

RECOMMENDED NATIVE PLANT SPECIES FOR POLLINATORS | LOS ALAMOS COUNTY
DEVELOPED BY BEE CITY LOS ALAMOS 2024



Common Name	Botanical Name	Characteristics	Bloom Time	Pollinators served	Notes
Annuals & Biennials					PSW= Plants of the Southwest
Mountain Bee Plant	Cleomella serrulata	Annual to 3 feet Sun & Low H2O	Pink to light purple flowers June-September	Many native bees, butterflies, moths, hummingbirds	An excellent plant for many pollinators. Reseeds readily Native to Jemez Seeds available through PSW
Western Wallflower	Erysimum capitatum	Annual to 12 inches Sun & Low H2O	Butter yellow flowers Late Spring to mid- Summer	Native bees and butterflies	Native to Jemez Great front of border plant with buttery yellow flowers
Pinwheel Flower	Gaillardia pulchella	Annual or short-lived Perennial 1-2 feet with showy red & yellow daisy-like flowers	Red & yellow flowers May-October	Green metallic sweat bees, bumble bees and other native pollinators	Native to Jemez Reseeds readily. Let plant dry at the end of the season and self-sow

		Sun-partial Low H2O Sandy soils			
Annual Sunflower	Helianthus annuus	Annual 3-10 feet tall Bright yellow flowers Full sun, moderately fertile, well drained soils Low H2O	Mid to late Summer	Of special value to bees Larval host for many moths & butterflies Birds eat the seeds	Native to Jemez May need support as the flower heads can be very heavy. Deer resistant Seeds are edible PSW has seeds
Prairie Sunflower	Helianthus petiolaris	Annual to 5 feet Large, showy Yellow flowers Sun & Sandy Soils Low H2O	June-October	Of special value to bees Larval host for many moths & butterflies Birds eat the seeds	Native to Jemez
Golden Crownbeard/ Cowpen Daisy	Verbesina enceloides	Annual up to 5 feet Full sun Low H2O	2-inch yellow flowers April-October	Bordered Patch Butterfly & Golden moth uses it as a larval host plant & nectar plant for Monarch, and other butterflies, native bees and honeybees. Silvery checkerspot caterpillars eat the leaves. Goldfinches eat the seeds	Native to Jemez PSW has seeds Deer resistant

Perennials					
Spider Milkweed/Antelope Horn Milkweed	Asclepias asperula	Perennial 1-2 feet Clumping to sprawling. Flowers are green to creamy white. Sun. Dry to moist, well-drained soils.	May-August	Birds, special value to native bees & bumble bees larval host for Monarchs & Queens	Native to Jemez Suitable for WR PSW has seed *Toxic to pets Deer resistant Milkweeds tend to have aphids but these are not usually a problem for the plant.
Broadleaf Milkweed	Asclepias latifolia	Perennial 2-3 feet. Large leaves along one central stem. Small, pale green to yellowish flowers. Sun. Dry, well-drained soil.	July-October	Special value to native bees & bumble bees larval host for Monarchs	Not native to the Jemez and may not overwinter well in LA, will overwinter in WR *Toxic to pets
Showy Milkweed	Asclepias speciosa	Perennial 1.5-3 feet tall. Showy, spherical, rosy pink flower heads. Full sun. Moist soils.	May-September	Of special value to native bees & bumble bees. Larval host for Monarch Butterflies. Attracts hummingbirds.	Native to Jemez *Toxic to pets

Horsetail Milkweed	Asclepias subverticillata	Perennial to 1.5 feet. Sun to partial. Dry to moist soils.	May-September	Special value to native bees & bumble bees, native wasps. Larval host for Monarch Butterflies.	Native to Jemez *Toxic to pets Spreads by runners
Butterfly Weed	Asclepias tuberosa	Perennial 1.5 - 2 feet. Bright orange/yellow flowers. Sun. Dry to moist, well-drained soils.	July-September	native bees, bumble bees, native wasps, coral hairstreak butterflies. Larval host for Monarch Butterflies.	Native to Jemez PSW has seeds Like other Milkweeds, will attract aphids but they don't seem to damage the plant.
Chocolate Daisy	Berlandiera lyrata	Perennial 1-2 feet tall & wide Prefers dry sandy soils, low H2O & full sun to partial shade Zones 4-9	April-September	Attracts hoverflies, bees, butterflies and hummingbirds	Native to Jemez Suitable for WR PSW has seeds
New Mexico Thistle	Cirsium neomexicanum	Biennial or short-lived perennial up to 6 feet tall. Sun and dry soils.	Purple flowers March-September	Year round nectar source for native bees, butterflies, moths. Larval plant for butterflies. Songbirds (Goldfinches especially) use the	Native to Jemez. Often mistaken for invasive thistles. High value for pollinators and birds.

				seeds for food through the winter and the down for nesting materials.	
Violet Prairie Clover	Dalea purpurea	Perennial 1-3 feet tall Beautiful violet purple flowers Full sun & well-drained soil Don't fertilize	June-August	Honeybees, bumblebees, cuckoo bees, leafcutter bees, and more visit the flowers for pollen and nectar. Other insects feed on the seeds, foliage, and other parts. The Dogface Sulphur and Reakirt's Blue use Purple Prairie Clover as one of their larval host plants.	Native to Jemez PSW has seeds Edible and fixes nitrogen in the soil
James' Buckwheat	Eriogonum jamesii	Perennial to 1 foot by 1 foot Cream flowers that age to a rusty rose color Full sun, low H2O Prefers lean soils	August to September	Larval host plant Bees, butterflies and other insects	Native to Jemez
Red Dome Blanketflower	Gaillardia pinnatifida	Perennial to 2 feet with 2 inch yellow ray flowers	May-October	Attracts bees, including the Green Metallic Sweat bee,	Native to Jemez

		& reddish disc flowers. Sun & well-drained soil		bumblebees and butterflies	
Pineywoods Geranium	<i>Geranium caespitosum</i>	Perennial up to 18 in- 24 in Pink to Purple Flowers Sun to Partial Zones 3-8 Happiest in moist, well-drained soils	May-September	Larger bees like bumblebees & mason bees	Native to Jemez PSW has seeds
Showy Goldeneye	<i>Heliomeris multiflora</i>	Showy Perennial 3 ft x 3 ft Yellow Daisy-like flowers Native in dry to moderately moist slopes Full sun	July-September	Attracts native bees, butterflies & hummingbirds. Birds eat the seeds	Native to Jemez Suitable for LA
Dotted Blazingstar	<i>Liatris punctata</i>	Perennial 6 in-3 ft Purple, showy flower spikes Sun & Well-drained soils Medium water	July-September	Native bees, Butterflies (including Monarchs) & Birds Host plant for the flower moths, <i>Schinia gloriosa</i> & <i>Schinia sanguinea</i>	Native to Jemez PSW has seeds

Blue Flax	Linum lewisii	Perennial 18-24 inches Full sun Low H2O	May-September	Small bees, butterflies, flower flies	Native to Jemez Short lived Tolerates cold PSW has seeds
Showy Four-O-Clock	Mirabilis multiflora	Perennial 2 x 3 ft Vibrant, deep pink Morning Glory flowers Part shade Low H2O	June-September	Attracts nocturnal pollinators, Hawk moths, bees, butterflies, hummingbirds & quail	Native to Jemez PSW has seeds
Western Bee Balm	Monarda fistulosa	Perennial 2.5-3 ft Showy purple-pink flowers Dry to moist soils Full sun to partial Zones 3-9	mid June to mid-September	Specialist bees, bumblebees, predatory wasps, hummingbirds, hawk moths Host plant of several listed Bombus (Bumblebee) species	Native to Jemez PSW has seeds Deer Resistant
Tufted Evening Primrose	Oenothera caespitosa	Perennial up to 1 foot with showy, large, white flowers Flowers open in late afternoon. Age to a rosy pink color. Sun & Low H2O Dry clays	June-September	Supports specialist bees Supplies nesting materials	Native to Jemez PSW has seeds Smells sweet

ScarletBugler Penstemon	Penstemon barbatus	Perennial 2-3 ft Many scarlet-red tubular flowers on a stalk Partial shade Dry, rocky soils	June-October	Native bees, butterflies, moths, flower flies, beetles & hummingbirds	Native to Jemez PSW has seeds
James' Beardtongue	Penstemon jamesii	Perennial to 1 foot White to purple flowers on one side of the stalk Sun Dry, sandy to gravelly soils	May-July	Moths, butterflies and some bees	Native/endemic to Jemez Suitable for WR PSW has seeds Overwatering will kill them.
Palmer's Penstemon	Penstemon palmeri	Perennial 4-5 ft x 24 inches White, pink, purplish flowers Dry, rocky, poor soils Low water	May-August	Special value to native bees, bumble bees, carpenter & digger bees	PSW has seeds Short lived Not native to Jemez but does well here Sweet scent
Pineleaf Penstemon	Penstemon pinnifolius	Perennial/subshrub 10-12 inches tall by 12-18 inches wide Forms a mat of greenery with red or yellow flowers on slender stalks	May-September	Native bees, butterflies, hummingbirds & beneficial insects	PSW has seeds Not native to Jemez but does well here

		Full sun Low H2O Good drainage Rocky, sandy soils Zones 4-10			
Sidebells Penstemon	Penstemon secundiflorus	Perennial to 20 inches tall. Sandy, gravelly soils. Sun to partial. Low H2O	Pink to violet flowers April-July	Of special value to native bees, wasps and hummingbirds.	PSW has seeds and plants
Rocky Mountain Penstemon	Penstemon strictus	Perennial 1-3 ft Dark purple, tubular flowers on dark green foliage Sun to partial Low H2O once established Zones 4-9	May-August	Specialist bees, bumblebees, larval host, hummingbirds	Native to Jemez PSW has seeds Deer & rabbit resistant
Upright Prairie Coneflower	Ratibida columnifera	Perennial 1.5-3 ft Yellow to red to Chocolate brown daisy-like flowers with a pronounced "cone" Sun	June-September	Specialist bees, beneficial insects, larval host, bumblebees	Native to Jemez PSW has seeds Deer resistant

		Dry to moist soils, well-drained Not fussy			
Cutleaf Coneflower	Rudbeckia laciniata	Perennial 3-10 ft Sunflower like yellow flowers 3 inches with green cone Sun, partial, shade Likes moist, slightly acid soils	June-October	Butterflies love this plant, including Monarchs, native bees, bumblebees, honeybees, moths, and other insects	PSW has seeds Native to Jemez Likes wet feet
Scarlet Globemallow	Sphaeralce a coccinea	Perennial 12-16 in x 12 in Scarlet, salmon to orange flowers from Spring to Fall Full sun-partial Low H2O	May-October	Attracts butterflies and hummingbirds Larval plant, native bees, bumblebees, beneficial insects, nesting materials	PSW has seeds Native to Jemez Suitable for WR Thrives in disturbed/poor soils Spreads by runners
Fendler's Globemallow	Sphaeralce a fendleri	Perennial/subshr ub to 4 ft Pink or orange flowers Full sun Low H2O	July-September	Special value to native bees Attracts butterflies and hummingbirds Larval plant, native bees, bumblebees, beneficial insects, nesting materials	Native to Jemez Suitable for LA

Prairie Zinnia	Zinnia grandiflora	Perennial 6-8 inches Yellow-orange marigold type flowers Part shade Dry calciferous soils	June-October	Attracts butterflies, moths, syrphid flies, native bees	Native to Jemez Suitable for WR PSW has seeds Nice plant for front of border
Shrubs					
Indigo Bush	Amorpha fruticosa	6-12 foot loose, airy deciduous Shrub Flowers are small purple to dark blue on spikes similar to Butterfly Bush Makes fruit Sun to partial Moist, sandy soils	late April to late June	Bees, butterflies, beneficial insects Larval host to California & southern dogfaces, Silver-spotted Skipper (Epargyreus clarus), Gray hairstreak, Hoary edge skipper.	Native to Jemez Suitable for WR PSW has seeds
Pointleaf Manzanita	Arctostaphylos pungens	Evergreen shrub 3-9 feet Red showy bark and white bell flowers Sun to partial Dry sandy-loamy soils Does not do well in clay	Early Spring	Host to Sphinx moths, butterflies, native bees, hummingbirds, larval plant, berries are eaten by birds	Native to Jemez Berries are edible

Mountain Mahogany	<i>Cercocarpus montanus</i>	Evergreen shrub to 20 ft. Full sun/part shade Low H2O	May-July	Butterfly & Moth host plant	Native to Jemez PSW has seeds
Fernbush	<i>Chamaebatiaria millefolium</i>	Semi-evergreen Shrub 3-5 ft x 3-5 ft with ferny foliage and white flowers Red peeling bark is also ornamental Sun-partial Xeric in most soils	August	An outstanding pollinator plant. Native bees, bumblebees, butterflies, moths, beneficial insects and birds eat the small seeds in winter	Not native to Jemez but does well here PSW has seeds Deer resistant Winter interest Aromatic Shear in early winter to keep shape Plant in the Fall
Chamisa	<i>Chrysothamnus nauseosus</i>	Shrub to 15 feet Yellow, aromatic daisy-like flowers Grey-green, foliage Dry, alkaline soils Full sun Low H2O	August-October	Attracts native bees, butterflies, and other small insects. One of the few shrubs to provide habitat to pollinators in late Summer & Fall	Same as <i>Ericameria nauseosus</i> PSW has seeds Flowers used to make yellow dye traditionally
Shrubby Cinquefoil	<i>Dasiphora fruticosa</i>	Hardy, deciduous Shrub in the Rose family 2-4 feet x same	June-September	Attracts a large number of native bees and butterflies	Native to Jemez suitable for LA

		<p>Showy, yellow, long lasting flowers</p> <p>Full sun to partial</p> <p>Low H2O</p> <p>Wide range of soils</p>			
Apache Plume	<i>Fallugia paradoxa</i>	<p>Deciduous to semi-evergreen shrub 2 to 6 feet tall.</p> <p>One of the showiest of our native shrubs with white rose family flowers and silky pink seed plumes. Prefers partial shade in rocky soils.</p> <p>Low H2O</p> <p>Cold & Heat tolerant</p>	May-October	<p>Attracts bees & butterflies.</p> <p>Seeds and nesting sites for birds.</p>	<p>Native to Jemez</p> <p>PSW has seeds</p> <p>Can aggressively reseed.</p> <p>Cut all the way back to rejuvenate if it becomes leggy.</p>
Twinberry Honeysuckle	<i>Lonicera involucrata</i>	<p>Deciduous large shrub to 10 feet by 10 feet. Small yellow to red flowers with red or black fruits.</p>	April-August	<p>Attracts hummingbirds, native bees, bumblebees, butterflies.</p> <p>Larval host to Gillette's Checkerspot</p>	<p>Native to Jemez</p> <p>PSW has plants & seed</p> <p>Protect from deer</p>

		Prefers moist sites Sun, partial sun, shade.		A great nesting & habitat plant	
Bear Grass	<i>Nolina microcarpa</i>	Evergreen, grass-like succulent. Leaves to 4 feet. Flower stems 3-5 feet. White flowers. Prefers sun to partial shade. Rocky soils Low H2O	April-August	Bees and beetles It does not contain nectar and is pollinated only by insects seeking pollen.	Native to Jemez PSW has seeds Many parts of the plant are considered edible and were widely used by indigenous peoples.
Choke Cherry	<i>Prunus virginiana</i>	Large deciduous shrub/tree 20-30 feet. White flowers and purple fruit. Sun - shade Low to moderate water.	Flowers April-May with berries in late summer	Honeybees, Mason bees, bumblebees and other native pollinators. Birds eat the berries. Very important habitat plant in the wild.	Native to Jemez PSW has seeds Tends to sucker and form thickets. Tent caterpillars build their nests in the branches.
3-Leaf Sumac	<i>Rhus trilobata</i>	Low, spreading, deciduous shrub 3-5 feet x 8 feet wide. Sun - partial Low H2O	April	Provides food and cover for songbirds, game birds, large and small mammals. It provides structure and materials for nesting bees and	Native to Jemez PSW has seeds Fruits are used as a cooking spice Useful as erosion control.

		Gravelly, well-drained soils.		the flowers are pollinated by bees	
Trees					
New Mexico Olive	Forestiera neomexicana	Shrubby Tree to 20 feet Drought tolerant with regular deep watering Full sun/morning sun/afternoon shade. Zones 4-9	Early to late Spring	Bees pollinate the small flowers. Birds eat the fruit. Provides nesting habitat and shelter.	Native to Jemez Beautiful Fall foliage in yellow and orange. Deer resistant
Two Needle Pinyon	Pinyon edulis	Evergreen tree to 35 feet Sun to partial Drought tolerant but healthier with regular water Good drainage		Important food source for Pinyon Jays. Wind pollinated.	Native to Jemez Deer tolerant May not be climate resilient
Ponderosa Pine	Pinus ponderosa	Evergreen tree to 130 feet Sun Drought tolerant		While Ponderosa is wind pollinated, their growth habit means open areas in the forests which is very good for birds and pollinators.	Native to Jemez Recommended for larger plots of land and not close to houses due to height May not be climate resilient
Gambel Oak	Quercus gambelii	Deciduous tree 10-30 feet	Spring/early Summer	Wind pollinated.	Native to Jemez

		Sun to partial Drought tolerant		Acorns are important food source for wildlife. Colorado Hairstreak Butterfly relies on it for larval food.	A great, medium sized tree for landscapes.
Grasses					
Blue Grama Grass	<i>Bouteloua gracilis</i>	Perennial Grass 6-12 inches Full sun Low to moderate H2O Not picky about soils	Late Summer	Host plant for larvae of Leonard's Skipper and Ottoe's Skipper, large number of grasshoppers feed on the foliage too. Small songbirds feed on the seed heads.	Native to Jemez Well-suited for short grass meadows. NM State Grass PSW has seeds
Prairie Junegrass	<i>Koeleria macrantha</i>	Perennial Grass 1-2 feet Full sun Dry to moderate H2O Well-drained, sandy to rocky soils	June	Pollinators use it as nesting material. Songbirds and small mammals eat the seeds.	Native to Jemez Cool season turf grass PSW has seeds
Western Wheatgrass	<i>Pascopyrum smithii</i>	Perennial Grass 1-2 ft x 1 ft Full sun to partial shade Low H2O	May-June	High benefit to birds and small mammals	Native to Jemez Good for erosion control. Used as a mine reclamation grass.

		Tolerates a wide range of soils.			Forms dense bunches by rhizomes. Cool season bunch grass. PSW has seeds
James' Galleta	Pleuraphis jamesii or Hilaria jamesii	Rhizomatous warm season perennial grass up to 2 feet. Full sun to partial shade Low H2O Poor soils	late Summer	Moderately good forage for wildlife and seed heads for birds.	Native to Jemez Used as a lawn substitute and reclamation grass because of its ability to outcompete invasives and durability.
Little Bluestem	Schizachyrium scoparium	Showy perennial Grass 18-24 inches tall and up to 5 feet tall. Bluish color aging to reddish. Sun to partial shade Low H2O	June-December	Seeds are an important winter food source for birds. Attracts butterflies. Larval host for Ottoe Skipper, Indian Skipper, Crossline Skipper, Dusted Skipper, Cobweb butterfly, Dixie skipper	Native to Jemez PSW has seeds
Indiangrass	Sorghastrum nutans	Perennial Grass 3-8 feet tall and showy.	August-October	Larval host for Pepper and Salt Skipper Butterflies,	Native to Jemez Seeds require dry stratification. Sow in Fall. PSW has seeds

		Sun to shade. Tolerant of many soils Drought tolerant.		Native bees and butterflies, seeds for birds	
Sand Dropseed	Sporobolus cryptandrus	Perennial Grass 1-2 feet in bunches Full Sun Tolerates a wide range of soils	May-November	Birds love the seeds	Native to Jemez PSW has seeds
Vines					
Rocky Mountain Clematis	Clematis columbiana	Fast growing vine to 12 feet Full sun to partial. Moist, well-drained soil Does best with crown in the shade. Zones 4-8	White blooms late Spring to mid-Summer	Bees, Butterflies, Hummingbirds	Native to Jemez PSW has seeds *Toxic to dogs, cats and horses Deer and rabbit tolerant