

Catalogue of Native California Wetland and Riparian Plants

Achillea millefolium (cn)

Common Yarrow

Aromatic green fern-like foliage with long lasting clusters of white flowers. Attracts butterflies.

Medicinal uses. Hardy. Spreads quickly. CA native.

Wide spreading. Can be mowed, tolerates drought, prefers sandy soil. Grows 2-3' tall.

Habit: Marginal Bloom Color: white Lighting: Full-Sun USDA Zone: 3

Acorus calamus (cn)

Calamus

Hardy wetland plant with sword-shaped green leaves. Medicinal plant. Edible. CA native.

Grows 3' height. Moist soil to 6" below water surface. Good watershed filter. Withstands frost.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone: 3

Alisma plantago-aquatica (cn)

Water Plantain

Elongated green leaves. White flowers grow on a branching, long stem. Medicinal qualities.

Edible. CA native.

Must be wet at all times to stay green; summer dormant without water. Grows to 3' tall.

Habit: Bog Bloom Color: white Lighting: Full-Sun USDA Zone: 6

Alnus incana ssp tenuifolia

Mountain Alder

Multi-stemmed shrub or small tree. Food source for wildlife. Good for site rehab, streambank stabilization, erosion control. CA native.

Tolerates cold, low-med elevations. Rich, moist soil. Grows 20-40' tall.

Habit: Marginal Bloom Color: Lighting: Sun or filtered USDA Zone: 5

Alnus rhombifolia (cn)

White Alder

Deciduous riparian tree. Fast growing. Tolerates heavy soil, sun or shade, and flooding. CA native.

Grows to 40' tall. Prefers moisture. Tolerates wind.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone: 7

Anemopsis californica (cn)

Yerba Mansa

Conic white flowers and bluish-tinged leaves. Medicinal herb. Excellent for marsh plantings and pond edges. Good in hot and cold climates. CA native.

Tolerates brackish water. Clumping groundcover. Grows 12" tall, 2-3' wide. Winter dormant.

Habit: Bog Bloom Color: white Lighting: Full-Sun USDA Zone: 4

Apocynum cannabinum (cn)

Indian Hemp (Dogbane)

Wild meadow plant with small white flowers in summer. Used by Native Americans for rope. CA native.

Fast growing. Grows to 3' tall. Very moist to dry soil.

Habit: Marginal Bloom Color: white Lighting: Sun or filtered USDA Zone: 4

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Artemisia douglasiana (cn)

Mugwort

Attractive fragrant foliage with history of medicinal uses. Leaves are green on top, silvery beneath. Indistinct flower. Good for birds. CA native.

Grows to 3' tall. Keep moist.

Habit: Marginal Bloom Color: Lighting: Sun or filtered USDA Zone: 6a

Asclepias fascicularis (cn)

Narrowleaf Milkweed

Elegant, narrow leaves, bushy, clusters of rosy-pink flowers. Butterfly food, attracts pollinators. Deer tolerant. CA native.

Tolerates moist soil & drought, garden & clay. Grows 1-3' tall. Easy to grow. Dormant in winter.

Habit: Marginal Bloom Color: rosy-pink Lighting: Sun or filtered USDA Zone: 3

Asclepias speciosa (cn)

Showy Milkweed

Flower clusters 4-5", pink-lavender, fragrant. Large blue-green leaves. Low toxicity. Attracts butterflies, honeybees, other pollinators. CA native.

Prefers moist soil but tolerates drought. Grows 2-3' tall. Dormant in winter.

Habit: Marginal Bloom Color: pink-lavender Lighting: Full-Sun USDA Zone: 3

Aster chilensis (cn)

California Aster

Vigorous native perennial covered with soft lavender daisies in summer. Attract butterflies. CA native.

Sprawling to upright. Grows 20-40" tall. Tolerate heavy watering and drought. Prune in winter.

Habit: Marginal Bloom Color: lavender blue Lighting: Full-Sun USDA Zone:

Baccharis glutinosa (cn)

Marsh Baccharis

Grows in salt marshes. Good nectar source. Green-brown stems and silver-green foliage, white flowers. CA native.

Grows to 3' tall. Keep moist.

Habit: Bog Bloom Color: white Lighting: Full-Sun USDA Zone:

Bolboschoenus maritimus (cn)

Seaside Bulrush

Salt tolerant bulrush. Upright green stems. Ecologically important as wind & current buffer, reducing erosion. Provides wildlife habitat. CA native.

Grows to 5' tall. Prefers partial submersion or bog.

Habit: Bog Bloom Color: Lighting: Full-Sun USDA Zone: 5

Caltha palustris (cn)

Marsh Marigold

Large round leaf, buttercup yellow flowers, first to bloom in spring. Found along streams, marshes. Attracts insects. CA native.

Clumping Grows to 8-12" height. Prefers filtered sun and moist soil. May be summer dormant.

Habit: Bog Bloom Color: golden yellow Lighting: Sun or filtered USDA Zone: 3

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Calycanthus occidentalis (cn)

Western Spice Bush

Deciduous shrub with bright green foliage, red flowers with scent of wine. Grows along streams & rivers. CA native.

Likes heat. Keep moist. Grows 5-12' tall. Can be pruned as hedge or small tree.

Habit: Marginal Bloom Color: red Lighting: Sun or filtered USDA Zone:

Carex amplifolia (cn)

Bigleaf Sedge

Western native sedge with impressively large leaves and tall flowering spikes. Found in swampy meadows. CA native.

Tolerates seasonal flooding. Keep moist. Grows to 4' tall.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

Carex aquatilis (cn)

Water Sedge

Sod-forming perennial sedge that stays green late into the summer. Good forage. CA native.

Requires saturated soil. Young plants can be submerged to 2" until established. Grows 6-40" tall.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

Carex densa (cn)

Dense Sedge

Semi-evergreen sedge for moist meadows and woodlands. Forms small clumps. CA native.

Stays green with regular moisture. Can be slightly submerged. Grows to 1-2' tall.

Habit: Marginal Bloom Color: Lighting: Sun or filtered USDA Zone:

Carex nudata (cn)

Black Flowering (Naked) Sedge

Bright green dense mounding sedge. Black flowers. Dies back in winter. Good for containers. CA native.

Can be partially submerged. Grows 1-2.5' tall. Keep moist.

Habit: Bog Bloom Color: black Lighting: Sun or filtered USDA Zone:

Carex obnupta (cn)

Slough Sedge

Grass-like foliage with wheat-like tops, flat dark green leaves. CA native.

Tall clumping grass-like plant grows in moist boggy conditions. Height 2'-3'.

Habit: Bog Bloom Color: Lighting: Full-Sun USDA Zone:

Cephalanthus occidentalis

Buttonbush

Deciduous shrub good for rain gardens, attracts bees and butterflies. Perfectly round white-pink fragrant flowers, interesting year round. CA native.

Adjust to most moist soils. Grows 5-12' tall, 4-8' spread.

Habit: Marginal Bloom Color: white Lighting: Sun or filtered USDA Zone: 5

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***Cornus glabrata* (cn)**

Brown Creek Dogwood

Deciduous riparian shrub, brown stems and green - brown - red leaves, with creamy white flowers. Good for birds. Deer resistant. CA native.

Grows 7-10' tall. Prefers moist soil, some shade. Good restoration plant. Do not submerge.

Habit: Marginal Bloom Color: white Lighting: Part-Sun USDA Zone: 7

***Cornus sericea occidentalis* (cn)**

Western Redtwig Dogwood

Riparian shrub, forming broad clumps with red stems. Small white flower and fruit. Good for birds. CA native.

Grows 15-18' tall. Prefers wetland margins. Good restoration plant. Do not submerge.

Habit: Marginal Bloom Color: white Lighting: Sun or filtered USDA Zone: 5

***Darmera peltata* (cn)**

Indian Rhubarb

Clumps of broad, round leaves with pink flower spikes. Good for pond margins and marsh gardens. Native to mountains of N. CA.

Grows 2'-4' tall. Prefers cooler location. Keep moist.

Habit: Bog Bloom Color: pink Lighting: Part-Sun USDA Zone: 5

***Eleocharis macrostachya* (cn)**

Common Spike Rush

Perennial rush-like sedge found in moist habits. Bright green erect stems. Habitat plant. Good rain garden and border plant. CA native.

Grows to 3' tall. Keep moist. Salt tolerant. Can be slightly submerged.

Habit: Bog Bloom Color: Lighting: Full-Sun USDA Zone:

***Epipactus gigantea* 'Serpentine Night' (cn)**

Stream Orchid 'Serpentine Night'

Dark burgandy leaves and stems. Flowers in spring. CA native.

Moist soil. Grows to 3' tall.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

***Epipactus gigantea* (cn)**

Stream Orchid

Dark green leaves and stems. Flowers in spring. CA native.

Moist soil. Grows to 3' tall.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

***Equisetum hyemale* (cn)**

Scouring Horsetail Rush

Ancient Fern with dark green hollow segmented stems, turns orange in cooler weather. Cone shaped spores at tips of single stems. CA native.

Grows to 3'. Prefers wet soil. Can be invasive.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone: 4

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Equisetum hyemale v. robustum (cn)

Giant Scouring Horsetail Rush

Especially tall fern, dark green hollow segmented stems, turning orange in cooler weather. Cone-shaped spores at tips of stems. CA native.

Grows to 4' or more. Prefers wet soil. Can be invasive.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone: 4

Equisetum telmateia (cn)

Northern Great Horsetail

Perennial fern with green hollow segmented stems. Sterile stems branch in regular whorls; fertile stems produce spores. CA native.

Forms colonies. Prefers damp shady area. Can be invasive.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone: 5

Grindelia stricta (cn)

Salt Marsh Gumweed

Erect perennial or subshrub with bright yellow flowers. Easy to grow and vigorous. Attracts butterflies. CA native.

Grows to 3' tall. Tolerates seasonal flooding, salt. Deer resistant.

Habit: Marginal Bloom Color: yellow Lighting: Sun or filtered USDA Zone: 7a

Helenium autumnale (cn)

Common Sneezeweed

Large bright yellow daisies on 2-3 ft. stems. Lance-shaped green leaves. Attracts pollinators.

Does not cause hayfever! CA native.

Keep moist. Grows 2-3' tall.

Habit: Bog Bloom Color: yellow Lighting: Sun or filtered USDA Zone:

Helenium bigelovii (cn)

Bigelow's Sneezeweed

Golden daisy like flowers, round dome center on 2-3 ft. stems. Lance-shaped green leaves.

Attracts pollinators. Does not cause hayfever! CA native.

Keep moist. Grows 2-3' tall.

Habit: Bog Bloom Color: yellow Lighting: Sun or filtered USDA Zone:

Helenium puberulum (cn)

Rosilla Sneezeweed

Golden very small petals which quickly disappear to leave spherical center. Attracts pollinators.

Does not cause hayfever! CA native.

Keep moist. Grows 2-3' tall.

Habit: Bog Bloom Color: yellow Lighting: Sun or filtered USDA Zone:

Hibiscus californicus syn. lasiocarpus (cn)

California Hibiscus

Wetland hibiscus native to Sacramento River Delta. Fuzzy green leaves and broad white flowers.

Dormant in winter. Rare CA native.

Grows 3' tall. Prefers part shade and moist soil. Tolerates clay.

Habit: Bog Bloom Color: white Lighting: Part-Sun USDA Zone: 4

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Hippuris vulgaris (cn)

Mare's Tail

Creeping perennial herb that roots underwater. Narrow pine-tree like foliage grows above water surface. Ideal as oxygenator. CA native.

Can be submerged to 12". Grows to height of 24" above water surface.

Habit: Emerging Bloom Color: Lighting: Sun or filtered USDA Zone: 4

Hydrocotyle ranunculoides (cn)

Floating Marsh Pennywort

Bright green aromatic marsh plant. Long creeping stems form dense mats. Shiny, leathery round leaves. Used as a Chinese herb. CA native.

Grows in swampy areas or on water surface. 2-6" above water surface. Can be submerged.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

Hydrocotyle verticillata (cn)

Little Umbrellas Pennywort

Creeping plant with round, deep green, umbrella-like foliage and umbel of white flowers. CA native.

Boggy moist soil to full submersion. Grows 2-3" in height.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

Iris longipetala (cn)

Coast Iris

Uncommon CA native restricted to swales and moist areas in coastal grasslands from San Francisco to Monterey. Bluish-green leaves. CA native.

Prefers moist soil. Clumping, Grows 20' tall.

Habit: Bog Bloom Color: lavender-blue Lighting: Sun or filtered USDA Zone: 3

Juncus balticus (cn)

Baltic Rush

Riparian clumping rush with dark green, narrow stems, numerous rhizomes. Good erosion control. CA native.

Grows to 3' tall. Tolerates sand, clay, no drainage and seasonal flooding, and brackish water.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

Juncus effusus (cn)

Soft Rush

Dark green foliage with seedy flower clumps in spring. Evergreen with round stems & brown flowers in summer. Drought tolerant. CA native.

Grows 2'-3' tall. Keep soil moist. Clumping.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

Juncus lescurii (cn)

Salt Rush

Dark green stemmed rush, grows in freshwater and salt marshes and near sand dunes. Can be found in clumps or single stems. CA native.

Grows 2'-3' tall. Keep soil moist. Clumping.

Habit: Bog Bloom Color: Lighting: Full-Sun USDA Zone:

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***Juncus patens* (cn)**

California Gray Rush

Evergreen with blue-grey spines and brown seedy flower. Clumping. Native to U.S. west coast. Clumping. CA native.

Tolerates most conditions. Can be submerged to 4". Sun for flowering. Height 18"-30".

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

***Juncus xiphioides* (cn)**

Iriseaf Rush

Interesting sculptured rush with wide blades and flowers clumps appearing like iris blooms. CA native.

Keep moist. Grows to 2' tall.

Habit: Bog Bloom Color: Lighting: Full-Sun USDA Zone:

***Lemna minor* (cn)**

Duckweed

Floating aquatic plant -one of the smallest of all flowering plants! Forms carpet of green on water surface. Good food source for wildlife. CA native.

Must be in water at all times.

Habit: Floating Bloom Color: Lighting: Full-Sun USDA Zone:

***Lonicera involucrata* (cn)**

Twinberry Honeysuckle

Riparian deciduous shrub with beautiful red, purple and yellow flowers followed by black shiny fruit, edible but bitter. CA native.

Keep moist. Grows 6-10' tall. Very shade tolerant.

Habit: Marginal Bloom Color: purple, red Lighting: Part-Sun USDA Zone: 4

***Menyanthes trifoliata* (cn)**

Bog Bean

Flowers stalks and leaves rise above water surface. Creeping rhizomes form colonies at pond edge. Star-shaped, hairy white flowers. CA native.

Prefers acidic, peaty soil. Grows to 12" tall. Submerge to 3".

Habit: Emerging Bloom Color: white Lighting: Sun or filtered USDA Zone: 3

***Mimulus cardinalis* (cn)**

Cardinal Monkeyflower

Robust perennial tubular red flowers attract hummingbirds and other pollinators. CA native.

Keep moist. Grows to 2' tall and wide. Trim after first bloom and will bloom again.

Habit: Marginal Bloom Color: red Lighting: Sun or filtered USDA Zone:

***Mimulus guttatus* (cn)**

Seep Monkey Flower

Riparian wildflower. Grows along streams. Forms mats of foliage topped with flowering stems of cheerful bright yellow tubular flowers. CA native.

Regular water to slightly submerged. Free flowering spring-summer. Grows from seed.

Habit: Bog Bloom Color: yellow Lighting: Sun or filtered USDA Zone: 6

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Nasturtium officinale (cn)

Water Cress

Fast growing aquatic or semi-aquatic herb. Edible. CA native.

Keep moist. Can be partially submerged or used as ground cover.

Habit: Floating Bloom Color: white Lighting: Sun or filtered USDA Zone: 3

Nuphar lutea ssp polysepala (cn)

Spadderdock

Large-leaved aquatic perennial, bright yellow blossoms. Seeds were used for flour & popcorn.

Release alcohol, not CO₂, when absorbing O₂. CA native.

Grows in shallow water to 3' deep. Must be partially submerged.

Habit: Submerged Bloom Color: yellow Lighting: Sun or Shade USDA Zone:

Oenanthe sarmentosa (cn)

Pacific Water Parsley

Variety of water celery. Clumping groundcover with stalks of small white flowers. CA native.

Keep moist. Groundcover.

Habit: Bog Bloom Color: white Lighting: Sun or filtered USDA Zone:

Phyla nodiflora (cn)

Texas Frog Fruit

Rambling ground cover. Tolerates drought and flooding. Soft green leaves, pinkish flowers.

Attracts butterflies. CA native.

Keep from frost. Usually found in wetlands. Sprawling.

Habit: Marginal Bloom Color: pink Lighting: Full-Sun USDA Zone:

Potentilla anserina (cn)

Silverweed

Yellow flowers in summer with serrated green foliage. CA native.

Low growing to 6" tall. Prefers boggy conditions. Spreads quickly by runners

Habit: Bog Bloom Color: yellow Lighting: Full-Sun USDA Zone:

Potentilla gracilis (cn)

Fivefinger Marsh Cinquefoil

Multi-stemmed with dark gray-green leaves and silvery undersides. Flowers are pale to dark yellow. CA native.

Grows 1-2.5 ft. Intolerant of shade.

Habit: Marginal Bloom Color: yellow Lighting: Full-Sun USDA Zone:

Ranunculus flammula (cn)

Creeping Buttercup

Shallow water plant. Creeping perennial, tiny yellow flowers, delicate foliage. Blooms throughout summer. Spread by runners. CA native.

Likes wet boggy soil. Grows to 1' height. Tolerates brackish water. Prefers cool climate.

Habit: Bog Bloom Color: yellow Lighting: Full-Sun USDA Zone:

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Rosa californica (cn)

California Wild Rose

Deciduous shrub with single fragrant pink blossoms and red fruits. Good living fence. CA native.

Keep moist. Grows 3-5' tall.

Habit: Marginal Bloom Color: pink Lighting: Full-Sun USDA Zone:

Sagittaria cuneata (cn)

Arum Leaf Arrowhead

Perennial marsh herb. Wide arrow shaped leaves, fleshy tuber like roots. Small white flowers grow on a single spike. CA native.

Grows best in calm, shallow water but can be submerged to 6". Height 1-2 ft. Dormant in winter.

Habit: Emerging Bloom Color: white Lighting: Sun or filtered USDA Zone:

Sagittaria latifolia (cn)

Broadleaf Arrowhead

Perennial herb. Very narrow leaves in arrowhead shape. Marsh plant. Small white flowers grow on a single spike. CA native.

Grows best in calm, shallow water but can be submerged to 6". Height 1-2 ft. Dormant in winter.

Habit: Emerging Bloom Color: white Lighting: Sun or filtered USDA Zone:

Sagittaria montevidensis (cn)

Giant Arrowhead

Aquatic freshwater herb found in shallow waters. Three white petal flowers with wine-red spots, grow on single stalk. CA native.

Grows best in calm, shallow water. Height 2'-3'. Hardy in mild winters. Can be submerged 12".

Habit: Emerging Bloom Color: white Lighting: Sun or filtered USDA Zone:

Salix exigua (cn)

Sandbar Willow

Tall shrub with narrow silky-gray leaves and gray bark. Good nectar source. Used for wetland restoration. CA native.

Keep moist. Grows 4-15' tall.

Habit: Bog Bloom Color: Lighting: Sun or filtered USDA Zone:

Salix laevigata (cn)

Red Willow

Deciduous shrub or tree with red-brown bark and pale leaves. Good for stream stabilization. CA native.

Keep moist. Grows to 45' tall.

Habit: Bog Bloom Color: Lighting: Full-Sun USDA Zone:

Sambucus mexicana (cn)

Blue Elderberry

Deciduous shrub or small tree. Grows along river and streams. Flat clusters of creamy yellow flowers then blue berries. CA native.

Grows 8-25' tall. Keep moist.

Habit: Marginal Bloom Color: creamy yellow Lighting: Sun or filtered USDA Zone:

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Schoenoplectus acutus (cn)

Giant Bulrush (Tule)

Thick, erect green stems. Ecologically important as wind & current buffer, reducing erosion.

Provides wildlife habitat. Used for baskets. CA native.

Grows to 3-10' tall. Prefers partial submersion or bog.

Habit: Bog

Bloom Color:

Lighting: Full-Sun

USDA Zone: 3

Schoenoplectus americanus (cn)

Three-Square Bulrush

Flowering rush with stiff three-angled stems. Food source for wildlife. CA native.

Keep moist. Grows to 2' tall.

Habit: Bog

Bloom Color:

Lighting: Full-Sun

USDA Zone:

Scirpus cernuus (cn)

Fiber Optic Grass

Bright green evergreen foliage with graceful, weeping stems. Good container plant. CA native.

Grows to 10"-14" tall. Prefers moist soil. Can be submerged to 2". Heat tolerant.

Habit: Bog

Bloom Color:

Lighting: Sun or filtered

USDA Zone:

Sidalcea calycosa ssp. Rhizomata (cn)

Point Reyes Checkerbloom

Rare CA native groundcover for moist spots. Pink 1.5" blooms; round, glossy, scalloped leaves.

Vigorous. CA native.

May go dormant in drought conditions. Grows 6-12" tall.

Habit: Bog

Bloom Color: pink

Lighting: Sun or filtered

USDA Zone: 9

Sisyrinchium bellum (cn)

Blue Eyed Grass

Small clumping grass with iris-like leaves. Blue star flowers grow at tip of leaf. Evergreen. CA native.

Grows to 12" tall. Grows in wetlands and woodlands.

Habit: Marginal

Bloom Color: blue

Lighting: Sun or filtered

USDA Zone:

Sisyrinchium californicum (cn)

Yellow Eyed Grass

Small clumping grass with iris-like leaves. Yellow star flowers grow at tip of leaf. CA native.

Grows to 8" tall. Prefers moist soil. California native.

Habit: Marginal

Bloom Color: yellow

Lighting: Full-Sun

USDA Zone:

Symphoricarpos albus v. laevigatus (cn)

Snowberry

Deciduous shrub with clusters of pinkish flowers then white berries. Understory plant, good bird habitat. CA native.

Grows 4' tall and spreading. Prefers part shade. Tolerates very moist and dry soil.

Habit: Marginal

Bloom Color: pink, white

Lighting: Part-Sun

USDA Zone:

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***Tellima grandiflora* (cn)**

Fringe Cups

Mounds of soft foliage with many small flowers blooming green and changing to pink. CA native.

Clumping shade plant. Grows 18-24" tall. Tolerates very moist to dry soils.

Habit: Marginal Bloom Color: green, pink Lighting: Shade USDA Zone:

***Typha latifolia* (cn)**

Common Cattail Rush (Cumbungi)

Narrow-leafed tall plant with velvety brown flower head. Classic pond plant. Good bird habitat. CA native.

Submerge. Dies back in winter. Likes brackish water. Grows 4'-8' tall.

Habit: Emerging Bloom Color: Lighting: Full-Sun USDA Zone: 4

***Veronica americana* (cn)**

American Speedwell

Dense patches of leafy stems with blue flowers. Perennial. Found in shallow water, vernal pools, swamps. Edible--like watercress. CA native.

Grows 4" tall, spreads 3'. Tolerates sandy and clay soils, cold, submergence. Spreads by seed.

Habit: Bog Bloom Color: blue Lighting: Sun or filtered USDA Zone:

***Vitis californica* (cn)**

California Wild Grape

Deciduous vine with clusters of small edible grapes. Grows along streams. CA native.

Prefers moist conditions. Grows laterally if not staked. Grows to 30'.

Habit: Marginal Bloom Color: Lighting: Full-Sun USDA Zone:

Bee Friendly, no neonicotinoids
Free of synthetic sprays/fertilizers
Irrigated with 100% recycled water

(cn) = CA Native
* = can be invasive

DO NOT INGEST PLANTS WITHOUT CONSULTING A PROFESSIONAL. Reference to edible aquatic plants is for general information only. Your own research should be undertaken prior to ingesting any part of of any plant. If not properly identified or not properly prepared, some plant parts can be toxic.