

Montana Wild Wildlife Habitat Garden Plant Selection List

#	Latin Name	Common Name	Bloom Time	Light	Height	Width	Color	Water	L&C	E	M	MT Reg	Comments
1	Achillea millefolium	Yarrow	May-Sep	FS	H=1-3 ft	W=24-36 in	white	D	Y	N	M	ALL	Can be Aggressive, Plant with Goldenrod or Blue Flax, stops bleeding
2	Agastache urticifolia	Giant Hyssop	Jun-Aug	FS	H=2-5 ft	W=24-32 in	purple/white	A, D	N	E	M	W,C	Attracts hummingbirds, leaves rheumatism, measles, stomach pains
3	Allium cernuum	Nodding Onion	Jun-Jul	FS	H=4-16 in	W=12-18 in	pale pink	A, D	N	E	M	W,S	Wet and then dry out, juice treats hive, croup, sore throat, colds
4	Amelanchier alnifolia	Servicberry	May	FS, PS	H=6-10 ft	W=6-10 ft	white	D	Y	E	M	ALL	Spear shafts, Baskets, treats a variety of health issues
5	Anaphalis margaritacea	Pearly Everlasting	May-Aug	FS	H= 1-3 ft	W=24 in	white	A	N	N	M	W,C,S	Can be Aggressive fragrant; decorating, treats a range of ailments
7	Antennaria rosea	Rosy Pussytoes	May-Aug	PS	H=2-12 in	W=10-18 in	pink	A, D	N	N	N	W,S,C,NE	Food source for 'Painted Lady' butterfly
8	Aquilegia coerulea	Rocky Mountain Columbine	May-Jul	FS	H=8-36 in	W=1-2 ft	blue	A	N	E	M	W,S,C	Can be toxic, flowers safe to eat, seeds chewed for various ailments
10	Aquilegia flavescens	Yellow Columbine	Jun-Aug	FS	H=1-3 ft	W=1-2 ft	yellow	A	N	E	M	W,S,C	Can be toxic, Parasiticide to treat lice
9	Aquilegia formosa	Red Columbine	May-Jul	FS	H=8-36 in	W=1-2 ft	red/yellow	A	N	N	M	W,S	Can be toxic, seeds fragrant used as sachets and perfume
95	Arenaria congesta	Ballhead Sandwort	Jun-Aug	FS	H=4-12 in	W= 5-10 in	white	D	N	M	Y	W,C	Shoshone tribe made tea for treating gonorrhea
12	Artemisia frigida	Fringed Sage	May-Jun	FS	H=8-24 in	W=48-60 in	yellow	D	Y	E	M	ALL	Fragrant, meat preservative, various medicinal uses
13	Asclepias speciosa	Showy Milkweed	May-Jul	FS	H=15-55 in	W=24-36 in	multi, pink, red	A,D	N	N	N	W,C,E	Chewing gum, string, rope, meat tenderizer, poisonous, stuffing
14	Aster falcatus	White prairie aster	Aug-Sep	FS	H=8-24 in	W=8-18	white	A,D	N	N	N	ALL	Late season plant for pollinating insects
15	Aster laevis	Smooth Blue Aster	Aug-Oct	FS	H=18-36 in	W=3 ft	purple	A,D	N	N	N	ALL	Aggressive can tolerate wet for short periods
16	Boutelous gracilis	Blue Grama Grass	Jul-Aug	FS	H=1-2 ft	W=1-2 ft	seed heads	D	Y	N	N	ALL	Forecast weather
95	Camassia quamash	Camas	Apr-Jun	FS	H=12-20in	W= 8 in	blue	W	Y	E	N	W	attracts bees, bulbs used by Native Americans to make bread, starch, staple food
17	Campanula rotundifolia	Harebell	Apr-Aug	FS	H=6-14in	W=1/2-1 ft	purple	A	N	E	M	ALL	Treatment of heart and lung problems, ear drops and eye wash
18	Cerastium arvense	Field Chickweed	May-Jun	FS	H= 6-24 in	W=6-24 in	white	D	N	E	M	ALL	Medicine for birds
19	Chamerion angustifolium	Fireweed	Jul-Aug	FS, PS	H=4=8 ft	W=2-5 ft	pink	A, D	N	E	M	ALL	Seed hairs used for stuffing and tinder; outer stem for cordage
20	Clarkia pulchella	Clarkia	May-Jun	FS	H=8-20 in	W=12 in	magenta	A, D	Y	N	N	W	Thrives with water
21	Clematis ligusticifolia	Western white clematis/Virginia Bov	Jul	FS, PS	H= 20 ft	W= 1 ft	white & seed he	A	N	N	M	ALL	Tinder, insulation in shoes, babies' nappies, stems for string
22	Cleome serrulata	Rocky Mountain Beeplant	Jul-Aug	FS	H=4 ft	W=24 in	pink	A, D	Y	E	N	W,C,E	Saved Navajo from starvation
23	Coreopsis tinctoria v. Atkinsonian	Tickseed/Coreopsis	Jul-Sep	FS, PS	H=1-4 ft	W=2-3 ft	yellow to maro	W,A	Y	E	M	W, C, NE	Likes to dry out between waterings, beverage, internal pain/bleeding
24	Crataegus douglasii	Black Hawthorn	May-Jun	FS	H=6-18 ft	W=6-10 ft	white	W,A	Y	E	N	W,C,SE	Eye scratches from thorns can result in blindness. Shrikes cache prey on thorns
25	Dalea purpurea	Purple Prairie Clover	Jul-Aug	FS	H= 8-36 in	W=24 in	purple	A, D	Y	E	M	NW, C,E	Plant with grass, fuzzy penstemon. Stems used for brooms.
26	Deschampsia caespitosa	Tufted hairgrass	Jul-Aug	FS	H=8-48 in	W=1-2 ft	seed heads	W	N	N	N	W,S,C	Use near water features. Used in dried flower arrangements.
66	Dodecatheon pulchellum	Pretty Shooting Star	May-Aug	PS	H=2-12 in	W=2-6 in	pink	D	N	N	M	W,C	Infusion of the roots used for eye wash
27	Echinacea angustifolia	Narrow leaf Purple Coneflower	Jun-Aug	FS	H=18-36 in	W=2-3 ft	multi, pink, red	A	Y	N	M	W,C,E	Attract insects and birds, boosts immune system, analgesic, sore throat, headaches
28	Epilobium angustifolium	Fireweed	Jul-Aug	FS	H=4-6 ft	W=4 ft	pink	A	N	E	M	ALL	Aggressive. Fluffy seeds used as stuffing. Outer stems used for cordage.
29	Ericameria nauseosa	Rubber Rabbitbrush	Jul-Oct	FS	H=1-8 ft	W=6-9 ft	yellow	D	Y	N	N	ALL	Latex; chewing gum; branches used for sweat lodges, floors, and smoking animal hides.
30	Erigeron compositus	Cutleaf daisy	May-Aug	FS	H=1-10 in	W=1-2 ft	white/pale purp	A,D	Y	N	M	W,C	Flowers attract bees and butterflies, when burned repels insects
31	Erigeron pumilus	Shaggy Fleabane	Apr-Jun	FS	H=6-16 in	W=6-16 in	pale blue/yellow	A,D	N	N	M	ALL	Flowers for bees and butterflies, teas for rheumatism, lameness, and stomach disorders
32	Erigeron speciosus	Showy Fleabane	Jun-Aug	FS	H=12-20 in	W=1-2 ft	purple/violet	A,D	N	N	M	W,C,S	Flowers attract bees and butterflies, clears intestinal parasites
33	Erigeron subtrinerivus	Three nerved Fleabane	July-Aug	FS	H=3-4 ft	W=2 ft	purple	A,D	N	N	N	C.SC, SE	Butterfly larvae host plant
34	Eriogonum flavum	Yellow Buckwheat	Jul-Aug	FS	H=4-8 in	W=4-8 in	yellow	D	N	N	M	W,C,E	Preferred forage for sheep, reduces hemorrhaging
35	Eriogonum ovalifolium	Cushion Buckwheat	Jul-Aug	FS	H= 8-16 in	W= 3 ft	pink	D	N	N	N	W,C	Butterfly larvae host plant
36	Eriophyllum lanatum	Oregon Sunshine	June-July	FS	H=12 in	W= 2 ft	yellow	D	Y	N	N	W,C	Attracts orange sulfur, red admiral, comma, and skipper butterflies
37	Festuca campestris	Rough Fescue	July-Aug	FS	H=25 to 40	W=16-40 in	seed heads	D	N	N	N	W,C,S	Preferred forage for cattle, horses, elk
38	Festuca idahoensis	Idaho Fescue	NA	FS	H= 1-2 ft	W=12-20 in	NA	D	Y	N	N	ALL	Host plant for Western Branded Skipper, Clouded Sulphur
39	Gaillardia aristata	Blanket Flower	Jun-Aug	FS	H=8-30 in	W=18-24 in	yellow/orange/	D	Y	N	M	W,C,E	Planted ornamentally, chew powdered root for skin disorders
41	Geranium viscosissimum	Sticky Geranium	May-Aug	FS	H=1-3 ft	W=2-3 ft	multi, pink, blue	A	N	E	M	W,C	Infusion treat diarrhea and gastric upset and urinary irritations, roots as astringer
42	Geum triflorum	Prairie Smoke	May-Jul	FS	H=6-24 in	W=12-18 in	pink	A, D	Y	E	M	C,E	Roots tea for colic, fever, cough, "women's diseases" and digestive ailments
43	Gilia aggregata	Scarlet Gilia	Jul-Aug	FS	H=8-36 in	W=1-2 ft	red	A	Y	E	M	ALL	Attracts hummingbirds, used as expectorant, kills nail fungus
44	Helenium autumnale V. Montanum	Common Sneezeweed	Aug-Sep	FS, PS	H=12-24 in	W=2 ft	yellow	W	N	N	M	W, C, NE	Flowers Colds, headaches, tea intestinal worms, stems laxative, leaves fever
45	Helianthus maximiliani	Maximilian Sunflower	Aug-Sep	FS	H= 5 ft	W=12-24 in	yellow	A,D	Y	E	M	ALL	Indians cultivated. Seed oil used to groom hair and spread on body.
46	Heterotheca villosa	Hairy Goldenaster	Aug-Sep	FS	H=4-12 in	W=1-2 in	yellow	D	N	N	N	W,C,E	Attracts pollinating insects
47	Heuchera cylindria	Alumroot	Aug-Sep	FS	H=4-12 in	W=1-2 in	yellow	A, D	N	E	M	W,C	Mordant to fix dye colors, root is alum substitute, leaves eaten cooked
48	Heuchera richardsonii	Alumroot	Apr-May	PS	H= 8-24 in	W=12-16 in	white	A, D	N	E	M	W,C	Mordant to fix dye colors. Ornamental ground cover.
94	Hymenoxys grandiflora	Old Man of the Mountain	May-Jul	FS, PS	H= 6-12 in	W= 6-12 in	yellow	D	N	N	N	W,S,C	Attracts insects
49	Iris missouriensis	Wild Iris	May-Jun	FS	H=8-20 in	W=12-20 in	purple	A, W	Y	E	M	W,C	Roots, poisonous, used for arrow poison, treats skin problems
96	Juncus tenuis	Poverty Rush	Jul-Sep	FS	H=12-18 in	W= 1-2 ft	NA	A,D, W	N	N	M	NW,	Erosion Control, string, wash prevents lameness and gives strenght

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50	Koeleria macrantha	Prairie Junegrass	NA	FS	H=1-2 ft	W=1-2 ft	NA	D	Y	N	M	ALL	Treats cuts, seeds ground for bread and porridge, brooms, scrub pads,
11	Lewisia rediviva	Bitterroot	May-Jun	FS	H=1/2-2 in	W=3-6 ft	pink, white	A, D	Y	E	M	W,S,C	State flower, treats diabetes, relieves heart pain, poultice for sores
51	Liatris punctata	Blazing Star	Jul-Sep	FS	H=12-18 in	W=6-12 in	purple	D	N	E	M	C,E	Attracts Pawnee Skipper , tea kidney and bladder, roots cough syrup
52	Linum perenne var. lewisii	Blue Flax	Jun-Aug	FS	H=8-24 in	W=24 in	blue	A, D	Y	E	M	ALL	Used for cordage, string, mats, snowshoes, fishing nets, baskets, fabric. Oil from seed used
53	Lomatium dissectum	Biscuitroot	May-Jul	FS	H = 15-60 in	W=24-36 in	multi, yellow, p	D	Y	E	M	W,C,NE	Root burned as incense, treat respiratory issues, anti-bacterial
54	Lupinus argenteus	Silvery Lupine	Jun-Aug	FS	H=1-2 ft	W= 1 ft	purple	A, D	Y	E	N	ALL	Poisonous, Only edible if seeds are soaked and boiled.
55	Lupinus leucophyllus	Velvet Lupine	Jun - Jul	FS	H=1-2 ft	W = 1 ft	purple	A,D	N	N	N	SW, C, SC	Poisonous, adds nitrogen to the soil, infusion for skin rashes
56	Lupinus sericeus	Silky Lupine	Jun - Jul	FS	H=1-2 ft	W = 1 ft	purple	A,D	Y	E	N	W,N,C,S	Pefers acidic soil, Poisonous. Only edible if seeds are soaked and boiled.
57	Mahonia repens	Oregon Grape	May-Jun	PS	H=10 -20 in	W= 1/2-3 ft	yellow	W, A	N	E	M	W,C,SE	Green berries slightly toxic, jelly, dye; pain relieving tonic, laxative
58	Mimulus lewisii	Pink monkeyflower	Jun-Aug	FS	H= 10-40 in	W=2 ft	pink	W	Y	E	N	W,C	Butterfly larvae host plant
59	Monarda fistulosa	Bee Balm	Jun-Aug	FS	H=1-4 ft	W=2-3 ft	multi, pink, red,	A, D	N	E	M	ALL	Leaves used as insect repellent, treat colds, antiseptic
60	Oenothera biennis	Evening Primrose	Jul-Sep	FS	H = 12 -40 in	W= 1-2 ft	yellow	A	N	E	M	W,C	Cosmetics, yellow dye, treat coughs and asthma
61	Oenothera caespitosa	Evening Primrose	May-Jul	FS	H=2-6 in	W=6-10 in	white	A	Y	E	M	W,C,E	Young roots & leaves edible, Poultices heal, oil/seeds woman aliments
62	Oenothera flava	Evening Primrose	May-Aug	FS	H=2-6 in	W= 15 in	yellow	A, D	N	N	N	W,C	Hummingbird moth larvae host plant
63	Opuntia polyacantha	Prickly Pear Cactus	May-Jul	FS	H=2-8 in	W= 1-2 ft	yellow	D	Y	E	M	W,C	Stems used as mordant to fix dyes. Pink and red dye produced from flowers. A gum produc
64	Penstemon confertus	Yellow Penstemon	May-Aug	FS, PS	H=8-30 in	W=11 in	yellow	W,A, D	N	E	M	W,NC	Flowers for dye, tea purges body, leaves/stems wound dressing
65	Penstemon eriantherus	Fuzzy-tongued penstemon	May-Jul	FS, PS	H=4-16 in	W=3-8 in	purple	A, D	N	N	N	ALL	Penstemon species roots used for toothache by native americans
67	Penstemon lyallii	Lyall's Penstemon	Jul	FS	H=12-24 in	W=2 ft	lavendar	D	N	N	N	ALL	Penstemon species flowers attract hummingbirds, butterflies & bees
68	Penstemon procerus	Little Penstemon	May-Jun	FS, PS	H=3-16 in	W= 6 in	blue/purple	D	N	N	N	W,C	Penstemon species flowers attract hummingbirds, butterflies & bees
69	Phacelia sericea	Silky Phacelia	Aug	FS	H= 8-16 in	W=6-8 in	purple	D	N	N	N	W,C	Ornamental, showy, attracts bees
70	Philadelphus lewisii	Mockorange	June-July	FS	H=5-8 ft	W=3-12 ft	white	A	Y	N	M	W,C	Leaves used to make soap. Wood used to make combs, knitting needles, basket rims, cradl
71	Phlox hoodii	Hood's phlox	Apr-Jun	FS	H=2 in	W=6-8 in	white	D	N	N	N	W,C,E	Early bloomer
72	Pseudoroegneria spicata	Bluebunch Wheatgrass	July-Sep	FS	H= 3ft	W=15-24 in	seed heads	D	Y	E	N	ALL	State grass, foraging animals, erosion control and reclamation
73	Pulsatilla patens	Pasqueflower	Apr-May	FS	H=2-16 in	W=6-12 in	purple	A	N	N	M	W,C	Likes to dry out between waterings. Poisonous. Several medical uses
74	Ratibida columnifera	Praire Coneflower	Jul-Sep	FS	H=1-4 ft	W=6-12 in	yellow	A, D	Y	E	M	ALL	Tea, leaves and stems treat fever, pain, stomach ache, snakebites, poison ivy
75	Rhus trilobata	Tri-lobed (skunkbush) Sumac	Apr-May	FS, PS	H= 10 ft	W=3-4 ft	yellow	D	Y	E	M	All	Branches used to make baskets, water bottles, sun shades, hats.
76	Ribes cereum	Wax Currant	Apr-May	FS, PS	H=3-5 ft	W=3-5 ft	white	A, D	Y	E	M	ALL	Sprigs used to calm children.
77	Schizachyrium scoparium	Little Bluestem	Jun-Oct	FS	H=3 ft	W=24 in	seed heads	D	N	N	N	SC,E	Sharptail nesting habitat
94	Sedum lanceolatum	Lance-leaved Stonecrop	Jun-Aug	FS	H=2-8 in	W=8-11 in	yellow	D	Y	E	M	W	Leaves/rhizomes eaten good for coughs & high blood pressure
78	Sedum stenopetalum	Narrow-leaf Yellow Stonecrop	Jul-Aug	FS	H=4-8 in	W=8-11 in	yellow	D	Y	E	N	W,S,C	Ornamental
79	Shrubby cinquefoil	Dasiphora (Potentilla) fruticosa	Ju-Aug	FS, PS	H=3-30 in	W=2-5 ft	yellow	A, D	Y	N	N	ALL	Bark used as tinder. Planted for erosion control along highways. Ornamental.
80	Sisyrinchium montanum	Blue-eyed Grass	Apr-Jul	FS	H=6-12 in	W = 6-12 in	purple		N	E	M	W,C,NE	Aggressive, treats stomach pain and diarrhea
81	Solidago canadensis	Canada Goldenrod	Aug-Oct	FS	H=3-6 ft	W = 3 ft	yellow	D,A	N	E	M	W,C,E	Water in Jul/Aug to extend bloom time. Sap high in latex and attempts have been made to
82	Solidago missouriensis	Missouri Goldenrod	May-Jul	FS	H=2-6 ft	W=2-3 ft	yellow	Varies	N	E	M	W,C,E	Water in Jul/Aug to extend bloom time. Sap high in latex and attempts have been made to
83	Solidago rigida	Rigid Goldenrod	Aug-Sep	FS	H=3-5 ft	W =2-3 ft	yellow	A	Y	E	M	C,E	Plant with rabbitbrush. Water in Jul/Aug to extend bloom time. Sap high in latex and attem
84	Sphaeralcea munroana	Scarlet Globemallow	Jul	FS	H=2-3 ft	W=2-3 ft	orange/scarlet	A, D	Y	N	N	ALL	Attracts Bees, foraging animals, flowers used to paint
85	Spiraea douglasii	Rose Spiraea	Jun-Jul	PS	H= 7 ft	W=3-7 ft	purple/pink	A, W	N	N	M	W	Butterfly larvae host plant, used for brooms, infusion treats diarrhea
86	Stipa comata	Needle and Thread Grass	Jun-Sep	FS	H=25-30 in	W=12-18 in	seed heads	D	Y	N	N	SW,C,E	Native American children played with seeds and threw them like spears
87	Thermopsis montana	Golden Pea	May-Jun	PS	H=12-26 in	H=12-26 in	yellow	A	Y	N	N	W,C	Ornamental. Poisonous.
88	Townsendia hookeri	Hooker'sTownsendia	Apr-Jul	FS	H=3-6 in	W=3-6in	white	D	N	N	N	W,C	Attracts Butterflies
97	Townsendia leptotes	Common Townsend Daisy	Apr-May	FS	H=3-8 in	W=6-8 in	white	D	N	N	N	SW, SC, E	Host plant for butterflies
89	Townsendia parryi	Parry's Townsendia	May-Jun	FS	H=4-10 in	W=10-15 in	pink/yellow	D	N	N	N	W,C	Attracts Butterflies
90	Viola adunca Sm	Early blue violet	Apr-May	PS	H = 2-4 in	W = 1-2 in	blue	W	N	E	M	W,C,E	Blue dye made from flowers. Rhizomes, fruits and seeds poisonous.
92	Viola glabella	Pioneer Violet	May-June	FS, PS	H=6 in	W=6-12 in	yellow	W	N	E	M	W,C,NW	Host plant larvae and butterfly. Rhizomes, fruits, and seeds poisonous.
93	Yucca glauca	Yucca	Jul	FS	H=8-40 in	W=2-5 ft	white	D	Y	E	M	SW,C,E	Leaves used to make ties. Roots used to make soap and reduce dandruff and baldness.
	Note: To see a picture of the plant, look it up by the scientific name on the Montana Plant Life web site at http://montana.plant-life.org/												
	Montana Field Guide												
	L&C- Lewis and Clark				FS=Full Sun			W=Wet					
	E- Edible or not				PS-Part Sun			A=Average					
	M- Medicinal or not				S=Shade			D=Dry					
	MT Reg- Montana Region,												
	Other- Plant has other uses or importance besides food or medicinal use												