

Latin Name	Common Name	Form	Pollinators	Bloom Time/Color	Growth Notes	Moisture	Light	Site Type
<i>Camassia quamash</i>	common camas	herb	bees, butterflies	April–May (blue)	bulb, tolerates heavy clay	moist, wet	sun	moist meadow, vernal pool
<i>Geum macrophyllum</i>	largeleaf avens	herb	margined white butterflies, flies	May–June yellow	reseeds easily	moist, wet	sun, part shade	trailside, streambank, forest edge, moist meadow
<i>Sisyrinchium idahoense</i>	Western blue-eyed grass	herb	bees	March–June (blue)	prefers early spring moisture	moist, wet	sun, part shade	roadside, marsh, seep, floodplain, wet meadow
<i>Symphotrichum subspicatum</i>	Douglas aster	herb	bees, butterflies	July–October (purple)	to 2' tall, well-drained soils	moist, wet	sun, part shade	streamside, fresh-water and tidal wetland, moist meadow, coastal dune, beach
<i>Solidago canadensis</i>	Canadian goldenrod	herb	bees, bumble bees, butterflies, syrphid flies, small wasps, attracts pest predators	June–September (yellow)	can be weedy, wide tolerance of soil conditions and nutrient-poor soils	moist, dry	sun, part shade	roadside, dry meadow, coastal dune, beach, bluff
<i>Dicentra formosa</i>	Pacific bleeding heart	herb	hummingbirds, clodius parnassian butterfly larvae	March–June (pink, purple)	keep mulched with decaying humus, especially in cold winters; spreads rhizomatically; seeds dispersed by ants	moist	part shade, shade	shady moist woodland, riparian
<i>Aquilegia formosa</i>	red columbine	herb	hummingbirds, swallowtail butterflies	May–August (red, yellow)	propagated easily from seed	moist	sun, part shade	streambank, seep, roadside, open woodland, meadow, coastal dune, beach
<i>Aruncus dioicus</i>	goatsbeard	herb	hummingbirds, bees, mourning cloak butterfly, wasps	May–July (white)	tolerates seasonal flooding, needs a lot of space, grows to 6'	moist	part shade, shade	wet hedge, riparian corridor, forest edge or opening
<i>Dodecatheon pulchellum</i>	dark-throated shooting star	herb	bumble bees	April–August (pink, purple)	well-drained soils	moist	part shade	streamside, coastal prairie, mountain meadow
<i>Dodecatheon hendersoni</i>	Henderson's shooting star	herb	bumble bees	April–May (pink)	flowers after first 2–3 years	moist	part shade, shade	riparian, wet meadow, rocky slope
<i>Fragaria vesca</i>	woodland strawberry	herb	butterflies, two-banded checkered skipper larvae	April– June (white)	groundcover spreads easily by runners	moist	sun, part shade	forest opening
<i>Heracleum lanatum</i>	cow parsnip	herb	anise swallowtail butterfly larvae, attracts pest predators	February–September (white)	up to 10', well-drained soils, can cause rash on humans	moist	shade	streambank, open or lightly shaded woods
<i>Tellima grandiflora</i>	fringecup	herb	hummingbirds	April–July (white, pink)	rich soils, somewhat aggressive, propagate by division or seeds	moist	part shade, shade	wet hedge,; cool, moist forest; streambank
<i>Achillea millefolium</i>	common yarrow	herb	bees, butterflies, syrphid flies, attracts pest predators	April–October (white)	well-drained, sandy soils; quickly forms dense mats	dry, moist	sun, part shade	dry hedge, roadside, slope, dry meadow
<i>Armeria maritima</i>	sea thrift	herb	bees, butterflies	April (pink)	groundcover, well-drained soils, propagate by seed or cuttings	dry, moist	sun	stream bank, dry or moist meadow, coastal dune erosion control, beach
<i>Erigeron speciosus</i>	aspen fleabane	herb	bees, butterflies, attracts pest predators	June–August (blue)	tolerates drought	dry, moist	sun	forest openings, rocky slopes, meadows
<i>Lupinus latifolius</i>	broadleaf lupine	herb	bees, bumble bees, butterflies: Puget blue, silvery blue (larvae)	June–August (blue, purple)	pioneer species, spreads quickly	dry, moist	sun	dry hedge, roadside, slope, moist woodland
<i>Anaphalis margaritacea</i>	pearly everlasting	herb	butterflies: mylitta crescent, skipper, American lady (adult and larvae), painted lady (adult and larvae); syrphid flies; small wasps	June–September (white, yellow)	tolerates poor or polluted soils	dry	sun, part shade	dry hedge, roadside, slope, dry meadow
<i>Allium cernuum</i>	nodding onion	herb	hummingbirds, bees, attracts pest predators	May–June (pink)	well-drained soils, plant in small groups, can be weedy	dry	sun, part shade	dry meadow, coastal bluff
<i>Balsamorhiza deltoidea</i>	deltoid balsamroot	herb	bees	May–July (yellow)	rare in several counties, transplants best in the fall	dry	sun	dry meadow, salt water shoreline
<i>Campanula rotundifolia</i>	harebell	herb	hummingbirds, bumble bees, swallowtail butterflies	July–August (blue, purple)	well-drained, sandy soils	dry	sun	dry hedge, road/trailside, dry meadow
<i>Castilleja hispida</i>	harsh paintbrush	herb	taylor's checkerspot butterfly larvae (federal endangered species)	April–August (scarlet or yellow)	hemi-parasitic, plant alongside host like Roemer's fescue, well-drained soils	dry	sun	dry openings in forests, meadows, grassy slopes
<i>Eriophyllum lanatum</i>	Oregon sunshine	herb	bees, butterflies: orange sulfur, red admiral, comma, skipper	April– June (yellow)	annual, sandy soils	dry	sun	dry hedge, roadside, dry meadow
Herbaceous Plant Index								

Courtesy of Washington Native Plant Society, Pollinator Plant List, [http://www.wnps.org/include/pages/files/Pollinators/Douglasia Poll Plant Lists\(FINAL_mj\).xlsx](http://www.wnps.org/include/pages/files/Pollinators/Douglasia%20Poll%20Plant%20Lists(FINAL_mj).xlsx)