

Native Annuals And Perennials: Lori Weidenhammer Oct 21/21

Blue-Eyed Mary (*Collinsia grandiflora*)

Annual

Time of year: Direct some sow in fall and some in early spring

Seed Depth and Treatment: just cover, press into the soil

Exposure: light shade, sun, moderate heat

Soil: coarse, moderately moist and well-drained

Height and spacing: 12-18 inches tall, 12-18 inches apart

Bloom season: April-June

Seed harvesting tips: once seeds are ripe, collect pods or hand upside down over a sheet to collect the seeds. Seeds are bright red.

Functions: meadows and as an annual in the garden, reseeds in the right conditions

Types of bees it attracts: bumble bees

Native Area: dry prairie, oak woodland borders, rocky soils BC to California west of the Cascade crest

Other species: *C. parviflora*, and *C. heterophylla* (exotic)

Dyer's Coreopsis (*Coreopsis tinctoria*) annual or short-lived perennial

Time of year: Start indoors or outdoors in mid may-early June

Seed depth and treatment: barely cover, needs light to germinate

Exposure: Dappled shade to full sun

Soil: average to moist, sandy soil

Days to germinate and temp: 5-10 days 24C

Height and spacing: 1-2 feet high, a foot apart

Days to Bloom: 60-80

Seed harvesting tips: Wait until brown and dry to harvest

Functions: butterfly nectar plant, birds love seeds, self-seeder, not favoured by deer

Types of bees it attracts: *Agapostemon*, bumble bees, sweat bees, *Osmia*, leafcutter bees, *Dieunomia*, *Colletes*, *Diadasia*

Native Area: Plains, meadows of Canada and US

Also plant *Coreopsis grandiflora*—one of the best perennials for native bees

Globe Gilia (*Gilia capitata*) Annual

Time of Year: Direct sow late fall, or in the spring after cold stratification (at least 30 days)

Seed Depth and Treatment: barely covered, or on surface. Needs light to germinate.

Exposure: Full sun to dappled shade

Soil: poor to rich well-drained soil, (mature plants are drought tolerant)

Days to Germinate and temp: 2 weeks (20 C)

Height and Spacing: 18 inches or higher in rich soil

Days to Bloom: 7-8 weeks

Bloom Season: Late spring/summer

Seed harvesting tips: Shake seeds off flowers once they are dry

Functions: butterfly nectar plant, meadow plant, Self-seeds in right conditions

Types of bees it attracts: Mining bees, sweat bees, bumble bees (blue pollen), *Andrena*, *Anthidium*, *Anthophora*, *Chelostoma*, *Ceratina*, *Duforea*, *Habropoda*, *Hoplitis*, *Osmia*, *Protosmia*

Native Area: Down the Pacific Coast from Alaska to California

Warning: Do not overwater

Rocky Mountain Bee Plant (*Peritoma serrulata*) Annual (weakly reseeds)

Time of year: late fall or spring with cold strat for at least 30 days

Seed depth and treatment: just below soil surface

Soil: average, sunny

Days to germinate and temp: 30-35 days

Height and spacing: up to 4 feet tall, thin to 1 ½ feet apart

Bloom season: July, August

Seed harvesting tips: Collect seeds from ripe pods

Functions: butterfly, moth and hummingbird nectar plant, history as a First Nations and medicinal, dye, and food plant, larva host to the Checkered White butterfly (*Pontia protodice*), nectar day and evening

Types of bees it attracts: digger bees, long-tongued bees, bumble bees, mining bees, sweat bees, *Perdita*, *Heriades*, *Colletes*, *Nomia* and more

Native area: disturbed soil, prairies, open woods, dunes, Southern Canada and Western and Central U.S.

Heads up!: seeds are best sown from the same year grown, some say it stinks, may need staking

Sunflower (*Helianthus annuus*) Domesticated Annual

Time of year: Direct sow in succession after last frost date, sow inside same time

Seed depth and treatment: ¼ - 1/2 inch deep (also depends on size of seed)

Exposure: full sun

Soil: medium, well-drained fertile, likes to be fed

Days to germinate and temp: 10-14 days (21-30 C)

Height and spacing: variable, dwarf 6 inches apart, giants 3 feet apart, may need staking

Days to bloom: 80-95 days

Bloom season: mid-summer through fall

Recommended varieties: lemon queen, Hopi black dye

Seed harvesting tips: May need to bag the seeds to keep out squirrels and birds

Functions: part of three sisters planting, soil remediation (removes toxins), birds love the seeds

Types of bees it attracts (some only on the wild sunflowers): bumble bees, long-horned bees, leafcutter bees, sweat bees, *Colletes*, *Diadasia*, *Melissodes*, *Anthophora*, *Perdita*, *Andrena*, *Calliopsis*, *Pseudopanurgus*, *Svastra*, *Nomada*, and more

Native area: North America

Warning: Can deplete the soil

Usual seed life: 2-5 years, if stored properly

Native Perennials

Big Leaf Lupin (*Lupinus polyphyllus*)

Perennial

Time of year: Best direct sown in autumn, between Sept. and Nov.

Seed depth and treatment: 1/8 inch deep, soak seed 24 hrs, scarify with sandpaper or chipping

Exposure: sunny

Soil: average, well-drained moist soil

Days to germinate and temp: 10-21 days

Height and spacing: up to 5 ft tall, 2-3 ft apart,

Days to bloom: takes a few months if planted in fall

Bloom season: spring/summer

Seed harvesting tips: pods must be dry, and tend to fling seeds—try bagging pods

Functions: butterfly and hummingbird nectar plant, meadows (self-seeds if conditions are right)

Riparian restoration

Types of bees it attracts: Bumble bees, mason bees, leafcutter bees

Native area: riparian areas, Western North America

Heads up: do not transplant well (deep-rooted), Don't work well in pots, hybridizes

Chives (*Allium schoenoprasum*) Perennial

Time of year to plant from seed: indoors late winter/early spring

Seed depth and treatment: ¼- 1/2 inch deep, bottom heat

Soil and Exposure: average, well-drained, sunny

Days to germinate and temp: 7-14 days (19°C)

Height and spacing: 10-15 inches high, a few seeds per cell in a tray, transplant clumps 6 inches apart

Days to bloom: 3 months

Bloom season: blooms in spring and again in summer if deadheaded

Recommended varieties or other related species: garlic chives (*Allium tuberosum*)

Seed harvesting tips: Harvest the dried flower heads and shake out the black seeds

Functions: butterfly nectar plant, edible leaves and flowers, companion plant for carrots and tomatoes, showy enough for a perennial border, easily grown in containers, can be kept indoors in pots in sunny windows in winter

Types of bees it attracts: honey bees, bumble bees, sweat bees, *Ceratina*

Native area: North America, Europe, and Asia

Usual seed life: 3 years

Fireweed: (*Chamerion angustifolium*) Perennial (might not bloom until second year)

Time of year: Direct sow late fall or cold/wet stratify for at least 8 wks and sow in spring

Seed depth and treatment: mix with sand to distribute—needs light to germinate

Exposure: part shade to full sun

Soil: well-drained moist preferred, but once established will tolerate some drought

Days to germinate and temp: 10-20 days

Height and spacing: 4-9 ft, 3 ft apart (start with a few plants)

Days to bloom: Depends on when you plant it

Bloom season: June-Sept.

Recommended varieties: There is a white cultivar 'album'

Seed harvesting tips: Collect and sow with the white fluff, can use a hand vacuum

Functions: butterfly and hummingbird plant, jellies, teas, not a favourite of deer

Types of bees it attracts: bumble bees, honey bees, long-horned bees, leaf cutter bees (also use leaves), *Anthophora*, *Hoplitis*, sweat bees, *Heriades*

Native Area: Widely distributed –circumboreal, meadows, grasslands, edges of forest and wetlands

Warning: spreads by rhizome and seed, one plant can produce 80, 000 seeds

Largeleaf Avens (*Geum macrophyllum*) Perennial

Time of year: Sow directly, fall to early spring

Seed depth and treatment: barely cover, do not stratify

Soil: many soil types, medium to moist, dappled shade to full sun

Days to germinate and temp: 13-17 days

Height and spacing: 1-2 ft tall

Bloom season: Spring

Recommended varieties:

Seed harvesting tips: early to ripen—leave some for roosting bees

Functions: meadows, moist shade spots in your garden, erosion control

Types of bees it attracts: sweat bees, bumble bees

Native area: forest edges, stream banks, moist meadows, widely found from Alaska to Mexico, east to Ont. And in eastern Asia

Heads up: pointy seeds hook into fur and clothing

Self Heal (*Prunella vulgaris ssp. lanceolata*) Perennial (self-seeds)

Time of year: Indoors 8-10 weeks before last frost, transplant after it develops 6 leaves or sow direct in late fall or early spring

Seed depth and treatment: ¼ inch deep

Exposure: Sun or dappled shade

Soil: tolerates many soils, *moist—keep moist until plants are mature, and even then, don't let them get too dry

Days to germinate and temp: *2-3 weeks (or more)

Height and spacing: 5-30 cm tall (2-12 inches), *2-4 lb per acre

Days to bloom: depends on when sown

Recommended varieties: use the local subspecies

Seed harvesting tips: collect dry flower heads—only 4 seeds per head

Functions: butterfly and hummingbird nectar plant, ground cover, esp. in moist areas, mow after flowering or keep flowers to help spread, edible foliage and flowers, medicinal, birds eat the seeds, naturalize into moist lawns, meadows (tolerates mowing)

Types of bees it attracts: *Anthophora terminalis*, bumble bees, leafcutter bees, mason bees, *Augochlorella*

Native Area: *North America, Europe, Asia, Africa, but *ssp. lanceolata* is local

Extras: also propagates well from stolon and root division

Springbank Clover (*Trifolium wormskioldii*)

Perennial (3-5 years)

Time of year: spring—can be started in pots (plant after frost)

Seed depth and treatment: ¼ inch deep, presoak for 12 hours in warm water

Exposure: full sun is best, light shade

Soil: sandy, well-drained

Days to germinate and temp: ?

Height and spacing: 4-6 inches tall, 2 ft apart

Bloom season: Early April to mid June

Functions: important historical food source for the Coast Salish, deer resistant, host plant for the western cloudywing

Types of bees it attracts: bumble bees, mason bees, leafcutter bees, *Anthophora*, *Anthidium*, *Calliopsis*

Seed collection: collect in fall when the flowers are dry

Native area: forest, grassland, wet meadows, salt marshes, stream banks, Western North America from Alaska to Mexico,

Extras: Long horizontal tap root, hermaphrodite flowers

Heads up: Divide plants every 3-4 years

Silverleaf Phacelia (*Phacelia hastata*)

Perennial

Time of year: Direct seed in fall (or 140 days cold stratification)

Seed depth and treatment: 1/8 to ¼ inch

Exposure: part shade to full sun

Soil: well-drained sandy or loam, not clay

Days to germinate and temp: slow to germinate

Height and spacing: 6-36 inches high

Bloom season: late spring, early summer

Seed harvesting tips: Seeds mature at different times

Functions: butterfly nectar plant, meadow plant

Types of bees it attracts: mason bees, bumble bees, *Agapostemon*, *Duforea*, *Hoplitis*, *Anthidium*, *Chelostoma*, *Eucera*, *Habropoda*, *Anthophora*, *Panurginus*

Native area: subalpine, alpine, disturbed, scrub, woodland, forest Parts of AB and BC, south to California, east to Nebraska

Spring Gold Spring Gold Seeds (*Lomatium utriculatum*) Perennial

Time of year: Best sown in fall, or cold stratify for 12 weeks and plant in March (can be started in deep containers)

Seed depth and treatment: cold stratification

Soil: diverse soil types and climates, prefers well-drained soil, full sun
Prefers wet winter, dry spring and summer

Days to germinate and temp: 12 weeks to several months

Height and spacing: Up to 30 cm tall

Bloom season: Feb to June

Seed harvesting tips: crush pods with a rolling pin to release seeds

Functions: important early-blooming plant for bees, beetles, wasps and flies, larval host plant for the anise swallowtail butterfly, edible taproot, important Coast Salish significance

Types of bees it attracts: *Andrena*, *Ceratina*, *Osmia*

Native area: grassy and rocky slopes, meadows, woodlands, West Cascades, southern BC down to southern California

Usual seed life: short—most are viable for that first year after maturing

Yarrow (*Achillea millefolium*) Perennial (self-seeded seedlings are easily transplanted)

Time of year: start indoors 8-10 weeks before last frost or outdoors in fall

Seed depth and treatment: soil surface, needs light to germinate, bottom heat aids germination, use a mist to water

Soil: not fussy about soil, (well-drained is best) full sun

Days to germinate and temp: 10-100 days (15-18 °C)

Height and spacing: 1-3 feet tall, 12-24 inches apart

Bloom season: June through October

Functions: attracts many beneficial insects, foliage helps break down compost, medicine cabinet plant, drought tolerant, good lawn replacement, meadows, avoided by deer

Types of bees it attracts: bumble bees, long-horned bees, mining bees, sweat bees, *Calliopsis*, *Ceratina*, *Colletes*, *Hylaeus*, *Duforea*, *Dianthidium*, *Melissodes*, associated cuckoo bees and more

Native area: North America, Europe, and Asia

Extras: alternative names through history: Bad man's plaything, bloodwort, nosebleed plant, carpenter's weed.

Heads up!: Will cross breed with varieties. Divide every 3-4 years, thrives with deadheading.