

## SEVEN STEPS TO SAVE NATURE

- 1. Remove at least half your lawn:** 45 million acres of lawn in the US, using 2 billion gallons of gasoline. Creating 41 billion pounds of Co2 and, 13 billion pounds of toxic and carcinogenic air pollutants emitted from leaf blowers and mowers. Spreading 100 million pounds of pernicious lawn chemicals and fertilizers, Using 9 billion gallons of water A DAY! REPEAT ALL OF THE ABOVE ANNUALLY
- 2. Remove invasive and non-native plants from your yard** Non-native plants are carried to wild areas by animals and wind. Often grow (break bud) and flower earlier. Provide less, or no nutrition to our native wildlife. Crowd out & outcompete our native vegetation, thereby impoverishing our ecosystems.
- 3. PLANT NATIVE PLANTS!** Native plants build and stabilize soil, filter water, sequester carbon, provide critical habitat and food for our declining native birds, pollinators, beneficial insects and other wildlife. Support local food webs and biodiversity. See list inside this pamphlet.
- 4. Avoid or minimize the use of herbicides, insecticides and fungicides.** All of these compounds have detrimental effects on soil health, on insect populations that support our birds, and on local water systems that support our fish.
- 5. Build a pollinator garden** Pollinators are responsible for one out of every three bites of food we eat. They are in decline, and need our protection. See list inside.

- 6. Leave the leaves!** Hundreds of butterfly and moth species overwinter in leaf litter. They along with other insects hiding there provide critical winter food for birds. Gently rake your leaves in under your shrubs. Don't send next summer's butterflies to the landfill.
- 7. Turn off outdoor lights** Lights at night confuse and exhaust our nighttime pollinators, and cause our migrating birds to strike windows and die. Install motion sensor lights, or YELLOW LED lights outside.

### Resources

**Nature's Best Hope** by Dr. Doug Tallamy - Book  
Timber Press

**Nature's Best Hope** - YouTube video  
<https://www.youtube.com/watch?v=WY4aV5hqkxY>

**Oregon Flora** - beautiful website to help you find the NATIVE plants to go into your landscape. Sort by size, water requirements, flower color, etc.  
[oregonflora.org](http://oregonflora.org)

**Jackson County Master Gardeners Association** - free gardening resources & advice for the Rogue Valley  
<https://jacksoncountymga.org/>

**Oregon State University catalog** - thousands of free, downloadable information pamphlets  
<https://catalog.extension.oregonstate.edu/>

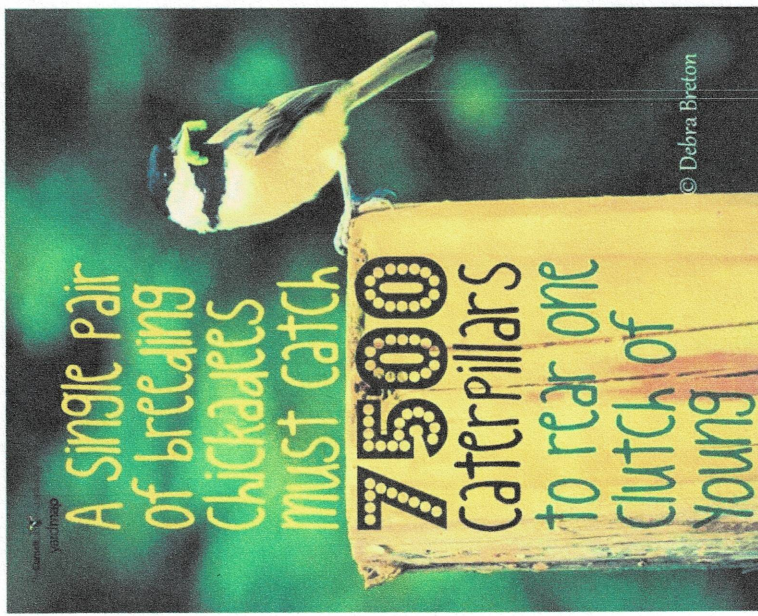
**Pollinator Project Rogue Valley** - non-profit dedicated to protecting and enhancing habitat for pollinators  
<https://www.pollinatorprojectrogu山谷ley.org/>

**Rogue Native Plant Partnership** - produces native plants and seeds, assists with planning for native landscapes  
<https://www.roguenativeplants.org/>

**Home Grown National Park Movement**- by removing half the lawns in the U.S. we could grow more acreage in native plants than we have in all our national parks combined  
<https://homegrownnationalpark.com/>

## SAVE OUR BIRDS!

### Grow Native Plants



Only **native plants** grow the caterpillars that produce our summer butterflies AND that 90% of North American bird species must feed their nestlings..

No native plants = no birds, or butterflies in our gardens. Take a look in your yard to see if you have native plants growing, and take steps to grow more!

## Bring Nature Home!

**Twenty Top Host Plants for Pollinators, Butterflies and Birds  
Flowers and Grasses, Woody Shrubs, and Trees**

Compiled by Lynn Kunstman, for the *Rogue Valley*, from *NATIVE PLANT FINDER*  
<https://www.nwf.org/NativePlantFinder/Plants>

Flowers and Grasses - CHOOSE NATIVES				Woody Shrubs - CHOOSE NATIVES				Trees - CHOOSE NATIVES			
Rank #	Common Name	Genus	# species hosted	Rank #	Common Name	Genus	# species hosted	Rank #	Common Name	Genus	# species hosted
1	Strawberry	Fragaria	69	1	Huckleberry/blueberry	Vaccinium	130	1	Willow	Salix	312
2	Lupine	Lupinus	55	2	Blackberry	Rubus	96	2	Cherry	Prunus	240
3	Goldenrod	Solidago	49	3	Wild Rose	Rosa	94	3	Aspen, Poplar	Populus	227
4	Deer vetch	Lotus	46	4	California Lilac	Ceanothus	93	4	Alder	Alnus	210
5	Sagebrush	Artemisia	41	5	Serviceberry	Amelanchier	81	5	Oak	Quercus	200
6	Sunflower	Helianthus	40	6	Hawthorn	Crataegus	80	6	Pine	Pinus	190
7	Senecio	Ragwort	29	7	Hazelnut	Corylus	71	7	Birch	Betula	198
8	Violets	Viola	27	8	Dogwood	Cornus	58	8	Douglas Fir	Pseudotsuga	129
9	Milk vetch	Astragalus	26	9	Grape	Vitis	55	9	Fir	Abies	126
10	Vetch	Vicia	25	10	Meadowsweet	Spiraea	54	10	Spruce	Picea	126
11	California Fuschia	Epilobium	25	11	Bearberry	Arctostaphylos	51	11	Maple	Acer	123
12	Indian Paintbrush	Castilleja	24	12	Oceaspray	Holodiscus	39	12	Hemlock	Tsuga	118
13	Rabbitbrush	Chrysothamum	24	13	Bitterbrush	Purshia	33	13	Hawthorn	Crataegus	80
14	Geranium	Geranium	21	14	Elderberry	Sambucus	32	14	Hazelnut	Corylus	71
15	Goldenbush	Ericameria	19	15	Rhododendron	Rhododendron	32	15	Dogwood	Conus	58
16	Beardtongue	Penstemon	18	16	Snowberry	Symphycarpus	32	16	Ash	Fraxinus	53
17	Cinquefoil	Potentilla	18	17	Arrowwood	Viburnum	31	17	Madrone	Arbutus	43
18	Blue Flax	Linum	18	18	Honeysuckle	Lonicera	29	18	Mountain Ash	Sorbus	42
19	Yarrow	Achillea	18	19	Mountain Mahogany	Cercocarpus	24	19	Red Cedar	Juniperus	41
20	Evening Primrose	Oenothera	17	20	Coffeeberry	Frangula (Rhamnus)	21	20	Locust	Robinia	22
				21	Sumac	Rhus	21				
				22	Mountain Laurel	Kalmia	14				
				23	Ninebark	Physocarpus	13				
	Specialist host plant for the Monarch Butterfly										
	Milkweed	Asclepias	1								
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NOTE: Trees and shrubs support more species!