coastal prairie, southern oak woodland
<i>Erysimum capitatum</i>	Wallflower	Mar-Jul	Orange/Yellow	Forb	Perennial	Coastal stand, chaparral, foothill woodland, valley grassland
<i>Euthamia occidentalis</i>	Western goldenrod	Aug-Oct	Yellow	Forb	Perennial	Coastal Salt Marsh, Freshwater Wetlands, Sagebrush Scrub, Coastal Prairie, Valley Grassland, wetland-riparian
<i>Grindelia camporum</i>	Giant gum plant	Apr-Oct	Yellow	Forb	Perennial	Alkali sink, valley grassland, central oak woodland
<i>Grindelia stricta</i>	Coastal gum plant	May-Oct	Yellow	Forb	Perennial	Coastal sage scrub, coastal strand, northern coastal sage scrub
<i>Helianthus annuus</i>	Common sunflower	Jun-Aug	Yellow	Forb	Annual	Alkali sink, chaparral, coastal sage scrub, coastal strand, valley grassland, coastal prairie, central oak woodland
<i>Heteromeles arbutifolia</i>	Toyon	Jun-Aug	White	Shrub	Perennial	Chaparral, coastal sage scrub, mixed-evergreen forest, northern coastal sage scrub, central oak woodland
<i>Lobelia dunnii</i>	Dunn's lobelia	Jul-Oct	Purple	Forb	Perennial	Chaparral, coastal sage scrub
<i>Monardella villosa</i>	Coyote mint	Jun-Aug	Purple	Forb	Perennial	Chaparral, coastal sage scrub, central oak woodland
<i>Penstemon centranthifolius</i>	Scarlet bugler	Apr-Jul	Red	Forb	Perennial	Chaparral, central oak woodland
<i>Penstemon heterophyllus</i>	Foothill penstemon	May-Jul	Purple	Forb	Perennial	Chaparral, southern oak woodland
<i>Prunus ilicifolia ssp. ilicifolia</i>	Hollyleaf cherry	Feb-Apr	White	Shrub	Perennial	Chaparral, coastal sage scrub, central oak woodland
<i>Prunus virginiana demissa</i>	Western chokecherry	Mar-May	White	Tree	Perennial	Chaparral, central oak woodland
<i>Rhus integrifolia</i>	Lemonade bush	Feb-May	Pink/White	Shrub	Perennial	Chaparral, coastal sage scrub, coastal strand
<i>Rhus ovata</i>	Sugar bush	Apr-May	Pink/White	Shrub	Perennial	Chaparral
<i>Ribes californicum</i>	California gooseberry	Jan-Mar	Pink/White	Shrub	Perennial	Chaparral, coastal sage scrub, mixed-evergreen forest, central oak woodland
<i>Ribes divaricatum</i>	Spreading gooseberry	Mar-May	Pink/White	Shrub	Perennial	Chaparral, coastal sage scrub, mixed-evergreen forest, central oak woodland
<i>Ribes malvaceum</i>	Pink chaparral currant	Dec-Mar	Pink	Shrub	Perennial	Chaparral, close-cone pine forest, mixed-evergreen forest, central oak woodland
<i>Ribes quercetorum</i>	Yellow gooseberry	Feb-Mar	Yellow	Shrub	Perennial	Valley grassland, southern oak woodland, central oak woodland
<i>Ribes sanguineum</i>	Redflower currant	Jan-May	Red	Shrub	Perennial	Chaparral, close-cone pine forest, mixed-evergreen forest, central oak woodland, riparian
<i>Ribes speciosum</i>	Fuchsia flowered gooseberry	Jan-May	Red/Pink	Shrub	Perennial	Chaparral, coastal sage scrub
<i>Salix lasiolepis</i>	Arroyo willow	Feb-Mar	Yellow/White	Shrub/Tree	Perennial	Riparian, chaparral, mixed evergreen forest, valley grassland, foothill woodland
<i>Salvia apiana</i>	White sage	Apr-Jul	White	Shrub	Perennial	Chaparral, coastal sage scrub
<i>Salvia mellifera</i>	Black sage	Mar-Jun	White	Shrub	Perennial	Chaparral, coastal sage scrub
<i>Solidago velutina ssp. californica</i>	California goldenrod	Jul-Oct	Yellow	Shrub	Perennial	Chaparral, central oak woodland, northern coastal scrub, coastal sage scrub, valley grassland
<i>Symphoricarpos albus</i>	Common snowberry	Jun-Jul	Pink/White	Shrub	Perennial	Chaparral, mixed-evergreen forest, riparian, central oak woodland
<i>Symphotrichum chilense</i>	Pacific aster	Jul-Aug	Purple/Pink	Forb	Perennial	Coastal sage scrub, coastal salt marsh, freshwater marsh, mixed-evergreen forest, southern oak woodland
<i>Trichostema lanatum</i>	Woolly blue curls	Mar-Jun	Purple	Shrub	Perennial	Chaparral
<i>Trichostema lanceolatum</i>	Vinegarweed	Aug-Oct	Purple	Forb	Annual	Coastal Sage Scrub, Northern Oak Woodland, Southern Oak Woodland, Foothill Woodland, Chaparral
<i>Verbena lasiostachys</i>	Western vervain	Apr-Sep	Purple	Forb	Perennial	Chaparral, mixed-evergreen forest, oak woodlands, riparian

As a general rule of thumb, milkweed should not be planted within 5 miles of the coast within US-LT RCD boundaries. These areas are outside of milkweed's historical range and planting milkweed too close to overwintering sites may interfere with monarch migration and overwintering behavior.

\*This list is not exhaustive. The recommended native California plants listed have documented monarch visitation, bloom during the times of year when monarchs are present, don't serve as alternate hosts to crop pests or disease, and are generally commercially available on the Central Coast.