Native Plant of the Month

Arctic Lupine
*Lupinus arcticus*

- The name lupine is known around the world for the beautiful spires of pea-like flowers that brighten spring and summer meadows.
- Though the pods are pea-like they are not edible and may be toxic to humans.
- Bumblebees and hummingbirds feed on the flower nectar, while birds and mammals of all types relish the seeds.

Landscape Value

This is one of the many native lupines that occur naturally in our region. Found in high meadows in the Cascade Range, it is adaptable to many elevations including the lowlands of Puget Sound. Consider planting this in a sunny, moist site in your garden.

Lupine plants help to “fix” nitrogen from the air into the soil, enriching poor soils, which gives lupine added garden value.

Mix with monkey-flower, Indian paintbrush, camas, and other wetland meadow plants for a showy long blooming meadow. These meadows are beautiful and have enormous wildlife value.