

## San Francisco Native Plants for Containers, Pots and Window Boxes

Root and bulb depth are the keys to successful container gardening. Annuals, bulbs, succulents and selected perennials have short enough root lengths to thrive in containers.

These local San Francisco native plants feed butterfly & moth caterpillars, bees, hummingbirds and birds. Celebrate your chewed leaves! Chewed leaves are signs that caterpillars, the base of our food web, are being happily fed.

### Annuals for Containers

There are many San Francisco native annuals. This list of annuals is a subset. Larner Seeds has an extensive selection of native seeds.

Miner's Lettuce (*Claytonia perfoliata*, *sibirica*)

Farewell-to-Spring (*Clarkia amoena*, *rubicunda*, *unguiculata*, *davyi*, *purpurea* ssp. *quadrivulnera*)

Red maids (*Calandrinia menziesii*)

Purple Chinese Houses (*Collinsia heterophylla*)

Gilia (*Gilia capitata*, *capitata* ssp. *chamissonis*)

Tidy Tips (*Layia platyglossa*)

Lupine (*Lupinus bicolor*, *nanus*)

Phacelia (*Phacelia ciliata*, *distans*, *malvifolia*)

Chia sage (*Salvia columbariae*)

Baby Blue Eyes (*Nemophila menziesii*)

### Bulbs/rhizomes for Containers

Elegant brodiaea (*Brodiaea elegans*, *terrestris*)

Ithuriel's spear (*Triteleia laxa*)

Douglas Iris (*Iris douglasiana*)

Blue Dicks (*Dichelostemma capitatum*)

One Leaf Onion (*Allium unifolium*)

Mariposa Lily (*Calochortus albus*, *luteus*)

### Succulents for Containers

Use cactus mix soil for succulents in containers

Bluff Lettuce (*Dudleya farinosa*)

Yellow Stonecrop (*Sedum spathulifolium*)

Sand Pygmy Stonecrop (*Crassula connata*)

### Perennials for Containers

Perennials in containers need to be watered once/week when they don't get rain

Seapink (*Armeria maritima*)

Yerba Buena (*Clinopodium douglasii*) needs to be replaced every 3-5 years

California Aster (*Corethrogyne filaginifolia* 'Silver Carpet')

California Fuchsia (*Epilobium canum*)

Coast Buckwheat (*Eriogonum latifolium*) needs to be replaced every year  
Beach Strawberry (*Fragaria chiloensis*) and Woodland Strawberry (*Fragaria vesca*)  
Crevice Alumroot (*Heuchera micrantha*)  
Island Alum Root (*Heuchera maxima*)  
Blue Eyed Grass (*Sisyrinchium bellum*)  
Creeping Snowberry (*Symphoricarpos mollis*) needs to be replaced every 3-5 years  
California Aster (*Symphotrichum chilense*, *subspicatum*)

### **Edible Native Plants in Containers**

Some edible native plants are easy to grow in containers.

Miner's lettuce (*Claytonia perfoliata*) - edible leaves, flowers, seeds and stems.

California poppies (*Eschscholzia californica* and *maritima*) - edible seeds.

Beach Strawberry (*Fragaria chiloensis*) and Woodland Strawberry (*Fragaria vesca*) - edible fruit and leaves.

Golden Chia sage (*Salvia columbariae*) - edible leaves, flowers and seeds.

Red maids (*Calandrinia menziesii*) - edible leaves.

Crevice Alumroot (*Heuchera micrantha*) - edible leaves when leaves are cooked.

Bluff Lettuce (*Dudleya farinosa*) - edible leaves. Perennial succulent.

Yellow Stonecrop (*Sedum spathulifolium*) - edible leaves. Perennial succulent.

Elegant brodiaea (*Brodiaea elegans*, *terrestris*) - edible flower and bulb. Bulb needs to be cooked to be edible. The flowers are edible raw.

Ithuriel's spear (*Triteleia laxa*) - edible flower and bulb. Bulb needs to be cooked to be edible. The flowers are edible raw.

One Leaf onion (*Allium unifolium*) - edible flowers, stems, leaves and bulbs.

Blue Dicks (*Dichelostemma capitatum*) - edible flower and bulb. Bulb needs to be cooked to be edible. The flowers are edible raw.

### **Native Plants in Shady Containers**

Miner's Lettuce (*Claytonia perfoliata*, *sibirica*)

Farewell-to-Spring (*Clarkia unguiculata*)

Purple Chinese Houses (*Collinsia heterophylla*)

Blue Dicks (*Dichelostemma capitatum*)

Woodland Strawberry (*Fragaria vesca*)

Crevice Alumroot (*Heuchera micrantha*)

Island Alum Root (*Heuchera maxima*)

Phacelia (*Phacelia ciliata*, *distans*, *douglasii*, *malvifolia*, *nemoralis* and *ramosissima*)

Baby Blue Eyes (*Nemophila menziesii*)

Douglas Iris (*Iris douglasiana*)

Mariposa Lily (*Calochortus albus*)

Blue Dicks (*Dichelostemma capitatum*)

Blue Eyed Grass (*Sisyrinchium bellum*)

### **Resources**

Larner Seeds

[www.larnerseeds.com](http://www.larnerseeds.com)

Annies Annuals

<https://www.anniesannuals.com/>

Seedhunt

[seedhunt.com](http://seedhunt.com)

Theodore Payne Nursery - Southern California

[www.theodorepayne.org](http://www.theodorepayne.org)

Telos Rare Bulbs

<http://www.telosrarebulbs.com/>

Ethnobotany - how Indian tribes used native plants for food, medicine, shelter and tools

Daniel Moerman's Native American Ethnobotany book

<http://naeb.brit.org/>

Calscape is CNPS's plant selection tool with native plant pictures, sizes, soil types, sun/shade, water needs and butterfly caterpillar value.

<https://www.calscape.org/>

California Native Plant Society - Yerba Buena chapter

<http://cnps-yerbabuena.org/>