

270	<i>Quercus agrifolia</i>		Coast Live Oak			L	F		
117	<i>Ceanothus</i> spp	<i>C. dentata</i> , <i>C. rigidus</i> , <i>C. thyrsiflorus</i>	California lilacs			L	F		
75	<i>Lupinus chamissonis</i>		Silver Beach Lupine			L	F		
68	<i>Arctostaphylos</i> spp	<i>A. pumila</i> , <i>A. tomentosa</i> var <i>tomenosa</i>	Manzanitas		M	L	F		
60	<i>Helianthus</i> spp		Sunflowers		M				
56	<i>Eriogonum latifolium</i>		Coast Buckwheat			L	F		
55	<i>Solidago</i> spp		Goldenrod		M				
53	<i>Symphotrichum chilensis</i>		Pacific Aster		M	L			
45	<i>Arbutus menziesii</i>		Madrone			L			
37	<i>Baccharis</i> spp		Coyotebrush		M		F		
26	<i>Ericameria ericoides</i>		Mock Heather		M	L	F		
21	<i>Adenostoma fasciculatum</i>		Chamise				F		
21	<i>Grindelia camporum</i>		Gumplant		M				
19	<i>Achillea millefolium</i>		Yarrow		M	L			
17	<i>Heterotheca grandiflora</i>		Telegraph weed				F		
14	<i>Diplacus aurantiacus</i>		Sticky Monkeyflower			L	F		
14	<i>Salvia melliflora</i>		Black Sage		M	L	F		
11	<i>Festuca</i> spp		grasses					K	
10	<i>Monardella villosa</i>		Coyote mint		M	L			
9	<i>Agrostis</i> spp		Bent grasses					K	
9	<i>Asclepias</i> spp		Milkweed		M	L			
9	<i>Verbena lasiostachys</i>		Western vervain						
6	<i>Abronia latifolia</i>		Coastal Sand Verbena		M				
6	<i>Pseudognaphalium</i> spp		CA cudweed, cottonbatting plant				F		
5	<i>Marah fabacea</i>		CA Manroot			L	F		
3	<i>Eschscholzia californica</i> var <i>maritima</i>		California Poppy				F		
1	<i>Acmispon</i> spp		Deerweed, Herrmann's Lotus				F		
1	<i>Chorizanthe pungens</i>		Monerey Spineflower				F		
1	<i>Crocantemumm scoparium</i>		Peak Rush Rose			L	F		
0	<i>Garrya Elliptica</i>		Silk Tassle				F		
*1					*2	*3	*4	*5	
	Sources:								
		1	SF Bay Area Native Plants and number of species of butterflies and moths that will lay eggs on them by Doug Tallamy, PhD						
		2	Xerces Society list as linked from Rep Jimmy Panetta's FB post regarding his MONARCH Act bill						
		3	Best for landscaping, per Deanna Lynn, MLA	C4SM Secretary					
		4	Fort Ord Hilltop Park plant list by	Fred Watson PhD					
		5	Pollinator-friendly grasses, found nearby, from Flora Of Fort Ord, David Steyer	Karen Andersen	Chair C4SM				(who did not include Poison Oak)