10.1 Cold Deserts

Fleabane Daisy
(\textit{Erigeron speciosus})

\textbf{LIGHT:} Full sun  
\textbf{WATER:} Average  
\textbf{SEASON OF INTEREST:} Summer through fall  
\textbf{HEIGHT:} 1-2 ft  
\textbf{DURATION:} Perennial  

This long blooming and virtually disease free flower provides resources to pollinators for months. Cut it back to encourage more flowers and growth.

Common Sunflower
(\textit{Helianthus annuus})

\textbf{LIGHT:} Full sun  
\textbf{WATER:} Low to average  
\textbf{SEASON OF INTEREST:} Mid through late summer  
\textbf{HEIGHT:} 3-10 ft  
\textbf{(dwarf varieties available)}  
\textbf{DURATION:} Annual  

These tall and showy flowers are easy and fun to grow, and the seeds are great for birds. Put only one plant in each pot and provide support as the plant grows.

Nuttall’s Sunflower
(\textit{Helianthus nuttallii})

\textbf{LIGHT:} Full sun  
\textbf{WATER:} Average to high  
\textbf{SEASON OF INTEREST:} Fall  
\textbf{HEIGHT:} 3-8 ft  
\textbf{DURATION:} Perennial  

This late season flowering plant is an important source of nectar for migrating monarch butterflies in the fall and other pollinators. The seeds attract many birds, and are favored by goldfinches.  
*Not native to northwestern portions of ecoregion

Hairy False Goldenaster
(\textit{Heterotheca villosa})

\textbf{LIGHT:} Full sun  
\textbf{WATER:} Low  
\textbf{SEASON OF INTEREST:} Late spring through fall  
\textbf{HEIGHT:} 1-3 ft  
\textbf{DURATION:} Perennial  

This plant blooms 3-4 months starting in late spring. The bright yellow flowers produce a sage-like aroma and attract butterflies. It is drought tolerant and thrive in poor soil as long as it is well-draining.

Silvery Lupine
(\textit{Lupinus argenteus})

\textbf{LIGHT:} Full sun  
\textbf{WATER:} Low  
\textbf{SEASON OF INTEREST:} Summer  
\textbf{HEIGHT:} 1-3 ft  
\textbf{DURATION:} Perennial  

This species has stunning silvery-green leaves with spikes of blue to violet flowers. They are particularly attractive to hummingbirds and butterflies. Plant in a deep pot due to long roots.

Western Coneflower
(\textit{Rudbeckia occidentalis})

\textbf{LIGHT:} Full sun  
\textbf{WATER:} Average  
\textbf{SEASON OF INTEREST:} Summer through fall  
\textbf{HEIGHT:} 2-6 ft  
\textbf{DURATION:} Perennial  

This unique flower has a large central cone with abundant pollen and nectar. Deadheading promotes further blooms, and this species is deer resistant with no serious pests or diseases.  
*Not native to AZ and NM
10.1 Cold Deserts

**White Heath Aster**  
(*Symphyotrichum ericoides*)

**LIGHT:** Full sun  
**WATER:** Low to average  
**SEASON OF INTEREST:**  
Late summer through fall  
**HEIGHT:** 1-3 ft  
**DURATION:** Perennial  
This densely blooming and compact plant resembles a spreading Juniper shrub when not in bloom. This low maintenance species does not have any serious pests or diseases.  
*Not native to CA or NV*