



**NATIONAL  
WILDLIFE  
FEDERATION**

























## Plant List Recommendations for Monarch Gardens Communities near PNW North (Seattle, WA)





















This area is located in the [Marine West Coast Forests](#) ecoregion.

The following plant recommendations can be used to achieve the 80% native plant requirement to obtain Monarch Garden Certification.

Plant Category	Common Name Scientific Name	Bloom Time	Bloom Color	Height	Spread	Light Conditions	Cover	Host	Nectar/ Pollen	Wildlife Value
Flowering Perennials	<i>Abronia latifolia</i> Coastal Sand Verbena	spring	yellow	0.5'	7'			✓	✓	
	<i>Achillea millefolium</i> Common White Yarrow	spring- summer	white	1-4'	2'			✓	✓	
	<i>Anaphalis margaritacea</i> Pearly Everlasting	summer- fall	white	1-3'	18-24"			✓	✓	
	<i>Agoseris aurantica</i> Orange Agoseris	spring	orange	1'	1'				✓	
	<i>Artemisia ludoviciana</i> White Sagebrush/ Silver Wormwood	spring	yellow	1-3'	1-3'			✓	✓	
	<i>Astragalus alpinus</i> Alpine Milkvetch	spring- summer	pink/ purple/ white	0.5-1'	1.5'			✓	✓	

<i>Bidens cernua</i> Nodding Beggartick	summer	yellow	3.5'	1-3'			✓	✓	
<i>Camassia quamash</i> Small Camas	spring	blue	1-2'	1-2'				✓	
<i>Clarkia amoena</i> Farewell-to-Spring (annual)	summer	pink	2'	1'				✓	
<i>Coreopsis tinctoria</i> Plains Coreopsis	spring	yellow/ red	1.5-4'	1-1.5'				✓	
<i>Delphinium glaucum</i> Sierra Larkspur	summer	purple	3-4'	3-8'				✓	
<i>Dicentra formosa</i> Pacific Bleeding Heart	spring- summer	pink	1-2'	3'			✓	✓	
<i>Erigeron speciosus</i> Showy Fleabane	summer	purple	1.5-2'	2'			✓	✓	
<i>Eriophyllum lanatum</i> Common Woolly Sunflower	spring- summer	yellow	2-3'	2'			✓	✓	
<i>Eschscholzia californica</i> California Poppy (annual or perennial)	spring	orange	1.5'	1-2'			✓	✓	
<i>Fragaria sp. (chiloensis, vesca, virginiana)</i> Strawberry – Beach, Woodland, Wild	spring	white	0.5'	1'			✓	✓	
<i>Gilia capitata</i> Bluehead Gilia (annual or perennial)	spring	blue	1-3'	1'				✓	
<i>Grindelia squarrosa</i> Curlycup Gumweed (annual or perennial)	summer	yellow	0.5-3'	1-4'			✓	✓	

<i>Helianthus annuus</i> Common Sunflower (annual)	summer	yellow	2-8'	2'			✓	✓	
<i>Heterotheca villosa</i> Hairy False Golden Aster	spring- fall	yellow	3'	1-2'			✓	✓	
<i>Iris tenax</i> Oregon/Toughleaf Iris	spring	purple	0.5-1'	1-1.5'				✓	
<i>Lilium columbianum</i> Tiger Lily	summer	orange/ maroon	3-4'	1'				✓	
<i>Linnaea borealis</i> Western Twinflower	summer	pink	0.5'	2'				✓	
<i>Lupinus sp. (polyphyllus, rivularis)</i> Large-leaved and Riverbank Lupine	spring- summer	purple/ blue	3-4'	1-3'			✓	✓	
<i>Oenothera villosa</i> Hairy Evening Primrose	summer	yellow	2-5'	2-3'			✓	✓	
<i>Penstemon procerus</i> Littleflower Penstemon	summer	blue	0.5-1'	0.5-1'			✓	✓	
<i>Penstemon serrulatus</i> Cascades penstemon	summer	purple	1-3'	1'			✓	✓	
<i>Senecio integerrimus</i> Lambstongue Ragwort	spring	yellow	1-2'	1-2'				✓	
<i>Senecio triangularis</i> Arrowleaf Ragwort	summer	yellow	4'	4-5'			✓	✓	
<i>Solidago elongata</i> Rough Canada Goldenrod	summer- fall	yellow	2-5'	2-3'			✓	✓	















	<i>Solidago lepida</i> Western Canada Goldenrod	summer-fall	yellow	3-5'	5'			✓	✓	
	<i>Symphotrichum spathulatum</i> Western Mountain Aster	summer	lavender	1.5'	1.5'			✓	✓	
	<i>Symphotrichum subspicatum</i> Douglas' Aster	summer-fall	purple	1-4'	2'				✓	
	<i>Trifolium microcephalum</i> Smallhead/Maiden Clover (annual)	spring-summer	pink	0.5-1'	0.5-1'				✓	
	<i>Trillium ovatum</i> Pacific/ Western Trillium	spring	white/purple	0.5-1.5'	1-2'				✓	
	<i>Viola sp. (adunca, sempervirens)</i> Violet – Hook-spur/ early blue, Redwood/ evergreen	spring-summer	purple/yellow	0.5-1'	0.5-1.5'			✓	✓	
<b>Ferns and Fern-Allies</b>	<i>Athyrium filix-femina</i> ( <i>Athyrium cyclosorum</i> ) Lady Fern	n/a	n/a	4'	2'		✓	✓		
	<i>Blechnum spicant</i> Deer Fern	n/a	n/a	2-3.5'	2'		✓			
	<i>Polypodium glycyrrhiza</i> Licorice Fern	n/a	n/a	1'	1'		✓			
	<i>Polystichum munitum</i> Pineland Sword Fern	n/a	n/a	2-5'	2-4'		✓	✓		

Shrubs	<i>Amelanchier alnifolia</i> Serviceberry	spring-summer	white	3-26'	10'			✓	✓	
	<i>Arctostaphylos uva-ursi</i> Kinnikinnick	spring	white/ pink	0.2-0.5'	2-15'			✓	✓	
	<i>Artemisia tridentata</i> Big Sagebrush	spring-summer	yellow	3-12'	3-10'		✓	✓	✓	
	<i>Ceanothus sanguineus</i> Oregon Tea Tree/ Redstem Ceanothus	spring	white	3-10'	3-10'			✓	✓	
	<i>Cornus alba</i> Red Osier Dogwood	spring	white	15'	6-9'			✓	✓	
	<i>Dasiphora (Potentilla) fruticosa</i> Shrubby Cinquefoil	spring-summer	yellow	3-4'	0.5-5'			✓	✓	
	<i>Ericameria nauseosa</i> ( <i>Chrysothamnus nauseosus</i> ) Rubber Rabbitbrush	summer-fall	yellow	2-4'	3'			✓	✓	
	<i>Gaultheria shallon</i> Salal	spring-summer	white/ pink	1.5-10'	1-5'		✓	✓	✓	
	<i>Holodiscus discolor</i> Oceanspray	summer	white	15'	12'			✓	✓	
	<i>Lonicera involucrata</i> Four-line Honeysuckle	spring-summer	yellow/ red	3-10'	4-10'			✓	✓	 
	<i>Mahonia aquifolium</i> Hollyleaved Barberry	spring	yellow	3-6'	6'		✓		✓	

<i>Mahonia repens</i> Oregon Grape/ Creeping Mahonia	spring-summer	yellow	1-3'	0.75-1.5'		✓	✓	✓	
<i>Morella (Myrica) californica</i> California Wax Myrtle	spring-summer	yellow	6-35'	20'		✓	✓		
<i>Oemleria cerasiformis</i> Indian Plum	spring	white	15'	5-10'			✓	✓	
<i>Paxistima myrsinites</i> Oregon Boxwood	spring-summer	maroon	3'	3'		✓	✓		
<i>Philadelphus lewisii</i> Lewis' Mock Orange	spring-summer	white	4-10'	4-10'			✓	✓	
<i>Physocarpus capitatus</i> Pacific Ninebark	spring-summer	white	3-12'	4-7'			✓	✓	
<i>Ribes sanguineum</i> Red Flowering Currant	spring	white/ pink/ red	3-12'	3-10'			✓	✓	
<i>Rosa sp. (gymnocarpa, nutkana, pisocarpa)</i> Rose- Dwarf, Nootka, Cluster/ Swamp Rose	spring-summer	pink	2-10'	2-8'			✓	✓	
<i>Rubus sp. (parviflorus, spectabilis)</i> Thimbleberry, Salmonberry	spring-summer	white/ pink	1.5-10'	4-30'			✓	✓	
<i>Sambucus nigra ssp. cerulea</i> Black/Blue Elderberry	spring	white	15-30'	18'			✓	✓	

	<i>Spiraea douglasii</i> Douglas' Meadowsweet/ Rose Spirea	summer	pink	3-6'	3-7'			✓	✓	
	<i>Symphoricarpus albus</i> Snowberry	spring- summer	white/ pink	1.5-5'	6-13'			✓	✓	
	<i>Vaccinium ovatum</i> Evergreen Huckleberry	spring	pink	4-8'	15'		✓	✓	✓	
	<i>Vaccinium parvifolium</i> Red Huckleberry	spring	cream/ pink	3-12'	3-12'				✓	
Trees	<i>Abies grandis</i> Grand Fir	spring	green/ purple	150'	40'		✓	✓		
	<i>Acer circinatum</i> Vine Maple	spring	green/ white	10-25'	15-20'			✓	✓	
	<i>Acer macrophyllum</i> Bigleaf Maple	spring	green/ yellow	30-100'	36'			✓	✓	
	<i>Alnus sp. (incana, rubra)</i> Alder – Gray, Red	spring	purple/ red	25-90'	10-40'			✓	✓	
	<i>Betula occidentalis</i> Water Birch	spring	yellow	10-40'	10-30'			✓		
	<i>Cornus nuttallii</i> Pacific Dogwood	spring	white	15-75'	20-25'			✓	✓	
	<i>Corylus cornuta</i> Beaked Hazelnut	winter- spring	yellow	2-14'	10-20'			✓		

<i>Crataegus douglasii</i> Black Hawthorn	spring	white	6-30'	15'		✓	✓	✓	
<i>Frangula (Rhamnus) purshiana</i> Cascara Buckthorn	spring	white	35'	20'			✓	✓	
<i>Fraxinus latifolia</i> Oregon Ash	spring	green	70'	25'			✓		
<i>Juniperus scopulorum</i> Rocky Mountain Juniper	spring	yellow	15-50'	3-15'		✓	✓		
<i>Malus fusca</i> Western Crabapple	spring	white/ pink	20-40'	20'			✓	✓	
<i>Picea sitchensis</i> Sitka Spruce	spring	yellow	40-230'	40-100'		✓	✓		
<i>Pinus sp. (contorta, monticola)</i> Pine – Lodgepole, Western White	spring-summer	yellow	99-200'	30'		✓	✓	✓	
<i>Populus sp. (balsamifera, tremuloides)</i> Aspen – Balsam, Quaking	spring	white/ yellow/ green/ blue	65-110''	20-25'			✓	✓	
<i>Prunus emarginata</i> Bitter Cherry	spring	white	3-50'	30'			✓	✓	
<i>Pseudotsuga menziesii</i> Douglas Fir	spring	yellow	300'	30'		✓	✓		
<i>Quercus garryana</i> Oregon White Oak	spring	yellow	80'	30-60'			✓		

	<i>Salix sp. (lasiandra, scouleriana, sitchensis)</i> Willow – Pacific, Scouler’s, Sitka	spring	yellow/ white	6-40’	40’			✓	✓	
	<i>Sorbus sp. (scopolina, sitchensis)</i> Mountain Ash – Greene’s, Western	spring- summer	white	12-15’	3-15’			✓		
	<i>Thuja plicata</i> Western Red Cedar	spring	red/ purple	150’	50’		✓	✓		
	<i>Tsuga sp. (heterophylla, mertensiana)</i> Hemlock – Western, Mountain	spring	purple/ yellow	125- 170’	30-40’		✓	✓		
Grasses/ Grass-like	<i>Deschampsia cespitosa</i> Tufted Hairgrass	summer	yellow	5’	1-2’			✓		
	<i>Festuca rubra</i> Red Fescue	spring	yellow	2’	1.5- 2.5’			✓		
	<i>Juncus sp. (acuminatus, effusus, ensifolius)</i> Rush – Tapertip, Pacific, Dagger-leaved	spring- summer	purple/ brown	2-6’	1-4’			✓		

**Additional Resources:**

NWF Native Plant Finder Host Plants for Butterfly and Moth Caterpillars:

[Marine West Coast Forests](#)

NWF Native Plant Finder Keystone Plants by Ecoregion: [Marine West Coast Forest Ecoregion 7](#)

Monarch Nectar Plant Guide: [Maritime Northwest](#)

The Biota of North America Taxonomic Data Center [Query Page](#)

[Ecoregional Revegetation Application \(ERA\)](#)

King County [Native Plant List](#)

King County [Native Plant Guide for Western Washington Yards](#)











Washington Department of Wildlife [Planting Natives for Wildlife](#)

Washington Native Plant Society [Landscaping Resources](#)

[California Native Plant Society Calscape](#)

Lady Bird Johnson Wildflower Center's [Washington Recommended](#)

**Key to Wildlife Details:**

	Plant provides place for wildlife to rest or nest, often evergreen leaves or needles		Keystone species supporting butterflies, moths, and/or pollinator specialist bees critical to maintaining a healthy ecosystem
	Host plant to butterfly and/or moth species supporting their caterpillars		Foliage eaten by butterfly and/or moth caterpillars as food source necessary for survival
	Plant provides nectar and/or pollen as a food source		Nectar used by adult butterflies and/or moths
	Tolerates full sun 6+ hours of sun		Pollen used by bees
	Tolerates part shade 2-6 hours of sun		Nectar used by hummingbirds
	Tolerates full shade <2 hours of sun		Seeds or fruits used by birds and/or plant provides nesting or cover to birds
			Seeds or fruits used by small mammals