

Cooper Mountain

Demonstration Garden



Grow green

with planting ideas from
the demonstration garden

A partnership between Metro and
the Tualatin Hills Park & Recreation District

Natural gardening is easy, safe and fun!

Birds and bugs are ready to help with your gardening chores...naturally. Simply make your yard a pesticide-free zone, and follow a few easy steps. Natural gardening isn't just beautiful and fun—it also protects children, pets, streams and forests from harmful garden chemicals.

Plant right for your site

Why struggle with tender plants bound to lose the battle with pests, diseases, droughts and freezes? Pick plants that can thrive where you put them—without pesticides or fuss.

Use compost and mulch to build soil and stop weeds

Compost contains worms and other creatures that turn soil, dead plant parts and air into free fertilizer! Dig it in or spread it as mulch. Mulches also smother weeds and reduce runoff into nearby streams.

Water less to save more

Choose plants that can thrive solely on rainwater after they're established. Just imagine: no sprinkling, fewer weeds and less pruning! For vegetables and lawns, avoid waste by using automatic shutoff valves or nozzles and keeping water off the sidewalk.



Garden with care at the edge of the wild

Home gardens don't always stay home.

Natural areas are vulnerable to harm from home gardens. A single English ivy plant, for example, can escape and dominate an entire forest. Choose your garden plants with care to prevent the spread of invasive plants.

Choose native plants

Native plants have evolved over thousands of years, adapting to the local climate, soils and animals, so they can survive seasonal changes. They also provide the best food and shelter for local wildlife.

Many non-native plants are great for gardens, too

Food crops, medicinal plants and ornamentals like the ones in the Cooper Mountain Demonstration Garden have come from near and far but usually pose no threat to native plants and animals. See the plant list inside this brochure for ideas or contact Metro at 503-234-3000 for the latest information on non-invasive plants.

Avoid invasive plants

Invasives are aggressive, non-native plants that often crowd out natives for water, sunlight, nutrients and space. They're carried by wind, water, wildlife and people. Left unchecked, they can severely alter wildlife habitats, crops, stream flows and the diversity of life in natural areas.

Great plants for our summer-dry climate

The following plants are ideal choices for nature-friendly gardens in the Willamette Valley. All of these plants can be seen in the Cooper Mountain Demonstration Garden. Learn how to read the symbols on the plant descriptions on the next page.

Plant icon key



Prefers full sun



Prefers partial sun



Prefers shade



Prefers dry soil



Prefers dry to moist soil



Prefers moist soil



Attracts butterflies



Attracts hummingbirds



Attracts beneficial insects



Attracts other wildlife



Oregon native plant



Giant hyssop *Agastache rupestris*



Perennial

3-5 feet tall

Easy to grow

Pinkish-orange blooms summer to fall; great for hummingbird gardens



Strawberry tree *Arbutus unedo 'compacta'*



Evergreen shrub

4-6 feet tall

Easy to grow

White blooms in fall; attractive strawberry-like fruit



Kinnikinnick *Arctostaphylos uva-ursi*



Evergreen groundcover

5-8 inches tall

Easy to grow

Pink flowers mid-spring to early summer; edible berries provide food for wildlife



Manzanita *Arctostaphylos x hybrida*



Evergreen shrub

5-10 feet tall

Moderately hard to grow

White to pink flowers in spring; attractive smooth reddish bark



Sea pink *Armeria maritima*



Evergreen perennial
6-10 inches tall
Easy to grow

White to pink flowers spring to early summer;
good rock garden plant



Sun rose *Cistus purpureus*



Evergreen shrub
4-6 feet tall
Easy to grow

White to pink flowers in summer



Feather reed grass *Calamagrostis acutiflora* 'Karl Foerster'



Perennial grass
3-4 feet tall
Easy to grow

Green to yellow flowers blooming in summer



Smoke tree *Cotinus coggygria* 'Royal Purple'



Deciduous shrub
12-15 feet tall
Easy to grow

Pink flowers blooming in summer; attractive
purple leaves



Blue mist *Caryopteris clandonensis*



Deciduous shrub
2 feet tall
Easy to grow

Blue flowers in summer



Purple coneflower *Echinacea purpurea*



Perennial
2-3 feet tall
Easy to grow

Pink blossoms July through September;
medicinal



Point Reyes ceanothus *Ceanothus gloriosus* 'Point Reyes'



Evergreen shrub
12-18 inches tall
Easy to grow

Light blue flowers spring to summer



Seaside daisy *Erigeron glaucus*



Evergreen perennial
1-2 feet tall
Easy to grow

Showy light-purple flowers spring to fall;
spreads easily



Showy fleabane

Erigeron speciosus



Perennial

6-30 inches tall

Easy to grow

Purple blooms in summer



Oregon sunshine

Eriophyllum lanatum



Perennial

4-40 inches tall

Easy to grow

Yellow flowers spring to summer



California fescue

Festuca californica



Perennial grass

2-3 feet tall

Easy to grow

Spring to summer blooms; grayish-blue leaves



Roemer's fescue

Festuca roemerii



Perennial grass

10-35 inches tall

Easy to grow

Attractive bluish-gray leaves



Salal

Gaultheria shallon



Evergreen shrub

1-6 feet tall

Easy to grow

Pink flowers May to July; edible berries in fall; spreads by root runners



Oregon iris

Iris tenax



Perennial

4-20 inches tall

Moderately hard to grow

Purple blooms in spring; great for rain gardens



Prairie junegrass

Koeleria macrantha



Perennial grass

1-2 feet tall

Easy to grow

Inconspicuous yellow flowers spring to summer; bluish-gray leaves



English lavender

Lavandula angustifolia



Evergreen shrub

18 inches tall

Easy to grow

Purple blooms in summer; fragrant



Spanish lavender

Lavandula stoechas



Evergreen shrub

18-36 inches tall

Easy to grow

Purple blooms late spring to summer; fragrant



Black tupelo

Nyssa sylvatica



Tree

30-50 feet tall

Easy to grow

Slow-growing; showy orange-red foliage in fall



Gayfeather

Liatris spicata



Perennial

2-4 feet tall

Easy to grow

Pink or lilac blossoms summer to fall



Black mondo grass

Ophiopogon planiscapus 'Nigrescens'



Perennial

8 inches tall

Easy to grow

Light pink flowers in summer; attractive purple-black foliage



Large-leaved lupine

Lupinus polyphyllus



Perennial

4 feet tall

Easy to grow

Purple-blue summer blossoms; great for rain gardens



Oregon boxwood

Paxistima myrsinites



Evergreen shrub

3 feet tall

Easy to grow

Small, inconspicuous maroon flowers spring to summer; glossy leaves



Compact Oregon grape

Mahonia aquifolium 'Compacta'



Evergreen shrub

2-3 feet tall

Easy to grow

Early spring blooms feed hummingbirds and butterflies; fall fruit feeds wildlife; holly-like leaves; spreads



Cardwell's penstemon

Penstemon cardwellii



Evergreen perennial

1 foot tall

Moderately hard to grow

Purple flowers in summer



Richardson's penstemon

Penstemon richardsonii



Perennial
12-34 inches tall
Easy to grow

Pinkish blooms later summer to fall; great for rock gardens



Cascade penstemon

Penstemon serrulatus



Perennial
1-2 feet tall
Easy to grow

Purple blooms in summer; nice cut flowers; good for rain gardens



Russian sage

Perovskia atriplicifolia



Deciduous shrub
3-5 feet tall
Easy to grow

Purple flowers summer to fall; silvery foliage



Lewis' mock orange

Philadelphus lewisii



Deciduous shrub
10 feet tall
Easy to grow

Fragrant white flowers late spring to mid-summer



Moss phlox

Phlox subulata



Perennial
6 inches tall
Easy to grow

Red to purple spring blooms; great rock garden plant



Ponderosa pine

Pinus ponderosa



Evergreen tree
150-230 feet tall
Easy to grow

Long needles grouped in threes; large pine cones



Pasque flower

Pulsatilla vulgaris



Perennial
9-12 inches tall
Easy to grow

Red to purple blooms in spring



Coffeeberry

Rhamnus californica



Evergreen shrub
3-15 feet tall
Easy to grow

Inconspicuous yellow flowers spring to summer; showy summer berries



Red-flowering currant

Ribes sanguineum



Deciduous shrub

4-10 feet tall

Easy to grow

Early spring blooms feed hummingbirds and butterflies; fall fruit feeds wildlife; fast-growing



Nootka rose

Rosa nutkana



Deciduous shrub

6 feet tall

Easy to grow

Pink flowers late spring to mid summer; fragrant; spreads



Black-eyed susan

Rudbeckia fulgida



Perennial

2-3 feet tall

Easy to grow

Attractive yellow flowers summer to fall; spreads



Purple volcano salvia

Salvia lyrata 'Purple Volcano'



Perennial

6-12 inches

Easy to grow

Purple-white blooms summer to fall; attractive purple leaves



Lavender cotton

Santolina species



Evergreen shrub

12-18 inches tall

Easy to grow

Yellow spring flowers; attractive green or gray leaves



Oregon stonecrop

Sedum oregonum



Evergreen groundcover

3-6 inches tall

Easy to grow

Succulent with yellow blooms in summer; great for rock gardens



Broadleaf stonecrop

Sedum spathulifolium



Evergreen groundcover

2-8 inches tall

Easy to grow

Succulent with yellow flowers spring to summer; great for rock gardens



Showy stonecrop

Sedum spectabile



Perennial

2 feet tall

Easy to grow

Pink flowers in fall; great for rock gardens



Meadow checkerbloom

Sidalcea campestris



Perennial
3 feet tall
Easy to grow
Pink flowers summer to fall



Goldenrod

Solidago canadensis



Perennial
2-5 feet tall
Easy to grow
Clusters of yellow flowers summer to fall;
spreads



Giant feather grass

Stipa gigantea



Perennial grass
6-8 feet tall
Easy to grow
Tan blooms summer to fall



Common snowberry

Symphoricarpos albus



Deciduous shrub
6 feet tall
Easy to grow
Pink blooms spring to summer; white berries



Mountain hemlock

Tsuga mertensiana



Evergreen tree
60-120 feet tall
Moderately hard to grow
Slow-growing alpine conifer



Conoy burkwood viburnum

Viburnum x burkwoodii 'Conoy'



Shrub
4-6 feet tall
Easy to grow
White spring blooms; very fragrant



Free presentations, publications,
events and online information

Compost bins for sale at deep discount
at MetroPaint Store in Portland

Oregon Zoo Backyard Makeover
exhibit for welcoming wildlife

Metro GreenScene, a quarterly
calendar of nature activities

Call **503-234-3000** or visit
www.oregonmetro.gov/garden

Tualatin Hills Park & Recreation District,
503-645-6433, www.thprd.org

Free Naturescaping workshops,
503-222-SOIL, www.naturescape.org

OSU Extension Service Metro Area Master
Gardener Help Line, 503-821-1150 (Westside),
503-655-8631 (Eastside)

Regional Water Providers Consortium,
503-823-7528, www.conserveh2o.org

Northwest Coalition for Alternatives
to Pesticides, www.pesticide.org

Park stewardship a joint venture

Photo by C. Bruce Forster



Pale larkspur

The Tualatin Hills Park & Recreation District will provide day to day management of Cooper Mountain Nature Park. This includes park ranger operations, security service, educational programming, park maintenance and natural resource management.

Voter-approved funds allowed Metro to purchase land at Cooper Mountain beginning in 1997. More land acquisition followed until 230 acres were protected. Park development is supported by voter funding and a grant from Oregon State Parks.

Volunteers have participated in nearly every aspect of Cooper Mountain's transformation – removing invasive species, restoring native grasses and wildflowers, planting more than 110,000 trees and shrubs, enhancing the oak woodlands and improving the small quarry pond. Metro's science team will continue to lead the restoration activities at Cooper Mountain.



Metro, the regional government that serves 1.4 million people who live in the 25 cities and three counties of the Portland metropolitan area, provides planning and other services that protect the nature and livability of our region.



Formed in 1955, Tualatin Hills Park & Recreation District is the largest special park district in Oregon, spanning about 50 square miles and serving more than 200,000 residents in the greater Beaverton area. The district provides year-round recreational and educational opportunities for people of all ages.