

Table 5a. Oregon perennial forbs (wildflowers) for pollinators (arranged by bloom period and flower color)

	Species known to be used by beneficial insects
	Species known to be used by bees
	Species known to be used by both bees and beneficials
	Genus known to be used by beneficial insects
	Genus known to be used by bees
	Genus known to be used by both bees and beneficials

Where "use local stocks" is indicated, species may exhibit multiple subspecies or varieties; so it is particularly important to use plants originating from the region of your project

Common Name	Scientific Name	MLRA's in which species occurs (watch the wrapping on this column)	Bloom Period	Flower Color	*Height Mature (feet)	Light Needs	*Drought Tolerance	*Precipitation Minimum	*pH Min.	*pH Max.	*Calcium carbonate tolerance	*Salinity Tolerance	Notes
arctic sweet coltsfoot	Petasites frigidus var. palmatus	1,2,3,4,5	Very Early Spring	White	1.6	Sun to part shade	Low	35					
dwarf checkerbloom	Sidalcea malviflora ssp. virgata	1,2,3,5	Early spring	Pink	2	Sun to part shade	High	25					
beach pea	Lathyrus japonicus	4	Early spring	Purple	1.5	Sun to part shade	Medium	30	6	7.5	High	Medium	used by bumblebees
ballhead waterleaf	Hydrophyllum capitatum (use local stocks)	6,8,9,10,11,21,23,43	Early Spring	Purple	1	Shade	Low	16	6.4	7.8	Medium	None	
beach strawberry	Fragaria chiloensis	4	Early Spring	White	0.8	Sun to part shade	Medium	16	5.8	7.8	Medium	Low	
bigseed biscuitroot	Lomatium macrocarpum	2,5,6,7,8,9,10,21,23,24,25,43	Early Spring	White	0.5	Sun	High	8	6	8.5	Medium	Low	
Carey's balsamroot	Balsamorhiza careyana	6,7,8,9, 10,43	Early Spring	Yellow	2.5	Sun to part shade	High	6	6.6	9	Medium	Medium	great for bees
Gray's biscuitroot	Lomatium grayii^	7,8,9,10,11,25,43	Early spring	Yellow	1.5	Sun	High	8					
nineleaf biscuitroot	Lomatium triternatum^ var. triternatum	5,6,8,9,10,11,21,23,24,25,43	Early Spring	Yellow	2.2	Sun to part shade	Medium	10	6.5	8.8	Medium	Low	
western buttercup	Ranunculus occidentalis var. occidentalis	1,2,3,4,5,6,21,43	Early Spring	Yellow	1	Sun to part shade	Medium	22					
sea thrift	Armeria maritima var. californica (use local stock)	4	Early-late spring	Pink	1	Sun	Medium	50				Medium	
large camas	Camassia leichtlinii ssp. suksdorfii	2,3,5	Mid Spring	Blue	2.5	Sun to part shade	Low	28					some bees
small camas	Camassia quamash (use local stocks)	1,2,3,5,9,10,21,23,24,25,43	Mid Spring	Blue	2.3	Sun to part shade	None	16	5.7	7	Low	None	some bees
broadleaf lupine	Lupinus latifolius var. latifolius	1,2,3,5,6,21	Mid Spring	Blue	2.5	Sun to part shade	None	25	6.5	7	Low	None	some bees
meadow checkerbloom	Sidalcea campestris	2	Mid Spring	Light pink	4	Sun to part shade	Medium	35					some bees
orange agoseris	Agoseris aurantiaca^	3,6,10,21,23,43	Mid Spring	Orange	1	Sun	Medium	19	6.6	7.5	Medium	None	
Munro's globemallow	Sphaeralcea munroana^	7,8,9,10,11,23,25	Mid Spring	Orange	2.5	Sun	High	8	6.3	8	Medium	Low	great for bees
largehead clover	Trifolium macrocephalum	6,8,10,21,23,25	Mid Spring	Pink to purple	2	Sun to part shade	Medium	10	6.2	7.1	High	Medium	genus good for bees
Oregon geranium	Geranium oreganum	2,3,5	Mid Spring	Purple	3	Sun to part shade	None	55	7	8	Low	None	
sticky purple geranium	Geranium viscosissimum	8,9,10,21,23,24,25,43	Mid Spring	Purple	3	Sun to part shade	None	10	7	8	Low	None	
toughleaf iris	Iris tenax	1,2,3,4	Mid Spring	Purple	1.5	Sun to part shade	Medium	16	6	8	Medium	None	
woollypod milkvetch	Astragalus purshii (use local stocks)	7,8,10,11,21,23,24,25,43	Mid Spring	White	0.6	Sun	High	10	5.6	7.5	Medium	Low	used by bumblebees

pale agoseris	^Agoseris glauca var. glauca	6,9,10,21,23,24,25,43	Mid Spring	Yellow	1	Sun	Medium	10	6	8	Medium	None	
sanddune wallflower	Erysimum capitatum var. capitatum	2,3,4,5,7,8,9,10,43	Mid Spring	Yellow	2.5	Sun	Medium	12	6	8.5	Medium	Low	
barestem biscuitroot	Lomatium nudicaule	2,3,5,6,8,10,21	Mid Spring	Yellow	3	Sun	Medium	15					some bees
yellow bush lupine	Lupinus arboreus	4	Mid Spring	Yellow	6	Sun	High	16	6	7.5	Low	Medium	some bees
Columbia ragwort	Senecio integerrimus var. exaltatus	1,2,3,5,6,9,10,21,23,24,25,43	Mid Spring	Yellow	1.1	Sun to part shade	Low	10	6.5	8.5	Medium	Low	
mule-ears	Wyethia amplexicaulis	6,9,10,24,25,43	Mid Spring	Yellow	2.5	Sun	Low	12	6.2	7.6	Medium	None	some bees
California compassplant	Wyethia angustifolia	2,3,5,	Mid Spring	Yellow	2.5	Sun	Low	22					some bees
sunflower mule-ears	Wyethia helianthoides	10,24,25,43	Mid Spring	Yellow	2.5	Sun	High	16					some bees
feathery false lily of the valley	Maianthemum racemosum	1,2,3,4,5,6,23,24,43	Spring	cream	2.5	Sun to part shade	Medium	20					
seaside fleabane	Erigeron glaucus	4	Spring	Lavendar	1.4	Sun to part shade	Low	60	5	7		Medium	some bees
Rocky Mountain iris	Iris missouriensis	6,8,10,21,23,24,43	Spring	Purple	1	Sun to part shade	Low	24	7	8.5	High	None	some bees
silky beach pea	Lathyrus littoralis	4	Spring	Purple	1.6	Sun to part shade	Medium	30	5.8	7.8	High	Medium	used by bumblebees
Sierra pea	Lathyrus nevadensis (use local stocks)	2,3,5,9,43	Spring	Purple	1.5	Sun to part shade	Medium	15			Medium		used by bumblebees
seashore lupine	Lupinus littoralis var. littoralis	4	Spring	Purple	1	Sun	Medium	50				High	
bigleaf lupine	Lupinus polyphyllus var. polyphyllus	1,2,3,4,5,6,21	Spring	Purple	5	Sun to part shade	Low	15					
rock lupine	Lupinus polyphyllus var. saxosus	8,9,10,21,23,24,25,43	Spring	Purple	1	Sun	Medium	12					
riverbank lupine	Lupinus rivularis	1,2,3,4,	Spring	Purple	3	Sun to part shade	Medium	20					
western columbine	Aquilegia formosa	1,2,3,4,5,6,9,10,11,21,23,24,25,43	Spring	Red	3	Sun to part shade	Medium	15	6	7.5	Low	None	used by bumblebees
Nevada biscuitroot	Lomatium nevadensis^ (L. bicolor var. leptocarpum)	10,11,21,23,24,25	Spring	White	1	Sun	High	8					
false lily of the valley	Maianthemum dilatatum	1,2,3,4	Spring	white	0.8	Sun to part shade	Low	40					
wild mint	Mentha arvensis (canadensis)	2,3,4,5,6,8,10,11,21,23,24,25,43	Spring	White	2.6	Sun to part shade	Low	10	5	7	Medium	None	
yellowleaf iris	Iris chrysophylla	3,5	Spring	White to yellow	1	Sun to part shade	Medium	16	6	8	Medium	?	
carpet phlox	Phlox hoodii ssp. canescens	8,10,11,21,23,24,25,43	Spring	White, pink, blue	1.3	Sun	Medium	10					
bigflower agoseris	Agoseris grandiflora^	1,2,3,4,5,6,7,8,9,10,21,23,43	Spring	Yellow	2	Sun	Medium	12	5.8	7.3	Medium	None	
deltoid balsamroot	Balsamorhiza deltoidea	2,3,5	Spring	Yellow	2.5	Sun	Medium	28					great for bees
Hooker balsamroot	Balsamorhiza hookeri^	10,21,25,43	Spring	Yellow	1	Sun to part shade	Medium	9	6.6	9	Medium	Medium	great for bees
common gaillardia	Gaillardia aristata	7,8,43	Spring	Yellow	2	Sun	Medium	10	5.5	7.9	Medium	Low	
oneflower helianthella	Helianthella uniflora var. douglasii	10,25,43	Spring	Yellow	2	Sun to part shade	High	10	7	8	High	None	
Wasatch desert-parsley	Lomatium leptocarpum^	6,8,9,10,21,23,25,43	Spring	Yellow	1.5	Sun	High	12					
Lewis flax	Linum lewisii^	3,5,6,7,8,9,10,21,23,24,25,43	Late Spring	Blue	2.5	Sun	Medium	10	5.6	8.4	High	Low	
silvery lupine	Lupinus argenteus^ var. argenteus	6,10,11,21,23,24,25,43	Late Spring	Blue	1.5	Sun	Medium	10	7	8	Medium	None	some bees
sharpleaf penstemon	Penstemon acuminatus^ (use local stocks)	7,8,11,23,24,25	Late Spring	Blue	2	Intolerant	High	12	6	8	Medium	Low	needs sandy soils

parsnipflower buckwheat	Eriogonum heracleoides var. heracleoides	6,8,9,10,23,24,25,43	Late Spring	cream	1	Sun	Medium	9						some bees
Pacific waterleaf	Hydrophyllum tenuipes	1,2,3,4	Late Spring	cream	1	Shade	Low	40						
narrow-leaf onion	Allium amplexans	2,3,5,21	Late Spring	Pink	1	Sun	Medium	28						
tapertip onion	Allium acuminatum^	2,5,6,8,9,10,11,21,23,25,43	Late Spring	Pink	1	Sun	Medium	10	6	8	High	None		
Oregon checkerbloom	Sidalcea oregana (use local stocks)	3,5,6,8,9,10,11,21,23,24,25,43	Late Spring	Pink	4	Sun to part shade	None	10	6.4	8	Medium	None	some bees	
spreading dogbane	Apocynum androsaemifolium	2,3,5,6,9,21	Late Spring	Pink	1.6	Sun to part shade	Medium	22						
longleaf phlox	Phlox longifolia^	7,8,9,10,11,23,24,25	Late Spring	pink to white	1.3	Sun	High	8						
low beardtongue	Penstemon humilis ssp. humilis	6,10,21,23,24,25,43	Late Spring	Purple		Sun to part shade	Medium	12						
longstalk clover	Trifolium longipes var. hanseni	3,5,6,10,21,23,25	Late Spring	Purple	0.5	Sun to part shade	Medium	19	5.6	6.8	Low	None	genus good for bees	
cows clover	Trifolium wormskioldii	3,4,5,7,8,10,21,23,24,25,43	Late Spring	Purple	3.5	Sun to part shade	Low	10	6.2	7	High	Medium	genus good for bees	
American vetch	Vicia americana var. americana^	1,2,3,4,5,6,9,10,21,23,24,25,43	Late spring	Purple	1.3	Sun to part shade	High	9	5.9	7.2	Low	None	used by bumblebees	
nettleleaf giant hyssop	Agastache urticifolia var. urticifolia	3(South),5,9,10,21,23,24,25,43	Late Spring	Red	5	Sun to part shade	Low	18	6	8	Medium	Low		
scarlet gilia	Ipomopsis aggregata^	6,7,8,9,43,44	Late Spring	Red	3	Intolerant	High	10	7	8.5	High	Low		
gooseberryleaf globemallow	Sphaeralcea grossulariifolia^	23,24,25	Late Spring	Red	2	Sun to part shade	Medium	8	5	7	Low	None	great for bees	
woodland strawberry	Fragaria vesca var. bracteata	2,3,4,5,6,9,43	Late Spring	White	1	Sun to part shade	Low	16						
Virginia strawberry	Fragaria virginiana var. platyptala	2,3,4,5,6,9,10,21,43	Late Spring	White	0.5	Sun to part shade	Medium	10						
American silvertop	Glehnia littoralis ssp. leiocarpa	4	Late Spring	White	0.3	Sun	Medium	50				Sun to part shade		
Western waterleaf	Hydrophyllum occidentale	2,3,4,5	Late Spring	White	1.5	Shade	Low	10	6.2	7.5	Low	None		
western stone seed	Lithospermum ruderale	6,8,9,10,11,21,23,24,25,43	Late Spring	White	1.5	Sun	Medium	8	6	7.8	Medium	Low		
silverleaf phacelia	Phacelia hastata (use local stocks)	5,6,7,8,9,10,11,21,23,24,25,43	Late Spring	White	2	Sun to part shade	High	10	6.1	7.3	Low	None		
varileaf phacelia	Phacelia heterophylla (use local stocks)	1,2,3,4,5,6,8,9,10,21,24	Late Spring	White	2	Sun to part shade	Medium	10						
woolly mule-ears	Wyethia mollis	21	Late Spring	White	2.5	Sun to part shade	High	16	6.5	8.5	Medium	None	some bees	
arrowleaf buckwheat	Eriogonum compositum^ var. compositum	3,5,6,7,8,10,11,43	Late Spring	White to yellow	2.5	Sun	High	9					some bees	
basalt milkvetch	Astragalus filipes^	7,8,10,11,21,23,24,25,43	Late Spring	Yellow	2	Intolerant	High	8	5.8	7.3	Medium	Low		
heartleaf arnica	Arnica cordifolia	3,5,6,9,10,21,23,43	Late Spring	Yellow	1.5	Sun to part shade	Low	10	6	8	Low	None		
arrowleaf balsamroot	Balsamorhiza sagittata^	6,10,11,21,23,24,25,43	Late Spring	Yellow	2	Sun to part shade	High	8	6.5	8	High	Low	great for bees	
limestone hawkbeard	Crepis intermedia^	5,8,23,25,43	Late Spring	Yellow	2.3	Sun	Medium	10						
largeflower hawkbeard	Crepis occidentalis^	5,8,10,11,21,23,25,43	Late Spring	Yellow	0.9	Sun	Medium	12	5.7	7.5	Low	Low	great for bees	
desert yellow fleabane	Erigeron linearis	7,8,10,21,23,24,25	Late Spring	Yellow	1	Sun	High	8	6.5	8.8	Medium	Low	some bees	
silverweed cinquefoil	Potentilla anserina spp. pacifica	4	Late Spring	Yellow	0.6	Sun to part shade	Low	50	7	8	Medium	Low		
scabland penstemon	Penstemon deustus^ (use local stocks)	3,5,6,8,9,10,21,23,24,25,43	Late Spring	Yellow, Pink	2	Sun	High	10	6	8	Medium	Low	some bees	

shaggy fleabane	Erigeron pumilus [^] var. intermedius	7,8,9,10,11,21,23,24,25,43	Late Spring-Early Summer	White, pink, blue	1.5	Sun	High	8						
silky lupine	Lupinus sericeus [^]	7,8,9,43	Early Summer	Blue	0.5	Sun	High	5	7	7.5	Medium	None		
bride's feathers	Aruncus dioicus	1,2,3,4,5	Early Summer	cream	6	Sun to part shade	Low	40						
fernleaf biscuitroot	Lomatium dissectum [^] var. dissectum	2,3,5,6	Early Summer	Purple	4	Sun to part shade	High	14	6.5	7.5	High	None	some bees	
fernleaf biscuitroot	Lomatium dissectum [^] var. multifidum	7,8,9,10,11,21,23,24,25,43	Early Summer	Purple	4	Sun to part shade	High	14	6.5	7.5	High	None	some bees	
lance selfheal	Prunella vulgaris ssp. lanceolata	1,2,3,4,5,6,43	Early Summer	Purple	1.5	Sun to part shade	Medium	16	5.4	8	Medium	None		
streambank wild hollyhock	Iliamna rivularis	3 (north), 6(north),8, 9,23,43	Early Summer	Red	6	Sun to part shade	Low	16	6	8.5	Low	None	some bees	
western yarrow	Achillea millefolium var. occidentalis [^]	All	Early Summer	White	3	Sun to part shade	Medium	8	6	8	Medium	Low	good for beneficials, low use by bees	
Douglas' dustymaiden	Chaenactis douglasii [^] var. douglasii	5,6,7,8,10,11,21,23,24,25,43	Early Summer	White	1.6	Sun to part shade	Medium	14	5.8	7	Low	None	great for bees	
common cowparsnip	Heracleum maximum (lanatum)	1,2,3,4,5,6,9,10,24,43	Early Summer	White	8	Sun	Low	14	5.4	7.3	Medium	None		
celeryleaf licorice-root	Ligusticum apiifolium	2,3,5	Early Summer	White	3.3	Sun to part shade	Medium	15						
showy milkweed	Asclepias speciosa	2,5,7,8,9,10,11,23,25	Early Summer	White to pink	6	Sun	Low	16	5	7	Medium	None		
mountain monardella	Monardella odoratissima	3,5,8,9,10,11,21,23,24,25,43	Early Summer	White to purple	1.6	Sun	Low	12						
western pearly everlasting	Anaphalis margaritacea	1,2,3,4,5,43	Early Summer	Yellow	3	Sun to part shade	Medium	10	6	7.5	Low	None		
tapertip hawkbeard	Crepis acuminata [^]	9,10,11,21,23,24,25	Early Summer	Yellow	3	Sun to part shade	High	8	6	7.8	Medium	Low	great for bees	
sulphur-flower buckwheat	Eriogonum umbellatum [^] (use local stock)	5,6,9,10,11,21,23,24,25,43	Early Summer	Yellow	1	Sun	High	8	6.5	9	High	High	some bees	
slender cinquefoil	Potentilla gracilis (use local stocks)	2,3,5,6,8,9,10,21,23,24,25,43	Early Summer	Yellow	2.4	Sun	Medium	20	4	7.5	Medium	None		
royal penstemon	Penstemon speciosus [^]	6,8,10,11,21,23,24,25,43	Mid Summer	Blue	2.5	Sun	High	8	6.4	8	Medium	None	some bees	
slender buckwheat	Eriogonum microthecum [^] (use local stocks)	6,10,11,23,24,25	Mid Summer	Purple	1	Sun	High	10	5.8	8.5	Medium	None		
Pacific aster	Symphotrichum (Aster) chilense	4	Mid Summer	Purple	3.5	Sun to part shade	Medium	10	5.9	8	Medium	High		
arrowleaf ragwort	Senecio triangularis	1,2,3,5,6,9,43	Mid Summer	Yellow	4	Sun to part shade	Low	14	6.2	7.8	Medium	None		
Columbian monkshood	Aconitum columbianum ssp. columbianum	3,5,6, 9,10,24,43,	Mid-late Summer	Blue	5	Sun to part shade	Low	28	5.4	7.2	Medium	None	used by bumblebees	
oval-leaf buckwheat	Eriogonum ovalifolium [^] (use local stock)	10,11,21,23,24,25,43	Summer	cream	0.6	Sun	High	8						
western coneflower	Rudbeckia occidentalis	3,5,24,43	Summer	Dark brown	6.5	Sun to part shade	Low	28					used by bumblebees	
fireweed	Chamerion angustifolium	1,2,3,4,5,6,9,10,21,24,43	Summer	Fuchsia	5	Sun to part shade	Medium	16					used by bumblebees	
velvet lupine	Lupinus leucophyllus	5,6,7,8,9,10,21,23,24,25,43	Summer	Light pink-purple	2	Sun to part shade	Medium	12						
Blue Mountain prairie clover	Dalea ornata [^]	7,8,9,10,11,25	Summer	Pink to Purple	1.5	Sun	Medium	9					great for bees!!	
aspen (showy) fleabane	Erigeron speciosus [^] var. speciosus	2,9,10,43	Summer	Purple	2.5	Sun to part shade	Low	22						

Parry's aster	Symphyotrichum (Aster) foliaceum var. parryi	3,5,6,10,21,43	Summer	Purple	3	Sun to part shade	Medium	12					
Western mountain aster	Symphyotrichum (Aster) spathulatum	3,5,6,8,10,21,23,24,25,43	Summer	Purple	3.5	Sun to part shade	Medium	12					
Gray's licorice-root	Ligusticum grayi	3,5,6,21,24,43	Summer	White	3	Sun to part shade	Medium	15					
Bolander's yampah	Perideridia bolanderi ssp. Bolanderi^	5,10,11,21,23,24,25,	Summer	White	2.5	Sun to part shade	Medium	12					
common yampah	Perideridia gairdneri ssp. borealis	2,3,5,6,9,10,21,23	Summer	White	3	Sun to part shade	Low	14	6	7.5	Low	None	
Eaton's aster	Symphyotrichum (Aster) eatonii	7,10,23,25,43	Summer	White to purple	3.5	Sun to part shade	Medium	10					
Blue Mountain buckwheat	Eriogonum strictum (use local stock)	6,7,8,9,10,11,23,24,26,43	Summer	Yellow	2.2	Sun	High	10	6	8.6	Medium	Low	
common woolly sunflower	Eriophyllum lanatum (use local stocks)	2,3,5,6,8,9,10,21,23,25,43	Summer	Yellow	1	Sun	Medium	10					
Puget Sound gumweed	Grindelia integrifolia	2	Summer	Yellow	2	Sun	Low	35					
spearleaf stonecrop	Sedum lanceolatum	5,8,9,10,21,24,43	Summer	Yellow	0.5	Sun	High	12					
broadleaf stonecrop	Sedum spathulifolium ssp. spathulifolium	1,2,3,4,5	Summer	Yellow	0.5	Sun	High	22					
camphor tansy	Tanacetum camphoratum	4	Summer	Yellow	2	Sun to part shade	Medium	50					Medium
threadleaf fleabane	Erigeron filifolius var. filifolius	6,7,8,9,10,11,21,23,43	Late Summer	Purple	1	Sun	High	10	6	7.5	High	None	some bees
rough-leaf aster	Eurybia radulina	2,3,5,6	Late Summer	Purple	3	Sun	High	10	6	7.5	High	None	
Hoary aster	Machaeranthera (Diertheria or Aster) canescens^ (use local stocks)	6,7,8,10,21,23,24,25,43	Late summer	Purple	3	Sun to part shade	Medium	9					
Douglas aster	Symphyotrichum (Aster) subspicatum var. subspicatum	2,4,5,7,8	Late Summer	Purple	3	Sun to part shade	None	19	6	7.5	None	High	
Hall's aster	Symphyotrichum (Aster) hallii	2,5	Late Summer	White to purple	3	Sun to part shade	Medium						
western goldentop	Euthamia occidentalis	5,7,8,10,23,25	Late Summer	Yellow	6	Sun	Medium	10	4.5	7	Medium	None	
salebrosa goldenrod	Solidago canadensis var. salebrosa	1,2,3,4,5,6,7,9,10,21,23,24,25,43	Late Summer	Yellow	3.5	Sun	Medium	16	4.8	7.5	Medium	None	