Cooper Mountain

Demonstration Garden



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



White blooms in fall; attractive strawberry-like fruit













Kinnikinnick Arctostaphylos uva-ursi

Arctostaphylos uva-urs



Evergreen groundcover 5-8 inches tall Easy to grow

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





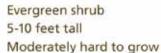








Manzanita Arctostaphylos x hybrida



White to pink flowers in spring; attractive smooth reddish bark





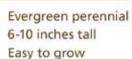






Sea pink

Armeria maritima



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













Feather reed grass

Calamagrostis acutiflora 'Karl Foerster'



Perennial grass 3-4 feet tall Easy to grow

Green to yellow flowers blooming in summer







Blue mist

Caryopteris clandonensis



Deciduous shrub 2 feet tall Easy to grow

Blue flowers in summer







Point Reyes ceanothus Ceanothus gloriosus 'Point Reyes'



Evergreen shrub 12-18 inches tall Easy to grow

Light blue flowers spring to summer













Sun rose

Cistus purpureus



White to pink flowers 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













Purple coneflower

Echinacea purpurea



Perennial 2-3 feet tall Easy to grow

Pink blossoms July through September; medicinal





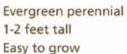








Seaside daisy Erigeron glaucus



Showy light-purple flowers spring to fall; spreads easily





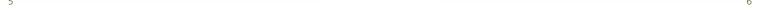












Showy fleabane

Erigeron speciosus



Perennial 6-30 inches tall Easy to grow

Purple blooms in summer



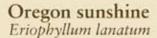














Perennial 4-40 inches tall Easy to grow

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 roemeri



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







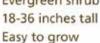






Spanish lavender Lavandula stoechas

Evergreen shrub



Purple blooms late spring to summer; fragrant









Gayfeather Liatris spicata

Perennial 2-4 feet tall Easy to grow

Pink or lilac blossoms summer to fall











Large-leaved lupine Lupinus polyphyllus

Perennial

4 feet tall

Easy to grow

Purple-blue summer blossoms; great for rain gardens















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















Black tupelo Nyssa sylvatica

Tree

30-50 feet tall

Easy to grow

Slow-growing; showy orange-red foliage in fall







Black mondo grass

Ophiopogon planiscapus 'Nigrescens



Perennial 8 inches tall

Easy to grow

Light pink flowers in summer; attractive purple-black foliage

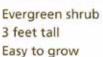






Oregon boxwood

Paxistima myrsinites



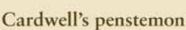
Small, inconspicuous maroon flowers spring to summer; glossy leaves











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



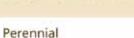








Cascade penstemon Penstemon serrulatus





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



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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

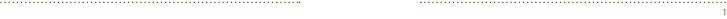
Inconspicuous yellow flowers spring to summer; showy summer berries











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









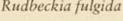








Black-eyed susan Rudbeckia fulgida





Perennial 2-3 feet tall Easy to grow

spreads

Attractive yellow flowers summer to fall;











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 oreganum



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



Clusters of yellow flowers summer to fall; spreads













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









Giant feather grass

Stipa gigantea

Perennial grass 6-8 feet tall Easy to grow

Tan blooms summer to fall

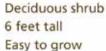








Common snowberry Symphoricarpos albus



Pink blooms spring to summer; white berries















Notes

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Metro natural gardening resources

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**

More natural gardening resources

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



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.