

A Must-Have California Native Plant!

Sunflower

Helianthus species



Description: Sunflowers are annual plants that can range from 4' to 10' tall, depending on the variety. Their blooms attract pollinators, including butterflies, the leaves feed caterpillars and the seeds feed birds.



Light: Full Sun



60 species of butterflies and moths can lay eggs on this plant.



Featured Butterfly: The *Painted Lady* butterfly is one of the most widespread of all butterflies, found on every continent except Antarctica and South America. As a caterpillar, it eats leaves of sunflower, lupine, thistle, artemisia and mallow.

Keystone Plant: This California native is a “must have” (host) plant for caterpillars, which, in turn, are the “must have” food for baby birds.

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