

Locally Native Food Plants for Native Birds in Urban and Suburban Habitats of the Willamette Valley, Oregon

Compiled by B. Newhouse. Many records from Oregon Birders on Line (OBOL) and other sources.

- Some birds (such as grouse), browse on a wide variety of foliage. In general, plants specific to browsers are not listed here.
- Many plants attract insects, which in turn, provide food for many birds. In general, plants that attract insects attractive to birds are not listed here unless they have additional food value.
- Many species of plants offer cover and nesting habitats, in addition to food value. Only plants with notable food value are listed here.
- Many plants listed here are not yet available through the commercial nursery industry.
- See salixassociates.com for downloading this list, and EmeraldNPSO.org for more information on use of native plant species for landscaping.
- In general, names and ranges follow the Oregon Flora Project.

Key: **IN** = insects (particularly good); **SN** = seed or nut; **FF** = fleshy fruit; **NC** = nectar (hummingbirds)
T = Tree; **S** = Shrub; **H** = Herbaceous plant

Latin Name	Common Name	IN	SN	FF	NC	T	S	H	Notes
<i>Acer macrophyllum</i>	Maple, Bigleaf	IN	SN		NC	T			
<i>Alnus rhombifolia</i>	Alder, White	IN	SN				S		Great yard tree; don't plant near other Alnus species.
<i>Alnus rubra</i>	Alder, Red	IN	SN			T			Great yard tree; don't plant near other Alnus species.
<i>Amelanchier alnifolia</i> var. <i>semiintegrifolia</i>	Serviceberry, Pacific			FF			S		
<i>Aquilegia formosa</i>	Columbine, Red				NC			H	
<i>Arbutus menziesii</i>	Madrone, Pacific	IN	SN		NC	T			Great nectar source for hummers, insect source, fruit source.
<i>Arctostaphylos columbiana</i>	Manzanita, Hairy			FF	NC		S		Needs excellent drainage.
<i>Arctostaphylos patula</i>	Manzanita, Greenleaf			FF	NC		S		Needs excellent drainage.
<i>Berberis aquifolium</i>	Oregongrape, Tall			FF	NC		S		
<i>Chamerion angustifolium</i>	Fireweed				NC				
<i>Chrysolepis chrysophylla</i>	Chinkapin	IN	SN			T			
<i>Cirsium brevistylum</i>	Thistle, Short-styled	IN	SN						Uncommon; goldfinches and related
<i>Cirsium callilepis</i>	Thistle, Mountain	IN	SN						Uncommon; goldfinches and related
<i>Cirsium edule</i>	Thistle, Edible	IN	SN						Uncommon; goldfinches and related
<i>Cornus nuttallii</i>	Dogwood, Pacific			FF	NC	T			
<i>Cornus sericea</i>	Dogwood, Creek				NC		S		
<i>Corylus cornuta</i> var. <i>californica</i>	Hazel, California	IN	SN				S		

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<i>Crataegus suksdorfii</i>	Hawthorn, Suksdorf's	IN		FF		T			
<i>Delphinium trolliifolium</i>	Larkspur, Tall				NC				
<i>Dicentra formosa</i>	Heart, Bleeding				NC				
<i>Fragaria vesca ssp. bracteata</i>	Strawberry, Woods			FF					
<i>Fragaria virginiana ssp. platypetala</i>	Strawberry,			FF					
<i>Fraxinus latifolia</i>	Ash, Oregon	IN	SN			T			Moist areas: male trees = pollen, female = seeds.
<i>Lilium columbianum</i>	Lily, Tiger				NC				
<i>Lonicera ciliosa</i>	Honeysuckle, Orange				NC				Excellent for hummingbirds.
<i>Lonicera hispidula</i>	Honeysuckle, Hairy				NC				
<i>Lonicera involucrata</i>	Twinberry, Black				NC				
<i>Malus fusca</i>	Crabapple, Pacific	IN		FF		T	S		
<i>Mentha canadensis</i>	Mint, Field				NC				
<i>Mimulus cardinalis</i>	Monkeyflower, Scarlet				NC				
<i>Mimulus guttatus</i>	Monkeyflower, Yellow				NC				
<i>Oemleria cerasiformis</i>	Osoberry	IN		FF			S		Plants are either male or female. Females produce the fruits.
<i>Phoradendron villosum</i>	Mistletoe, Oak			FF					White, waxy berries. Winter food for W. bluebirds.
<i>Populus trichocarpa</i>	Cottonwood, Black	IN			NC	T			Roots may go far to find water. Not good near a house.
<i>Prunus emarginata var. mollis</i>	Cherry, Bitter	IN		FF	NC	T			
<i>Prunus virginiana var. demissa</i>	Chokecherry	IN		FF	NC	T	S		
<i>Pseudotsuga menziesii var. menziesii</i>	Douglas-fir	IN	SN			T			
<i>Quercus garryana var. garryana</i>	Oak, Oregon White	IN	SN			T			Excellent insect diversity.
<i>Quercus kelloggii</i>	Oak, California Black	IN	SN			T			
<i>Rhamnus purshiana</i>	Cascara			FF	NC	T			
<i>Ribes divaricatum</i>	Currants, Straggly			FF	NC		S		
<i>Ribes sanguineum</i>	Currant, Red-			FF	NC		S		Outstanding hummingbird attractant.
<i>Rubus spectabilis</i>	Salmonberry			FF	NC		S		
<i>Rubus leucodermis</i>	Blackcap			FF					
<i>Rubus ursinus</i>	Blackberry, trailing			FF					
<i>Salix hookeriana</i>	Willow, Hooker's	IN			NC	T	S		Roots may go a long way to seek water
<i>Salix lucida ssp. lasiandra</i>	Willow, Pacific	IN			NC	T			Roots may go a long way to seek water

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<i>Salix scouleriana</i>	Willow, Scouler's	IN			NC	T	S		
<i>Salix sitchensis</i>	Willow, Sitka	IN			NC		S		Roots may go a long way to seek water
<i>Sambucus mexicana</i>	Elderberry, Blue			FF		T	S		Powdery blue fruits.
<i>Sambucus racemosa</i> var. <i>arborescens</i>	Elderberry, Red			FF		T	S		Red fruits. Black-fruited subspecies native to E side.
<i>Stachys cooleyae</i>	Hedgenettle, Cooley's				NC				
<i>Symphoricarpos albus</i> var. <i>laevigatus</i>	Snowberry				NC		S		
<i>Typha latifolia</i>	Cattails	?	SN						Wetlands, pond edges.
<i>Vaccinium parvifolium</i>	Huckleberry, Red				NC		S		May not do well on Valley floor.
<i>Viburnum ellipticum</i>	Viburnum, Oregon	IN		FF			S		