

# Plant Profiles

## Lone Mountain Natives



### ***Agastache cana, pringleii, rupestris & pallidiflora***

Native Hyssops or Hummingbird Mints. Aromatic, hence typically deer resistant, they attract hummingbirds and insects mid-summer to fall frost. Most are super drought tolerant and leaves are good in tea. *A. pallidiflora* likes more water and a little shade.



### ***Achillea millefolium, White Yarrow***

The ferny leaves of yarrow make a soft groundcover throughout the year. Yarrow's ecological and medicinal benefits are numerous. Its clusters of white flowers attract pollinating insects in the summer while it is known to repel certain insect pests. It can be planted as living mulch, an on-site fertilizer and as a nutrient accumulator for nitrogen, phosphorous and potassium. It is rhizomatous and will spread. It prefers a little shade and medium to low water. We plant them in all of our fruit tree basins.



### ***Anemopsis californica, Yerba Mansa***

A great pond plant, we leave ours in the pot and in our small pond all winter. Thick leathery leaves lay flat on the water with attractive white, cone-shaped flowers. The roots and leaves are known for their many medicinal uses. Sun or shade with medium to high water. Yerba mansa goes well with Monkey flower (*Mimulus guttatus*), Cardinal flower (*Lobelia cardinalis*), and any other pond plants.



### ***Aquilegia chrysantha, Golden Columbine***

A spectacular May bloomer with showy, large yellow blossoms that tower over attractive bushy basal leaves. It attracts moths, butterflies and bumblebees. Does very well in pots and will stay green in the pot all winter. It is also a known nitrogen fixer. It prefers at least part shade and medium water.



***Asclepias subverticillata, tuberosa, speciosa...***  
 Milkweeds, known as the butterfly plants! Horsetail Milkweed is often over looked, it grows well with grasses & weeds in disturbed areas. It is often mowed or weed whacked, along with the caterpillars and butterflies it serves as host to. Butterfly weed is the best known of the asclepias's with its showy orange flowers and wide distribution. Some milkweeds are poisonous to livestock. Milkweeds are also nitrogen fixers.



***Berlandiera lyrata, Chocolate Flower***  
 Masses of yellow blooms from May to frost that fill the air with the aroma of chocolate. It does spread in loose or enriched soil. Full sun and drought tolerant.



***Heuchera pulchella, Sandia Coral Bells***  
 This is a native found in NM's Sandia & Manzano Mountains. A smaller version of the well-known ornamental coral bell, it is well suited to rocky areas and prefers part sun, part shade. It is a good container plant and or border for a rock garden.



***Sandia Coral Bells***  
 Pink blossoms attract hummingbirds in early summer. It forms an attractive green mound all winter.



***Linum lewisii var. lewisii, Blue Flax***  
 Sky blue flowers adorn this vase shaped perennial. Flowers fade in the heat of the day. Easy to establish, attracts bees. Blooms spring through fall. Flax is a nutrient accumulator for potassium and other micronutrients. It prefers full sun or part shade and low water.



***Lobelia cardinalis, Cardinal Flower***  
 Reddish-pink flowers attract hummingbirds and swallowtails. Does well in part shade, full shade, and medium water. We plant ours in small ponds (still in the pots). Blooms mid- summer.



***Gaillardia aristata*, Blanketflower**

A well-known native found throughout the west. It attracts butterflies and bees and blooms from spring to fall frost. Finches love the seeds. A good mulch maker for the garden. Full sun or light shade, medium water until established.



***Heliomeris multiflora*, Showy Goldeneye**

A prolific bloomer from late spring through fall, it was a butterfly magnet in our yard. Ladybird Johnson website lists it as an important plant for bees. It has a strong aroma of honey. It tolerates full sun or part shade but requires medium water.



***Ratibida columnifera*, Mexican Hat**

Low maintenance, vase shaped perennial with constant blooms from spring to fall frost. Flowers provide nectar for a variety of insects and birds eat the seeds. It handles full sun and requires very little water.



***Penstemon barbatus* & *Penstemon eatonii*.**

These are scarlet red penstemons; *eatonii* has triangular shaped leaves while *barbatus* has long narrow leaves. *P. barbatus* is common in the Gila region, while *P. eatonii* is found in the northern part of NM. Eaton's penstemon blooms in the spring while *barbatus* blooms summer to fall. Needless to say hummingbirds love them. They like full sun and low water.



***Penstemon palmeri***

Palmer's Penstemon is perhaps the tallest of the penstemons with showy, large pink blossoms. It is also fragrant and attracts bees. It needs full sun and requires very little water.



***Penstemon pseudospectabilis*, Canyon Penstemon**

Numerous magenta flowers borne on tall stalks make for a spectacular show May to early June. The thick, leathery bluish green leaves hold winter interest giving this perennial a shrub-like appearance when not in bloom. Attracts bees and hummingbirds love it! It grows in full sun or part shade and needs very little water.



Photo Andy & Sally Wasowski

***Penstemon strictus*, Rocky Mtn Penstemon**

Deep purple flowers are displayed above a mat of lance shaped leaves. Typically a higher elevation penstemon, it does well here with a little shade and a little more water than the other penstemons. It also attracts native bees.

**On Growing Penstemons**

Pestemons grow best in soil that drains well. If your soil is heavy clay, build a raised bed and mix in decomposed granite or arroyo “sand”. Mulch with gravel or local rock, decomposed granite is great.



***Silene laciniata*, Indian Pink**

Indian Pink or catchfly is a summer blooming perennial with red blooms that attract hummingbirds. The petals are deeply cut giving it an attractive, star-shaped appearance. It blooms mid- summer after the spring penstemons. It does best with a little shade and medium to low water.



***Thymophylla pentachaeta*, Golden dysodia**

Bright yellow blooms adorn this low mounding aromatic groundcover. It is long blooming from May to frost, is easy to grow and re-seeds readily. It attracts bees and butterflies in the lower desert. Grows best in full sun and requires very little water, a good choice for cactus gardens.

\* Photos are from a variety of sources including educational sites from the internet, Elroy Limmer and [www.gilaflo.org](http://www.gilaflo.org), and Lone Mtn Natives.

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