



BRING *New Life* **TO YOUR GARDEN**

Gardening For Birds With Local Native Plants

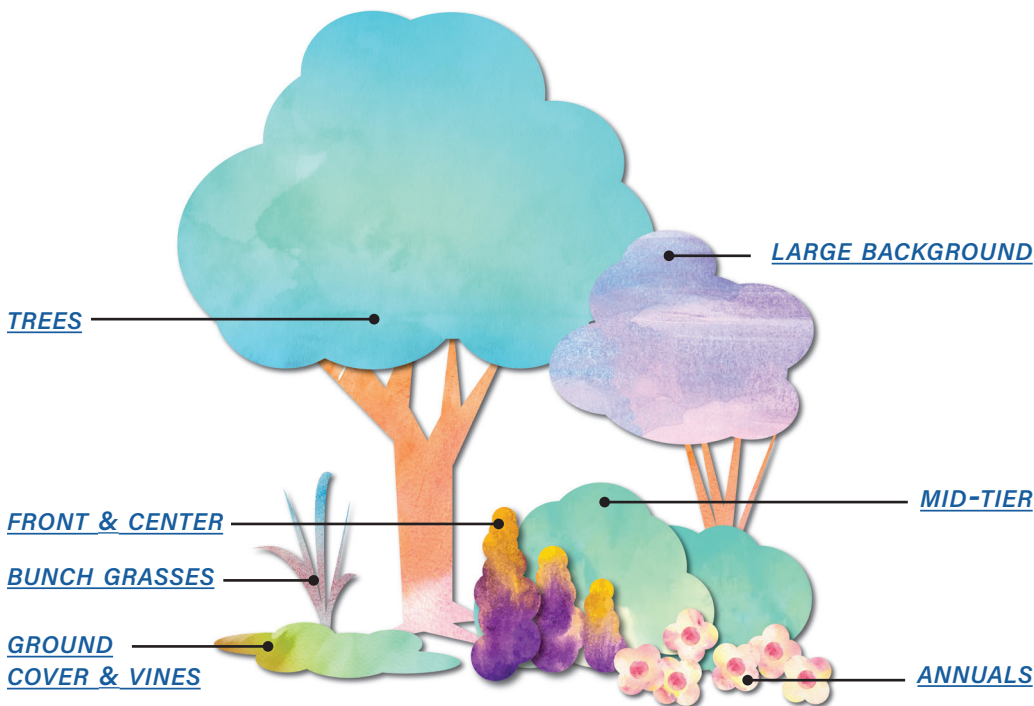


CALIFORNIA
NATIVE PLANT SOCIETY | Yerba Buena
Chapter

LANDSCAPING with bird-friendly native plants restores the food web, saves water and helps fight climate change. Best of all for birdwatchers, native plants get your yard jumping with activity. Food is the key. Native plant leaves are the primary food source for moths and caterpillars. And, moths and caterpillars are the primary source of vitamins and calories for nestling birds. Most exotic plants have leaves that just aren't tasty to caterpillars, so moths and butterflies often can't use them in their reproduction cycle. Why? Because our local wildlife hasn't evolved with plants from across the world, and they haven't figured out how to digest the chemicals in those plants' leaves. ***So, if you want to supply food for birds, you've got to supply your garden with the native plants moths, butterflies, and birds co-evolved with and need.***

Use this guide to turn your garden into a rich buffet. Look for the number following the plant species name. This number represents the amount of moth and butterfly species that can feed on that particular plant's leaves. Remember, more caterpillars equals more birds – and more action in your garden.

THIS GUIDE is broken into the following sections based on type of plant and where it should be placed in your garden:





LARGE BACKGROUND PLANTS



- 1. CALIFORNIA LILAC (*Ceanothus thyrsiflorus*) | 117**
Birds nest in low-growing shrubby Ceanothus; seeds attract Bushtits, Northern Mockingbirds, and House and Purple Finches.
- 2. HOLLY-LEAF CHERRY (*Prunus ilicifolia*) | 246**
Fruit attracts American Robins, House and Purple Finches, California and Spotted Towhees, Cedar Waxwings, and Black-headed Grosbeaks; California and Steller's Jays, and Northern Mockingbirds love to nest in it.
- 3. CALIFORNIA COFFEEBERRY (*Frangula californica*) | 25**
Black fruit in fall attracts thrushes, California and Stellar's Jays, Northern Mockingbirds, California Thrashers, American Robins, Cedar Waxwings, and Purple Finches.
- 4. TOYON (*Heteromeles arbutifolia*) | 9**
Fruit attracts Cedar Waxwings, Towhees, Black-headed Grosbeaks, Western Bluebirds, robins, thrushes, thrashers, and mockingbirds; main winter food here for Band-tailed Pigeons, Waxwings, Quail, and Tanagers.
- 5. WILLOWS (*Salix sp.*) | 327**
Used by many birds in multiple ways. Catkins, scales, galls, and aphids provide a rich food source.
- 6. BLUE ELDERBERRY (*Sambucus nigra ssp. caerulea*) | 31**
Beloved by berry eaters.
- 7. RED ELDERBERRY (*Sambucus racemosa*) | 31**
Beloved by berry eaters.
- 8. TWINBERRY (*Lonicera involucrata*) | 30**
Hummingbirds love the flowers; fruit eaten by American Robins, Wrentits, California and Spotted Towhees, Hermit and Swainson Thrushes, Western Bluebirds, and Chestnut-backed Chickadees.
- 9. CALIFORNIA WAX MYRTLE (*Morella californica*) | 10**
Berries attract Northern Flickers, American Robins, and American or Lesser Goldfinches in late summer.



69% of caterpillar species develop on just one plant species, further emphasizing the *irreplaceable role of native plants to insects*, and thus, birds.



MID-TIER PLANTS



- 1. MANZANITA (*Arctostaphylos* sp) | 68**
Edible fruit attracts many birds, including mockingbirds, robins, and Cedar Waxwings; provides nectar for hummingbirds; wrentits on bluffs nest in them.
- 2. CALIFORNIA SAGEBRUSH (*Artemisia californica*) | 65**
Good cover and nesting site; seeds and edible flowers for sparrows and other birds.
- 3. STICKY MONKEYFLOWER (*Diplacus aurantiacus*) | 14**
Formerly *Mimulus aurantiacus*
Flowers attract hummingbirds.
- 4. SCARLET MONKEYFLOWER (*Erythranthe cardinalis*) | 14**
Formerly *Mimulus cardinalis*
Flowers attract hummingbirds.
- 5. PINK-FLOWERING CURRANT (*Ribes sanguineum* var. *glutinosum*) | 122**
Flowers attract hummingbirds; berries attract thrushes, towhees, robins, and finches.
- 6. CHAPARRAL CURRANT (*Ribes malvaceum*) | 122**
Flowers attract hummingbirds; berries attract thrushes, towhees, robins, and finches.
- 7. EVERGREEN HUCKLEBERRY (*Vaccinium ovatum*) | 106**
Attracts thrushes, including American Robins; hummingbirds work the flowers.
- 8. WESTERN SERVICEBERRY (*Amelanchier utahensis*) | 77**
Berries for American Crows, California Scrub Jays, American Robins, Northern Mockingbirds, and Western Tanagers.
- 9. COYOTE BUSH (*Baccharis pilularis*) | 37**
Provides cover and summer/fall seeds for White-crowned and Golden-crowned Sparrows and House and Purple Finches.
- 10. CREEK DOGWOOD (*Cornus sericea*) | 57**
Flowers eaten by Western Tanagers and a variety of warblers; fruit eaten by Western Bluebirds, American Robins, Northern Mockingbirds, Lesser and American Goldfinches, Northern Flickers, Black-headed Grosbeaks, Hooded Orioles, American Robins, Red-breasted Sapsuckers, Tree Swallows, Hutton's Vireos, Yellow-rumped and Townsend's Warblers, Cedar Waxwings; seeds eaten by many birds.

MID-TIER PLANTS — CONTINUED

11. LUPINE (*Lupinus sp.*) | 75

Seeds treasured by California Quail, enjoyed by many others.

12. OREGON GRAPE (*Berberis pinnata*) | 4

Berries eaten by American Robins, California Thrashers and Western Bluebirds.

13. BEE PLANT (*Scrophularia californica*) | 12

Provides hummingbird nectar and seeds for small birds.

14. MUGWORT (*Artemisia douglasiana*) | 65

Provides excellent cover in moist places; favorite nesting place for Lazuli Buntings and other small birds.

15. CALIFORNIA WILD ROSE (*Rosa californica*) | 95

Nutritious rose hips relished by Pine Siskins, goldfinches, California Scrub Jays and California Thrashers; excellent nesting cover for California Quail and other ground-nesting birds.

16. THIMBLEBERRY (*Rubus parviflorus*) | 94

Fruit attracts wrentits, waxwings, and robins.

17. CALIFORNIA BLACKBERRY (*Rubus ursinus*) | 94

Provides food and cover for many species; eaten by numerous birds, including California Quail, Band-tailed Pigeons, American Robins, California and Steller's Jays, Northern Mockingbirds, sparrows, Western Tanagers, and California Thrashers; California and Spotted Towhees consume the fruit of trailing blackberry and nest in its tangled branches.

18. SNOWBERRY (*Symphoricarpos albus*) | 37

Anna's hummingbirds visit flowers; plant forms thickets that provide cover for nesting sites; berries, white and showy in winter when leaves fall, eaten by Hermit and Swainson's Thrushes, Spotted Towhees, Warbling Vireos, Cedar Waxwings, American Robins, and Wrentits.

19. HOOKER'S EVENING PRIMROSE (*Oenothera elata ssp. hookerii*) | 25

Showy annual/biennial that bears a large crop of seeds for goldfinches.

20. OSOBERRY (*Oemleria cerasiformis*) | 10

Hummingbirds pollinate the flowers that emerge in early spring; the fruit is highly attractive to birds like Cedar Waxwings.



Layering tall, medium and low plants throughout the space affords *shelter and protection from predators.*



FRONT & CENTER IN THE GARDEN



1. WESTERN COLUMBINE (*Aquilegia formosa*) | 8
Attracts hummingbirds, which serve as its primary pollinator.



2. CREVICE ALUM-ROOT (*Heuchera micrantha*) | 3
Flowers attract hummingbirds.



3. BLUFF LETTUCE (*Dudleya farinosa*) | 5
Useful to hummingbirds in spring/summer.



4. FRINGE CUPS (*Tellima grandiflora*) | 1
Attracts hummingbirds in early spring.



5. PITCHER SAGE (*Lepechinia calycina*) | 3
Attracts hummingbirds.



6. COYOTE MINT (*Monardella villosa*) | 10
Attracts hummingbirds.



7. HEDGE NETTLE (*Stachys ajugoides*) | 24
Attracts hummingbirds.



8. BLEEDING HEART (*Dicentra formosa*) | 1
Attracts hummingbirds.

Birds need water for drinking and preening.
Consider adding a water feature to draw birds into your garden.



FRONT & CENTER — CONTINUED

9. GUMPLANT (*Grindelia stricta*) | 21

Provides seeds for juncos, sparrows, and towhees.

10. COAST GOLDENROD (*Solidago spathulata*) | 55

Blooms and seeds late, supplying food for finches and migrating buntings.

11. YARROW (*Achillea millefolium*) | 19

Seeds eaten by ground-feeders such as Mourning Doves.

12. CALIFORNIA ASTER (*Symphyotrichum chilense*) | 53

Seeds for goldfinches and sparrows.

13. COAST BUCKWHEAT (*Eriogonum latifolium*) | 56

Leaves eaten by California Quail; seeds eaten by finches, juncos, and towhees.

14. CHECKERBLOOM (*Sidalcea malviflora*) | 11

Provides food in the summer for seed gleaners like California Thrasher and others.

15. BLUE WITCH (*Solanum umbelliferum*) | 48

Birds don't care that the berries are poisonous to humans.

16. NARROW-LEAF MULE EARS (*Wyethia augustifolia*) | 3

Attracts seed eating birds.



GROUND COVER & VINES



- 1. KINNICKINNICK MANZANITA (*Arctostaphylos uva-ursi*) | 68**
Flowers provide nectar for hummingbirds; fruit feeds many birds.
- 2. CALIFORNIA HONEYSUCKLE (*Lonicera hispidula*) | 30**
Flowers attract Anna's and Allen's Hummingbirds and Hooded Orioles; berries eaten by California Thrashers, California Towhees, American Robins and Western Bluebirds.
- 3. BEACH STRAWBERRY (*Fragaria chiloensis*) | 58**
Fruit eaten by Song Sparrows, finches, robins, Black-headed Grosbeaks, waxwings, California Scrub Jays, California Thrashers and towhees; leaves eaten by California Quail.
- 4. WOODLAND STRAWBERRY (*Fragaria vesca*) | 58**
Fruit eaten by Song Sparrows, finches, robins, Black-headed Grosbeaks, waxwings, California Scrub Jays, California Thrashers and towhees; leaves eaten by California Quail.
- 5. HUMMINGBIRD SAGE (*Salvia spathacea*) | 14**
Attracts hummingbirds.
- 6. CALIFORNIA FUCHSIA (*Epilobium canum*)**
A hummingbird favorite mid-summer when many other plants aren't blooming.
- 7. CHAPARRAL CLEMATIS (*Clematis lasiantha*) | 11**
Attracts hummingbirds; other birds use it for nesting materials.
- 8. VIRGIN'S BOWER (*Clematis ligusticifolia*) | 11**
Attracts hummingbirds; other birds use it for nesting materials.



Make sure to leave open areas for birds that **scratch and forage for seeds**. Ground-favoring birds also need low, evergreen – and often thorny – plants as cover to evade predators.

TREES

1. **BIG-LEAF MAPLE** (*Acer macrophyllum*) | 116

Seeds and flowers eaten by Black-headed Grosbeaks, goldfinches and Pine Siskins; deciduous foliage provides good insect foraging for warblers, vireos, bushtits and kinglets; good for shelter and nesting.

2. **BOX ELDER** (*Acer negundo*) | 116

Birds eat seeds and buds and get nectar the flowers.

3. **PACIFIC MADRONE** (*Arbutus menziesii*) | 45

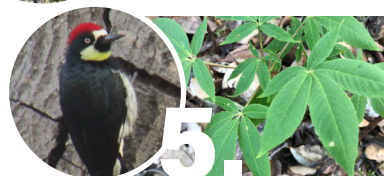
Flowers eaten by Black-headed Grosbeaks and Band-tailed Pigeons (May and June); fruits eaten by Band-tailed Pigeons, Song Sparrows, flickers, grosbeaks, robins, thrushes, and waxwings in November.

4. **COAST LIVE OAK** (*Quercus agrifolia*) | 270

Acorns cherished by California Scrub Jays, Band-tailed Pigeons, Acorn Woodpeckers, Western Bluebirds and California Quail; Bushtits eat leaf galls and insects on leaves and twigs; woodpeckers probe the bark for insects.

5. **CALIFORNIA BUCKEYE** (*Aesculus californica*) | 16

Hummingbirds like the flowers in April. Bark insects attract woodpeckers and nuthatches.



A study shows that it takes 350 to 570 caterpillars every day for sixteen days for a pair of chickadees to raise a family. And it's *native plants that provide this kind of food source*, while most non-natives do not.



Consult Golden Gate Bird Alliance about constructing bird houses to further help cavity nesting birds.

BUNCH GRASSES



Nutritious, high-fat seeds; thatch provides good nest-weaving material.

1. **CALIFORNIA FESCUE** (*Festuca californica*) | 11
2. **IDAHO FESCUE** (*Festuca idahoensis*) | 11
3. **GIANT WILDRYE** (*Elymus condensatus*) | 16
4. **PURPLE NEEDLEGRASS** (*Stipa pulchra*) | 4
5. **BLUE WILDRYE** (*Elymus glaucus*) | 16
6. **PACIFIC REEDGRASS** (*Calamagrostis nutkaensis*) | 4
7. **TUFTED HAIRGRASS** (*Deschampsia cespitosa*) | 2
8. **CALIFORNIA MELICGRASS** (*Melica californica*) | 1
9. **CALIFORNIA OATGRASS** (*Danthonia californica*) | 3



ANNUALS



Often their bounty of ripening seed attracts diverse multitudes of small insects. They provide plenty of food for birds, too.

1. **INDIAN THISTLE** (*Cirsium brevistylum*) | 22
2. **GOLDFIELDS** (*Lasthenia californica*) | 1
3. **TIDY-TIPS** (*Layia platyglossa*) | 1
4. **MINIATURE LUPINE** (*Lupinus bicolor*) | 75
5. **SKY LUPINE** (*Lupinus nanus*) | 75
6. **CHICK LUPINE** (*Lupinus microcarpus*) | 75
7. **TOMCAT CLOVER** (*Trifolium willdenovii*) | 89
8. **BABY-BLUE EYES** (*Nemophila menziesii*) | 6
9. **STINGING PHACELIA** (*Phacelia malvifolia*) | 1
10. **PURPLE FIESTA FLOWER** (*Pholistoma auritum*) | 2
11. **RUBY CHALICE CLARKIA** (*Clarkia rubicunda*) | 8
12. **CALIFORNIA POPPY** (*Eschscholzia californica*) | 3
13. **CREAM CUPS** (*Platystemon californicus*) | 1
14. **GLOBE GILIA** (*Gilia capitata* ssp. *chamissonis*) | 7
15. **RED MAIDS** (*Calandrinia ciliata*) | unknown
16. **OWL'S CLOVER** (*Castilleja densiflora*) | 25
17. **CHINESE HOUSES** (*Collinsia heterophylla*) | 4
18. **SEEP-SPRING MONKEYFLOWER** (*Mimulus guttatus*) | 14
19. **INDIAN LETTUCE** (*Montia perfoliata*) | 1
Formerly miner's lettuce





RESOURCES

<https://cnps-yerbabuena.org>
<https://goldengatebirdalliance.org/>
<https://calscape.org/>

REFERENCES

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Annual plant recommendations from Jeffrey Caldwell
Larva-plant relationships from entomologist, Doug Tallamy

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<i>Evergreens and</i>	<i>Steven Smethurst</i>
<i>Dandelions</i>	<i>Uselaine</i>
<i>Fabrizio Frigeni</i>	<i>Willow</i>
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