

San Francisco Hummingbird Plant List

Hummingbirds live year around in our gardens, so planting a year around flower buffet provides beautiful flowers for your garden and food for the hummingbirds.

When you plant native plants, those native plant leaves feed caterpillars, in addition to their flowers feeding hummingbirds. Caterpillars feed baby birds. Planting native plants is better for our ecosystem than planting introduced plants because native plants feed the insects who feed our ecosystem.

Hummingbird habitat needs include

- A tall place to perch to survey their territory
- Year around flower buffet for daily meals
- Shallow/flat nectar plants to attract tiny insects for hummingbirds to eat for protein

Hummingbird year around flower buffet

Winter blooming plants

Manzanita (*Arctostaphylos* species)

Coast barberry (*Berberis pinnata* and *nervosa*)

Pink flowering currant (*Ribes sanguineum* var. *glutinosum*, *malvaceum* and *divaricatum* var. *pubiflorum*)

Spring blooming plants

Maple (*Acer circinatum* and *macrophyllum*)

Columbine (*Aquilegia formosa*)

Blue Dicks (*Dichelostemma capitatum*)

Douglas Iris (*Iris douglasiana*)

Lupine (*Lupinus albifrons*, *formosus* and *variicolor*)

Monkey Flower (*Mimulus aurantiacus*)

Penstemon (*Penstemon heterophyllus*)

Arroyo Willow (*Salix lasiolepis*)

Sages (*Salvia spathacea*, *leucophylla*, *mellifera*)

Summer-fall blooming plants

Bluff Lettuce (*Dudleya farinosa*)

California Fuchsia (*Epilobium canum*)

Honeysuckle (*Lonicera hispidula* and *involucrata* var. *involucrata*)

Malva Rosa (*Malva assurgentiflora*)

Shallow/flat flowers to attract tiny insects for hummingbirds to eat for protein

Winter blooming plants

Maple (*Acer circinatum* and *macrophyllum*)

Spring blooming plants

Yarrow (*Achillea millefolium*)

Seapink (*Armeria maritima*)

Strawberry (*Fragaria vesca* and *chiloensis*)

Phacelia californica and phacelia annuals

Hollyleaf Cherry (*Prunus ilicifolia*)

Thimbleberry (*Rubus parviflorus*)

Blue Elderberry (*Sambucus nigra* ssp. *caerulea*)

Vervain (*Verbena lasiostachys*)

Summer-fall blooming plants

Coyote Bush (*Baccharis pilularis*)

Seaside Daisy (*Erigeron glaucus*)

Farewell-To-Spring (*Clarkia amoena*, *purpurea* and *rubicunda*)

Buckwheat (*Eriogonum latifolium*)

Golden Yarrow (*Eriophyllum confertiflorum*, *lanatum* and *staechadifolium*)

Rough Leaved Aster (*Eurybia radulina*)

Gumweed (*Grindelia hirsutula* and *stricta*)

Sunflower (*Helianthella castanea*)

Goldenrod (*Solidago velutina* ssp. *californica* and *spathulata*)

Aster (*Symphyotrichum chilense* and *subspicatum*)

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

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

California Native Plant Society - Yerba Buena chapter

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