**Achillea millefolium - Yarrow**

- **Height:** To 100 cm
- **Hardiness:** Zone 3b
- **Exposure:** Sun
- **Soil:** Moist to dry
- **Blooms:** June-September
- **Attracts:**
- **Native Range:** North America (coast to coast)

Yarrow has soft feathery leaves and white flower clusters. It can be divided every two years and is good for mixed borders, perennial beds, and the cut garden. The oils of this plant are antibacterial and used as a medicinal. It is also a good companion plant that helps other plants grow in poor soils.

Price:
- **10 cm pot** $3.60

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**Agoseris aurantiaca - Orange Agoseris**

- **Height:** 10-45 cm
- **Hardiness:** Zone 3b
- **Exposure:** Sun
- **Soil:** Well-drained
- **Blooms:** July-August
- **Attracts:**
- **Native Range:** Canada: BC, AB, NT, YT and QC US: AK, AZ, CA, CO, ID, MT, NM, NV, OR, SD, UT, WA and WY

A species for those seeking an unusual perennial for the wildflower bed and drought tolerant sites. The species name, *aurantiaca*, is Latin for "orange" after the bright, burnt-orange ray-shaped flowers that are held above basal leaves on solitary stems. The leaves of this plant have been rubbed on skin to reduce swelling.

Price:
- **9/10 cm pot** $3.60

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**Anaphalis margaritacea - Pearly Everlasting**

- **Height:** 30-60 cm
- **Hardiness:** Zone 3b
- **Exposure:** Sun & part shade
- **Soil:** Well-drained
- **Blooms:** July-September
- **Attracts:**
- **Native Range:** Most of North America (coast to coast)

Crisp papery white flowers used for dried winter ornaments. It blooms in the garden long after all other flowers are past. Can also be used to border gravel driveways. It looks nice in combination with the blue-violet flowers of native asters or showy daisy. The whole plant can be used for dyes or as incense, and it has been used as medicine in the past.

Price:
- **10 cm pot** $3.60
**Aquilegia formosa** - Western Columbine

- **Height:** 60 cm  
- **Hardiness:** Zone 3b  
- **Exposure:** Sun & part shade  
- **Soil:** Well-drained  
- **Blooms:** May-July  
- **Attracts:**  
- **Native Range:** Canada: BC, AB and YT  
  US: AK, CA, ID, MT, NV, OR, UT and WA

The graceful nodding red-orange and yellow flowers that dangle like tiny lanterns in the breeze are considered good luck. It is adaptable for humus soils or rocky and steep areas in sun or part shade. Columbine was considered a love medicine plant, and the seeds can be crushed to make perfume or stored in a sachet.

Price:  
9/10 cm deep $3.60

---

**Arabis hirsuta** – White-flowered Rockcress

- **Height:** To 30 cm  
- **Hardiness:** Zone 3b  
- **Exposure:** Sun & part shade  
- **Soil:** Well-drained  
- **Blooms:** June-July  
- **Attracts:**  
- **Native Range:** Most of North America (coast to coast)

White flower clusters held above a cute evergreen basal cluster of leaves. A self-seeding biennial, it can grow in very dry and rocky areas, which is why it is called Rockcress. It is the host plant of Sara’s Orangetip butterfly. Combines well in flower beds with *Camassia quamish* (Common Camas).

Price:  
10 cm pot $3.60

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**Arnica chamissonis** - Meadow Arnica

- **Height:** 40 cm  
- **Hardiness:** Zone 3b  
- **Exposure:** Sun  
- **Soil:** Moist to wet  
- **Blooms:** June-July  
- **Attracts:**  
- **Native Range:** Canada: BC to QC (incl. YT and TC)  
  US: AK, AZ, CA, CO, ID, MT, NM, NV, OK, OR, UT, WA and WY

Bright yellow sunflower-like flowers (3-5 cm across) are held above narrow fuzzy leaves. Arnica brightens up any perennial garden in summer. Used medicinally, Arnica is an anti-inflammatory that is rubbed on sprains and bruises when the skin is unbroken.

Price:  
10 cm pot $3.60
**Aruncus dioicus** - Bride’s Feathers

- **Height:** To 100 cm
- **Hardiness:** Zone 4a
- **Exposure:** Shade & part sun
- **Soil:** Moist to dry
- **Blooms:** June-July
- **Attracts:** 
- **Native Range:** Canada: BC, AB, YT, ON, QC and NS  
  US: west and east coasts

This astilbe-like perennial holds its large, showy, sweetly-scented, white flowering spikes above its basal leaf cluster. This graceful plant makes a great background or specimen plant and can also be used along forest edges. A native alternative to hostas.

Price:
- **11.25 cm pot** $3.80
- **15 cm pot** $10.00

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**Aster conspicuus** - Showy Aster

- **Height:** 35-80 cm
- **Hardiness:** Zone 3b
- **Exposure:** Sun & part sun
- **Soil:** Well-drained
- **Blooms:** July-August
- **Attracts:** 
- **Native Range:** Canada: BC, AB, SK and MB  
  US: ID, MT, OR, SD, WA and WY

Full clusters of bluish-violet blooms with yellow centers. This aster has a creeping rhizome and will nicely fill in the back of perennial or shrub beds. Combines well with pearly everlasting. Naturalizes well in meadows and open woodland situations.

Price:
- **10 cm pot** $3.60

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**Balsamorhiza sagittata** – Arrowleaf Balsamroot

- **Height:** 20 to 60 cm
- **Hardiness:** Zone 6b
- **Exposure:** Sun
- **Soil:** Dry
- **Blooms:** May-June
- **Attracts:** 
- **Native Range:** Canada: BC and AB  
  US: AZ, CA, CO, ID, MT, ND, NV, OR, SD, UT, WA and WY

An aromatic perennial with large silvery leaves and bright yellow sunflower-like flowers. The seeds are very much like small sunflower seeds, and are edible. This species was used as both medicine and food and the large leaves were used as platters! Plant with camas for a nice display.

Price:
- **11.25 cm pot** $4.00
**Boykinia occidentalis** – Coastal Brookfoam

- **Height:** To 30 cm
- **Hardiness:** Zone 4b
- **Exposure:** Part shade
- **Soil:** Moist
- **Blooms:** June-August
- **Native Range:** Canada: BC, US: WA, OR and CA

Sprays of dainty, white, star-shaped flowers are held on reddish stems above the attractive heart to kidney-shaped, lobed basal leaves. In the saxifrage family, it grows in clusters producing sprays of white flowers in summer.

**Price:**
- 10 cm pot $3.60

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**Clintonia uniflora** - Queen’s Cup

- **Height:** 15 cm
- **Hardiness:** Zone 4a
- **Exposure:** Shade
- **Soil:** Well-drained
- **Blooms:** May-July
- **Native Range:** Canada: BC and AB, US: AK, CA, ID, MT, OR and WA

Also called Bride’s Bonnet or Blue-Bead Lily, this plant grows with a creeping rhizome. It has white, star-like flowers and metallic blue berries in late summer. This plant is slow growing and is sold at flowering age (4-5 years). It grows best with spring moisture.

**Price:**
- 10 cm pot $4.50

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**Delphinium menziesii** – Menzies’ Larkspur

- **Height:** 40 cm
- **Hardiness:** Zone 5a
- **Exposure:** Sun & part shade
- **Soil:** Well-drained
- **Blooms:** May-June
- **Native Range:** Canada: BC, US: OR and WA

Many gorgeous, spurred deep-blue to purplish flowers are held above attractive palmately divided leaves. Bumble-bees are the only type of bee with long enough tongues to feed from this plant. The electric blue flower colour accents the white and yellow flowers of other natives that bloom at the same time. Plant in rockeries, containers, rocky bluffs or well-drained flower beds.

**Price:**
- 10 cm pot $4.50
- 15 cm pot $10.00
**Disporum hookeri** - Hooker’s Fairy Bells

| Height: | 90 cm | Hardiness: | Zone 3b |
| Exposure: | Shade | Soil: | Humus to dry |
| Blooms: | April-May | Attracts: | |
| Native Range: | Canada: BC and AB US: ID, MI, MT, OR and WA |

Recently changed to *Prosartes hookeri* variety *oregana*. Delicate flowers are pale pendant bells at the end of attractive leafy stems, sheltered from rain. Fruit produced in fall is salmon-red. They combine well with bleeding hearts, lily-of the-valley, and ferns. Thrushes and other woodland birds are attracted to their berries.

Price:
- **10 cm pot** $3.60
- **15 cm pot** $10.00

**Dodecatheon hendersonii** - Shooting Star

| Height: | 30 cm | Hardiness: | Zone 7a |
| Exposure: | Sun | Soil: | Well-drained |
| Blooms: | March-May | Attracts: | |
| Native Range: | Canada: BC US: CA, OR and WA |

Magenta cyclamen-like flowers with petals swept backwards are held above a rosette of broad leaves. Plant them in full sun in well-drained locations with at least 10 cm humus rich soil. It is an excellent substitute for non-native primroses around garden edges or in rock gardens.

Price:
- **10 cm pot** $4.50

**Dodecatheon pulchellum** - Pretty Shooting Star

| Height: | 20-50 cm | Hardiness: | Zone 3b |
| Exposure: | Sun | Soil: | Humus |
| Blooms: | April-August | Attracts: | |
| Native Range: | Canada: BC, AB, MB, SK, NT and YT US: AK plus western US (ND to NM are further east) |

Magenta to lavender flowers with a waxy purplish ring, similar to cyclamen blooms. Prefers winter/spring moisture in sunny to partial sunny sites followed by summer droughts (coastal weather). Grows well in rock gardens, near ponds, or edging flower beds.

Price:
- **9 cm pot** $4.50
### Perennials

**Erigeron peregrinus** - Subalpine Daisy

<table>
<thead>
<tr>
<th>Height:</th>
<th>20-60 cm</th>
<th>Hardiness:</th>
<th>Zone 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exposure:</td>
<td>Sun</td>
<td>Soil:</td>
<td>Moist</td>
</tr>
<tr>
<td>Blooms:</td>
<td>July-August</td>
<td>Attracts:</td>
<td>Native Range: Canada: BC, AB and YT US: AK, ID, OR and WA</td>
</tr>
</tbody>
</table>

Clusters of pink to purple daisy flowers with yellow centers are held above narrow basal leaves. The petals are much wider than other native daisy species. They can spread by underground roots. This species has been used as a pain killer and stimulant by the Cheyenne.

**Price:**

9 cm pot $3.60

### Erigeron speciosus - Showy Daisy

<table>
<thead>
<tr>
<th>Height:</th>
<th>15-60 cm</th>
<th>Hardiness:</th>
<th>Zone 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exposure:</td>
<td>Sun &amp; part shade</td>
<td>Soil:</td>
<td>Well-drained</td>
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<tr>
<td>Blooms:</td>
<td>May-August</td>
<td>Attracts:</td>
<td>Native Range: Canada: BC and AB US: AZ, CO, ID, MT, NM, NV, OR, SD, UT, WA and WY</td>
</tr>
</tbody>
</table>

A showy low-growing lavender daisy with yellow centers blooms into summer. This pretty daisy maintains itself through self-seeding. Plant in a sunny, central location in well-drained perennial beds. The Navajo used parts of this daisy as a pain killer.

**Price:**

9 cm pot $3.60

### Eriogonum umbellatum - Sulphur Buckwheat

<table>
<thead>
<tr>
<th>Height:</th>
<th>35 cm</th>
<th>Hardiness:</th>
<th>Zone 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exposure:</td>
<td>Sun</td>
<td>Soil:</td>
<td>Well-drained</td>
</tr>
<tr>
<td>Blooms:</td>
<td>June-August</td>
<td>Attracts:</td>
<td>Native Range: Canada: BC and AB US: AK, CA, CO, ID, MT, NV, OR, UT, WA and WY</td>
</tr>
</tbody>
</table>

One of several native buckwheat, it is a mat-forming perennial with grayish leaves. The flowers are held on stalks above the leaves and are creamy white with a pink-tinge. It was used by the Paiute as a remedy for pain and colds and was also applied externally for rheumatism. Larval host of several butterfly species.

**Price:**

9 cm pot $3.60
**Eriophyllum lanatum** - Oregon Sunshine

**Height:** 20-50 cm  
**Hardiness:** Zone 4a  
**Exposure:** Sun & part shade  
**Soil:** Well-drained  
**Blooms:** July-early August  
**Native Range:** Canada: BC US: CA, ID, MT, NV, OR, UT, WA and WY

Bright yellow ray flowers with darker yellow centers are held above wooly grey foliage. Oregon sunshine puts on a dazzling display when planted in full sun in well-drained soils. The Chehalis considered it a love medicine.

**Price:**
- **10 cm pot** $3.60
- **15 cm pot** $10.00

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**Gaillardia aristata** - Brown-eyed Susan

**Height:** 30-60 cm  
**Hardiness:** Zone 3b  
**Exposure:** Sun  
**Soil:** Dry  
**Blooms:** July-August  
**Native Range:** Canada: All but far north and east coast. US: North US (OR/NY and up) plus AZ, CA, CO, NM and UT

Showy sunflower-like yellow flowers with brown centers are held above a basal cluster of dark green foliage. A great mid-sized perennial favorite for the flower bed. The flower heads were used as spoons, and the whole plant was used for various medicines to treat ailments ranging from headaches to cancer.

**Price:**
- **10 cm pot** $3.60
- **15 cm pot** $10.00

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**Galium boreale** - Northern Bedstraw

**Height:** 20-60 cm  
**Hardiness:** Zone 5  
**Exposure:** Sun & part shade  
**Soil:** Any  
**Blooms:** July-August  
**Native Range:** Canada: All US: All except for the southeast.

Fragrant, showy sprays of creamy-white flowers are held above the needle-like whorled green leaves. Attractive mixed with columbine, brown-eyed Susan, Indian paintbrush and St. John’s Wort. The roots can be used to make a red dye.

**Price:**
- **10 cm pot** $3.60
### Geranium viscosissimum - Purple Geranium

- **Height:** 40 cm  
- **Hardiness:** Zone 3b  
- **Exposure:** Sun & part shade  
- **Soil:** Well-drained  
- **Blooms:** May-July  
- **Native Range:** Canada: BC, AB and SK, US: CA, CO, ID, MT, NE, NM, NV, OR, SD, UT, WA and WY

Beautiful pinkish-lavender flowers with darker purple veins are set above fern-like leaves. This plant is drought tolerant and makes an attractive garden subject. The whole plant is astringent and can help stop bleeding by constricting blood vessels.

**Price:**  
- **10 cm pot** $3.60

### Geum triflorum - Prairie Smoke

- **Height:** 40 cm  
- **Hardiness:** Zone 4a  
- **Exposure:** Sunny  
- **Soil:** Dry  
- **Blooms:** May-June  
- **Native Range:** Canada: BC to ON incl. NT and YT, US: West, mid-west and north (WA to NY)

Beautiful urn-shaped pink flowers are held above attractive fern-like foliage in the spring. Feathery styles later replace the flowers, and the seed is as attractive as the flower. Plant in rock gardens or sunny perennial beds. Among many other uses, this plant was placed in sweat baths for sore joints and stiff muscles.

**Price:**  
- **9 cm pot** $3.60

### Helianthella uniflora - Little Sunflower

- **Height:** 80 cm  
- **Hardiness:** Zone 3b  
- **Exposure:** Sun & part shade  
- **Soil:** Dry  
- **Blooms:** June-July  
- **Native Range:** Canada: BC, US: ID, MT, OR and WA

Yellow sunflowers develop along the stem, creating a bright display. Plant in well-drained soils (including sandy and rocky). The seeds are highly nutritional and are said to make the best seed yogurt. A poultice made from sunflower can be used for sprains and swelling.

**Price:**  
- **9 cm pot** $3.60
**Hydrophyllum tenuipes** - Pacific Waterleaf

- **Height:** 80 cm
- **Exposure:** Bright shade
- **Blooms:** May-July
- **Native Range:** Canada: BC, US: CA, OR and WA

Waterleaf is a groundcover with a soft fuzzy green appearance and greenish-white flowers, making a beautiful background in a shade garden. The Cowlitz broke and ate the fleshy roots of this plant as food.

Price:
- **9 cm pot** $3.60

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**Iris setosa** - Wild Iris

- **Height:** 60 cm
- **Exposure:** Sunny or part-sun
- **Blooms:** May-June
- **Native Range:** Canada: BC and YT, US: AK

This wild iris of our northern coast has showy blue flowers with dark veins. It puts on a great display near ponds, wet meadows and moist perennial beds. Wild iris combines well with native bee-balm and sea-blush. In the North, petals of this flower were used to stain grass used in basket weaving.

Price:
- **10 cm pot** $3.60
- **15 cm pot** $10.00

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**Iris tenax** - Oregon Iris

- **Height:** 40 cm
- **Exposure:** Sun
- **Blooms:** April-June
- **Native Range:** Canada: BC, US: CA, OR and WA

Attractive blue to purple flowers are held above narrow grass-like clumped leaves. This low-growing iris will work in a variety of sites in full to partial sunny sites in moist or dry soils. Visitors will be surprised to see where you can make iris’ grow! Traditionally, the fibre from this iris was used to make cordage.

Price:
- **10 cm pot** $3.60
- **15 cm pot** $10.00
### Perennials

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Common Name</th>
<th>Height</th>
<th>Hardiness</th>
<th>Exposure</th>
<th>Soil</th>
<th>Blooms</th>
<th>Attracts</th>
<th>Native Range</th>
<th>Price:</th>
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<tbody>
<tr>
<td><strong>Leptarrhena pyrolifolia</strong></td>
<td>Leatherleaf Saxifrage</td>
<td>10-20 cm</td>
<td>Zone 3b</td>
<td>Sun</td>
<td>Moist to wet</td>
<td>June-August</td>
<td>Native Range: Canada: BC, AB, NT and YT US: AK, ID, MT, OR and WA</td>
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<tr>
<td><strong>Lomatium nudicaule</strong></td>
<td>Pestle lomatium</td>
<td>35 cm</td>
<td>Zone 3b</td>
<td>Sun</td>
<td>Well-drained</td>
<td>May-June</td>
<td>People!</td>
<td>Native Range: Canada: BC US: CA, ID, NV, OR, UT and WA</td>
<td>10 cm pot $3.60 15 cm pot $10.00</td>
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<tr>
<td><strong>Lomatium utriculatum</strong></td>
<td>Spring Gold</td>
<td>10-30 cm</td>
<td>Zone 6b</td>
<td>Sun</td>
<td>Well-drained</td>
<td>March-June</td>
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</tbody>
</table>
**Lupinus arcticus** - Arctic Lupine

- **Height:** 20-50 cm
- **Hardiness:** Zone 3b
- **Exposure:** Sun & part sun
- **Soil:** Well-drained
- **Blooms:** June-July
- **Native Range:** Canada: BC, AB, YT, NT and NU  
  US: AK, OR and WA

Native to the interior and coastal zones, this lupine has lovely clusters of blue flowers and a compact growth form that make it a worthwhile garden plant. Mass plantings of this lupine mixed in perennial beds can create a stunning display.

Price:
- **10 cm pot** $3.60
- **15 cm pot** $10.00

**Lupinus polyphyllus** - Large-leaved Lupine

- **Height:** 90-120 cm
- **Hardiness:** Zone 3b
- **Exposure:** Sun
- **Soil:** Well-drained
- **Blooms:** June-July
- **Native Range:** Canada: BC and AB  
  US: AK, CA, ID, MT, NV, OR and WA

A coastal lupine with large showy spikes of blue to purple pea-like flowers. It is great for naturalizing sites as, like all lupines, it fixes nitrogen and increases soil nutrients. Another place this plant works is at the back of a perennial border in average to rocky soils.

Price:
- **10 cm pot** $3.60
- **15 cm pot** $10.00

**Maianthemum racemosum** - Solomon’s Plume

- **Height:** 80 cm
- **Hardiness:** Zone 3b
- **Exposure:** Shade & part sun
- **Soil:** Moist
- **Blooms:** May-June
- **Attracts:** 🦋
- **Native Range:** Canada: BC, AB, SK and NT  
  US: Western states (ND furthest east)

Previously *Smilacina racemosa*. Western subspecies sold (*amplexicaulis*). Graceful arching stems with dense panicles of sweetly fragrant white flowers. The scented plume makes an effective accent among ferns and in the foreground of trees and shrubs or near shady sitting areas. Red berries in summer attract birds.

Price:
- **10 cm pot** $4.00
- **15 cm pot** $12.00
**Mimulus guttatus** - Yellow Monkey Flower

- **Height:** 10-60 cm  
- **Hardiness:** Zone 4a  
- **Exposure:** Sun & part sun  
- **Soil:** Moist to wet  
- **Blooms:** May-August  
- **Attracts:**  
- **Native Range:** Canada: BC, AB, SK, YT and NT  
  US: Western states (ND furthest east)

This perennial has spectacular intense yellow flowers with small crimson to brown-red spots on the petals. It prefers moist soils in perennial beds, but grows well in wet gravelly sites also. It will self-seed to make a dense cluster. Crushed leaves were applied on rope burn.

Price:  
**10 cm pot** $3.60

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**Mimulus lewisii** - Pink Monkey Flower

- **Height:** 30 cm  
- **Hardiness:** Zone 3b  
- **Exposure:** Sun & part sun  
- **Soil:** Moist to wet  
- **Blooms:** July-August  
- **Attracts:**  
- **Native Range:** Canada: BC and AB  
  US: AK, CA, CO, ID, MT, NV, OR, UT, WA and WY

This perennial has glowing rose-pink flowers in mid-summer. It prefers moist yet well-drained soils, and can grow in light shade. The leaves and stems are edible (raw or cooked), but can sometimes have a slightly bitter flavor.

Price:  
**10 cm pot** $3.60

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**Mitella breweri** - Feathery Bishop’s-cap

- **Height:** 15 cm  
- **Hardiness:** Zone 3b  
- **Exposure:** Shade  
- **Soil:** Wet  
- **Blooms:** June-July  
- **Attracts:**  
- **Native Range:** Canada: BC and AB  
  US: CA, ID, MT, NV, OR and WA

An unusual moisture loving perennial with kidney-shaped basal leaves and long narrow clusters of tiny greenish-yellow saucer-shaped flowers. Later black seeds, arranged like tiny peas, fill the saucers on the elongated flowering stalk. Perfect for bogs or wet spots in the rockery or perennial bed.

Price:  
**10 cm pot** $3.60
Monarda fistulosa - Mintleaf Beebalm

Height: 30-60 cm  
Hardiness: Zone 3b  
Exposure: Sun & part shade  
Soil: Moist  
Blooms: July-August  
Attracts:  
Native Range: Canada: All but YT and NU  
US: All but AK, CA and FL

A very showy perennial of the interior with bright rose-purple to lavender flowers. This is a great flower for attracting butterflies and hummingbirds. Made into a tea, it is great for colds. The leaves and flowers can be used in salads, making this a great edible garden plant.

Price:
10 cm pot $3.60  
15 cm pot $10.00

Montia parvifolia - Steambank Springbeauty

Height: 10 cm  
Hardiness: Zone 5a  
Exposure: Sun & part sun  
Soil: Moist to dry  
Blooms: May-July  
Attracts:  
Native Range: Canada: BC, AB, and YT  
US: AK, CA, ID, MD, OR and WA

In spring, clouds of small pink flowers are held above basal leaf clusters on fragile stems. The plants form a delicate colony, spreading by slender rhizomes. Grows in humus or rocky, sandy soils, and would make a great addition to any rockery.

Price:
10 cm pot $3.60

Nothochelone nemorosa - Woodland Penstemon

Height: 40-80 cm  
Hardiness: Zone 5a  
Exposure: Sun & part sun  
Soil: Moist  
Blooms: July-September  
Attracts:  
Native Range: Canada: BC  
US: CA, OR and WA

This plant is not a penstemon, but the flowers are similar; tubular blue-purple or pink-purple and appearing in loose panicles. Plant along shrub edges, near ponds and streams or use at the back of perennial beds. The mashed juices of this plant were used in a manner similar to iodine to treat injuries.

Price:
10 cm pot $3.60  
15 cm pot $10.00
### Parnassia fimbriata - Grass-of-Parnassus

<table>
<thead>
<tr>
<th>Trait</th>
<th>Value</th>
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<tbody>
<tr>
<td><strong>Height:</strong></td>
<td>15-25 cm</td>
</tr>
<tr>
<td><strong>Hardiness:</strong></td>
<td>Zone 3b</td>
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<tr>
<td><strong>Exposure:</strong></td>
<td>Sun &amp; part sun</td>
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<tr>
<td><strong>Soil:</strong></td>
<td>Wet</td>
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<tr>
<td><strong>Blooms:</strong></td>
<td>July-August</td>
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<tr>
<td><strong>Attracts:</strong></td>
<td>Native Range: Canada: BC, AB, YT and NT US: AK, CA, CO, ID, MT, NM, NV, OR, UT, WA and WY</td>
</tr>
</tbody>
</table>

A cute perennial with single stem supporting showy white flowers with fringed hairs. Plant in damp to wet soil near ponds or in bog containers of mixed sand and peat with other moisture-loving plants such as marsh marigolds, leatherleaf and burnets. The leaves of this plant were used to treat stomach problems in infants.

Price:
- **10 cm pot** $5.00

### Penstemon davidsonii - Davidson’s Penstemon

<table>
<thead>
<tr>
<th>Trait</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Height:</strong></td>
<td>5-10 cm</td>
</tr>
<tr>
<td><strong>Hardiness:</strong></td>
<td>Zone 5b</td>
</tr>
<tr>
<td><strong>Exposure:</strong></td>
<td>Sun</td>
</tr>
<tr>
<td><strong>Soil:</strong></td>
<td>Well-drained</td>
</tr>
<tr>
<td><strong>Blooms:</strong></td>
<td>July</td>
</tr>
<tr>
<td><strong>Attracts:</strong></td>
<td>Native Range: Canada: BC US: CA, NV, OR and WA</td>
</tr>
</tbody>
</table>

Charming small glossy evergreen leaves form dense mats, making this perennial also useful as a groundcover. The purple to blue-lavender flowers are large for the plant size, creating a fantastic display in the spring. Plant in full sun in rockeries, well-drained perennial borders or allow it to spill over the edge of your containers.

Price:
- **10 cm pot** $3.60
- **15 cm pot** $10.00

### Penstemon fruticosus - Shrubby Penstemon

<table>
<thead>
<tr>
<th>Trait</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Height:</strong></td>
<td>40 cm</td>
</tr>
<tr>
<td><strong>Hardiness:</strong></td>
<td>Zone 3</td>
</tr>
<tr>
<td><strong>Exposure:</strong></td>
<td>Sun</td>
</tr>
<tr>
<td><strong>Soil:</strong></td>
<td>Well-drained</td>
</tr>
<tr>
<td><strong>Blooms:</strong></td>
<td>June-July</td>
</tr>
<tr>
<td><strong>Attracts:</strong></td>
<td>Native Range: Canada: BC and AB US: ID, MT, OR, WA and WY</td>
</tr>
</tbody>
</table>

An evergreen semi-shrub with relatively large blue-lavender flowers from the eastern Cascades. Likes well-drained soils to gravelly soils. A showy plant for coarse soils, perennial beds, in containers or in rockeries. Medicinally was used to treat flu colds, and headaches.

Price:
- **10 cm pot** $3.60
- **15 cm pot** $10.00
**Penstemon ovatus** – Broad-leaved Penstemon

Height: 60 cm  
Exposure: Sun & light shade  
Bloom: June-July  
Native Range: Canada: BC  
US: OR and WA

Semi-evergreen with deep green glossy basal leaves give rise to beautiful deep blue-purple tubular flowers in June. Good for rockeries or perennial plantings. Plant in well-drained soils and light shade or humus, moisture retaining soils in full sun.

Price:  
10 cm pot $3.60  
15 cm pot $10.00

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**Penstemon procerus** – Slender Penstemon

Height: 5-40 cm  
Exposure: Sun  
Bloom: June-July  
Native Range: Canada: BC, AB, SK, MB and YT  
US: AK, CA, CO, ID, MT, ND, NV, OR, UT, WA and WY

Slender stalks hold dense heads of blue-purple flowers above lance shaped foliage. It is also called clustered penstemon because of the dense flower heads. It is a good colonizer, drought tolerant and grows well in sandy or gravelly soils without other plants to shelter it.

Price:  
10 cm pot $3.60  
15 cm pot $10.00

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**Penstemon serrulatus** – Coast Penstemon

Height: 50 cm  
Exposure: Sun  
Bloom: June-July  
Native Range: Canada: BC  
US: AK, OR and WA

The spread of this plant is equal to its height. Pinkish-purple flowers in compact clusters on the tips of branching stems. Attractive in a rockery or container as it likes poor soils and good drainage. One of the few penstemons that grows on both sides of the Coast-Cascade Mountains.

Price:  
10 cm pot $3.60  
15 cm pot $10.00
Polemonium occidentale - Western Jacob’s Ladder

Height: 60 cm  
Hardiness: Zone 3b  
Exposure: Sun & part shade  
Soil: Humus  
Blooms: July-August  
Attracts:  
Native Range: Canada: BC and AB US: CA, CO, ID, MT, NV, OR, UT, WA, and WY

Funnel shaped sky-blue flowers crowd at the top of many flowering stems. This showy perennial has leaves that resemble overlapping ladders. Humus to sandy soils work for this plant in sunny to partial shady sites.

Price:  
10 cm pot: $3.60  
15 cm pot: $10.00

Polemonium pulcherrimum - Showy Jacob’s Ladder

Height: 5-20 cm  
Hardiness: Zone 6b  
Exposure: Sun  
Soil: Well-drained  
Blooms: May-July  
Attracts:  
Native Range: Canada: BC, AB, YT and NT US: Western states (MT to NM and west)

A miniature version of Jacob’s ladder with sky-blue flowers with yellow centres. The Latin species name, *pulcherrimum*, means “most handsome”. A must-have plant for rockeries or containers, it prefers well-drained soils to rocky or sandy soils in sunny sites. It is also a good plant to naturalize in gravel along roadsides, or other open sites.

Price:  
10 cm pot: $4.50

Potentilla gracilis - Graceful Cinquefoil

Height: 40-80 cm  
Hardiness: Zone 3b  
Exposure: Sun & part shade  
Soil: Any  
Blooms: June-July  
Attracts:  
Native Range: Canada: BC to QC plus YT US: North (to NH) and all western states

The divided leaflets are greenish-blue with a frosted, silvery appearance especially in early summer. Clusters of showy yellow flowers are held above the leaves later in the summer. The plant was used as a dermatological aid by the Thompson.

Price:  
10 cm pot: $3.60
**Prunella vulgaris** - Heal-All

- **Height**: 10-30 cm
- **Hardiness**: Zone 3b
- **Exposure**: Sun & part shade
- **Soil**: Moist
- **Blooms**: May - August
- **Native Range**: Canada: All except YT and NU  US: All

Low-growing perennial with purplish to pink mint-like flowers that poke up above lance-shaped leaves. The native variety is distinguished by the pointed bases of its leaves. Plant on the edge of perennial borders or along walkways.

**Price:**

- 10 cm pot $3.60

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**Sanguisorba menziesii** – Menzies’ Burnet

- **Height**: 25-50 cm
- **Hardiness**: Zone 3a
- **Exposure**: Sun
- **Soil**: Wet
- **Blooms**: July-August
- **Native Range**: Canada: BC  US: AK, ID, OR and WA

Basal dissected leaflets form an attractive mound. Numerous rose-tinged tapered flower spikes consisting of fluffy filaments (no petals) are held up to 80 cm above. Wind pollinated, it offers no scent and has no petals to attract pollinators. Forms a striking accent at the back of the perennial border.

**Price:**

- 10 cm pot $3.60
- 15 cm pot $10.00

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**Sidalcea hendersonii** - Henderson’s Checkerbloom

- **Height**: 50-150 cm
- **Hardiness**: Zone 5b
- **Exposure**: Sun & part sun
- **Soil**: Any
- **Blooms**: July-August
- **Native Range**: Canada: BC  US: AK, OR and WA

An attractive and fast growing perennial from the Fraser River shores. It has deep pink holly-hock like flowers arranged in spikes atop the stems. Tolerates dry to wet soils, even tidal sites. Rarely seen in the wild, it makes a highly unique addition to the back of any perennial bed.

**Price:**

- 11.25 cm pot $3.60
- 15 cm pot $10.00
**Sisyrinchium californicum** - Golden-eyed Grass

- **Height:** Up to 30 cm
- **Hardiness:** Zone 7a
- **Exposure:** Sun & Part shade
- **Soil:** Acid & moist
- **Blooms:** July-August
- **Attracts:**
- **Native Range:** Canada: BC, US: CA, OR and WA

This charming perennial is essentially a miniature iris; in fact they are in the same family as irises. The tiny lemon-yellow 'eyes' (flowers) appear in the mornings and peer out of the grass-like foliage. Each plant has multiple flowering buds so the display lasts weeks.

**Price:**

*10 cm pot* $3.60

**Sisyrinchium douglasii** - Satin Flower

- **Height:** 15-30 cm
- **Hardiness:** Zone 5a
- **Exposure:** Sun
- **Soil:** Well-drained
- **Blooms:** Feb-May
- **Native Range:** Canada: BC, US: CA, ID, NV, OR, UT and WA

Recently renamed *Olsynium douglasii*, this is the showiest of the blue-eyed grasses. Early blooming, this grass-like plant suddenly explodes with large, reddish-purple, satiny flowers. It prefers moist soils in the spring and dry summer soils. Great plant for rock gardens, containers and the edges of flower beds.

**Price:**

*10 cm pot* $4.50

**Sisyrinchium idahoense** - Idaho Blue-eyed Grass

- **Height:** 30 cm
- **Hardiness:** Zone 4a
- **Exposure:** Sun
- **Soil:** Any
- **Blooms:** May-August
- **Native Range:** Canada: BC, US: AZ, CA, CO, ID, MT, NM, NV, OR, UT, WA and WY

The flattened blades give this plant the appearance of a mini-iris. It grows fast and readily seeds itself to form compact patches with dainty bluish flowers with yellow eyes that peak out near the leaf-tips. Very adaptable, it tolerates dry to moist soils and is a perfect edging plant.

**Price:**

*10 cm pot* $3.60
**Solidago canadensis** - Canada Goldenrod

- **Height**: 1.5-2 m
- **Hardiness**: Zone 3b
- **Exposure**: Sun
- **Soil**: Any
- **Blooms**: August-October
- **Attracts**: 
- **Native Range**: Canada: All except NU
  US: All except far south-east states

Masses of golden flowers in late summer make this a good background plant in sunny perennial gardens, in meadows or along the edge of woodlands. Easy to grow and tolerant of poor soils. Can be used as a cut flower.

Price:
- **15 cm pot** $10.00

**Stachys cooleyae** - Cooley’s Betony

- **Height**: 1 m
- **Hardiness**: Zone 5a
- **Exposure**: Sun & part shade
- **Soil**: Moist to wet
- **Blooms**: June-August
- **Attracts**: 
- **Native Range**: Canada: BC
  US: Ak, CA, OR and WA

A handsome plant with violet-magenta flowers and mint-like leaves. Spreads into clumps via rhizomes. A versatile plant, it can be containerized and used in ponds as well as at the back of perennial beds. Fishermen may become fans of this plant as it was traditionally used to wipe hands before handling fishing gear.

Price:
- **15 cm pot** $10.00

**Streptopus amplexifolius** - Twisted Stalk

- **Height**: 30-60 cm
- **Hardiness**: Zone 3b
- **Exposure**: Shade
- **Soil**: Moist humus
- **Blooms**: May-June
- **Attracts**: 
- **Native Range**: Canada: All except NU
  US: The west coast and most north or western states

Small, greenish wide-open bell flowers hang from a twisted stalk at the leaf axis. Striking orange-red berries develop in July through August. Alutiiqs (from Alaska) call this fruit muuguat (something you suck) a name that describes the berries watery quality. Young shoots are also harvested and can be used much like spinach.

Price:
- **10 cm pot** $3.60
- **15 cm pot** $10.00
**Tellima grandiflora** - Tall Fringe Cup

- **Height:** 30 cm
- **Hardiness:** Zone 5b
- **Exposure:** Shade & part sun
- **Soil:** Humus
- **Blooms:** May-July
- **Attracts:**
- **Native Range:** Canada: BC and AB
  US: AK, CA, ID, MT, OR and WA

Charming stalks of fragrant tiny white to pink flowers are held above a basal clump of round evergreen leaves. This plant tolerates dry shade under conifers, making it a great choice for that dreaded bare patch.

**Price:** $3.60

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**Thalictrum occidentale** - Western Meadowrue

- **Height:** 40-80 cm
- **Hardiness:** Zone 4a
- **Exposure:** Sun & part shade
- **Soil:** Humus
- **Blooms:** May-July
- **Attracts:**
- **Native Range:** Canada: BC, AB, SK and YT
  US: AK, CA, CO, ID, MT, NV, OR, WA and WY

This plant has attractive, delicate, bluish-green columbine-like foliage. Male plants (pictured right) have dangling purple anthers like tiny chimes and female plants have purplish sepals that lack petals. The fruits work as a deodorant and the seeds and leaves repel insects; the plant to have for packing things away.

**Price:** $3.60

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**Tiarella trifoliata** - Foam Flower

- **Height:** 15 cm
- **Hardiness:** Zone 5a
- **Exposure:** Shade
- **Soil:** Well-drained
- **Blooms:** June-September
- **Attracts:**
- **Native Range:** Canada: BC
  US: AK, CA, ID, MT, OR and WA

Evergreen maple-like leaves in a basal rosette support attractive clusters of dainty, star-shaped white flowers on stalks up to 25 cm. The flowers of a large patch may bring to mind ocean foam. It thrives in shade and is one of the plants recommended by the BC Invasive Plant Council to replace *Lamiastrum galeobdolon*.

**Price:** $3.60
**Tolmiea menziesii** - Piggy-back Plant

- **Height:** 40 cm
- **Hardiness:** Zone 5b
- **Exposure:** Shade
- **Soil:** Humus
- **Blooms:** May-August
- **Native Range:** Canada: BC  
  US: AK, CA, OR and WA

This plant is called piggy-back plant (or youth-on-age) because the evergreen basal leaves grow new leaves on top of the base of the leaf blade. This makes it a children’s favourite. Small brownish-purple flowers are held above the leaves in spring. Available with green or variegated white-green leaves. Please specify.

**Price:**

- **10 cm pot** $3.60

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**Valeriana sitchensis** - Sitka Valerian

- **Height:** 30-100 cm
- **Hardiness:** Zone 3b
- **Exposure:** Sun & part shade
- **Soil:** Moist
- **Blooms:** June-August
- **Native Range:** Canada: BC, AB, YT, and NT  
  US: AK, CA, ID, MT, OR and WA

Sweet-scented white flowers are held above divided leaves. Protruding stamens give the flowers a fuzzy look, especially from a distance, making it an eye-catching plant. Valerian was used herbally as a love potion, to calm nerves and aid sleep.

**Price:**

- **10 cm pot** $3.60

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**Viola adunca** - Early Blue Violet

- **Height:** 8 cm
- **Hardiness:** Zone 3b
- **Exposure:** Sun & part sun
- **Soil:** Dry
- **Blooms:** April-August
- **Native Range:** Canada: All  
  US: All except for south-eastern states

An extremely cute violet with bluish-violet flowers that poke up above the foliage. Often blooms twice, in early summer, and in fall. It prefers dry sites in full to partial sun. All violets are edible (but not the roots or seeds) and leaves are high in vitamin A & C. Salads just taste better when they are decorated with flowers!

**Price:**

- **10 cm pot** $3.80
**Viola glabella** - Yellow Wood Violet

**Height:** 10-25 cm  
**Hardiness:** Zone 3b  
**Exposure:** Shade  
**Soil:** Moist  
**Blooms:** April-July  
**Attracts:**  
**Native Range:** Canada: BC and AB  
US: AK, CA, ID, MT, OR and WA

Bright yellow flowers with purple veined centers welcome spring. This violet is the larval food of the Western Meadow Fritillary butterfly. As native food plants for caterpillars decrease, butterflies are seen less often in gardens so it is worthwhile to find a shady spot for this little delight.

**Price:**  
10 cm pot: $3.60

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*Plant ranges obtained from the USDA Plant Database (online).*

*Native American Ethnobotany* by Daniel E. Moerman was used as a source for various uses of many of these species. Please do not attempt to use them for medicinal or other purposes without a doctor’s recommendation as some plants are toxic!