ROCKY MOUNTAIN PENSTEMON

*Penstemon strictus* Benth.

Plant Symbol = PEST2

Contributed by: USDA NRCS Idaho State Office & National Plant Data Center

Alternate Names
Strict beardtongue, Rocky Mountain beardtongue

Uses
*Grazing/rangeland*: 'Cedar' Palmer’s penstemon (*Penstemon palmeri*) and 'Bandera' Rocky Mountain penstemon (*Penstemon strictus*) are the only released penstemons noted to have any forage value. All other varieties are considered fair to poor palatability and considered to be only incidental forage value. All species provide diversity to the seeded plant community.

*Erosion control/reclamation*: All species are mentioned for their value in mixes for erosion control and beautification values.

*Wildlife*: Penstemons are considered desirable forages for deer, antelope, and birds either as herbage or seed. They may also provide some cover for selected small bird species. They provide diversity to the plant community.

*Status*
Please consult the PLANTS Web site and your State Department of Natural Resources for this plant’s current status, such as, state noxious status and wetland indicator values.

*Description*

*General*: Figwort Family (Scrophulariaceae). Penstemon or beardtongue species are perennial forbs or sub-shrubs to shrubs with attractive flowers. They are short to long-lived. Penstemons have opposite, entire, or toothed leaves. They have several stalked flowers or flower clusters that are borne in the axils of the upper leaves or leaflike bracts. The tubular corolla is strongly to distinctly two-lipped at the mouth with a two-lobed upper lip and a three-lobbed lower lip. There are 4 anther-bearing (fertile) stamens and a single sterile stamen or staminodia that is often hairy at the tip. The fruit is a many-seeded capsule.

*Penstemon strictus* is a perennial herb growing 12 to 36 in tall. It has one to few stems arising from a thick crown. The leaves are entire and narrowly oblanceolate. The flowers are deep blue with parts of the corolla violet and whitish. The staminode is sparsely bearded to glabrous. This species likes full sun to partial shade, well drained soils, and blooms in the summer. A good line drawing and identification key is available in Cronquist et al. (1984).

*Distribution*
This species is found in the southern Rockies. Except for one minor species, the genus *Penstemon* does not occur naturally outside of North America. For current distribution, please consult the Plant Profile page for this species on the PLANTS Web site.

*Establishment*
*Adaptation*: Penstemons do best on well-drained soils. Most ecotypes do well on infertile, disturbed...
soils. They have excellent cold winter and drought
tolerance. They will tolerate weakly saline to weakly
acidic sites. They are usually found in open areas,
but will tolerate semi-shaded conditions. They are
not tolerant of fire, but are fire resistant due to leaves
staying green with relatively high moisture content
during the fire season.

Rocky Mountain penstemon is often associated with
sagebrush in pinyon-juniper woodland, oak scrub,
and openings of ponderosa pine and spruce-aspen
forest from 2200 to 3200 m in elevation (Cronquist et
al. 1984).

Planting: These species should be seeded with a drill
or broadcast at a depth of 1/4 inch or less into a firm
seedbed. Ideal seeding depth is 1/8 inch. Penstemons
are not recommended for single species
seeding. The full seeding rate (not recommended) for
these forbs-shrubs is 1.5 to 3 pounds Pure Live Seed
(PLS) per acre or 20 to 26 PLS per square foot
(varies somewhat by species). Some recommend 4
lbs PLS per acre for Rocky Mountain penstemon.
There are an estimated 478,000 seeds per pound for
this species. When used as a component of a mix,
adjust to percent of mix desired. For mined lands and
other harsh critical areas, doubling the seeding rate
component of penstemon is not required.

The best seeding results are obtained from seeding in
very early spring (because of grass component of
mix) on heavy to medium textured soils and in late
fall on medium to light textured soils. Late summer
(August - mid September) seeding is not
recommended. Dormant fall seedings (preferred
seeding period for penstemons) will pre-chill seed
and reduce seed dormancy which is very strong in
some species. Mulching, irrigation, and weed control
all benefit stand establishment. Seedling vigor is
good, but not as good as most grasses. Germination
may not occur until the second growing season.
Flowering should not be expected until at least the
second growing season.

Stands may require weed control measures during
establishment. Because penstemons are broadleaf,
use of 2,4-D is not recommended. Mow weeds at or
prior to their bloom stage. Grasshoppers and other
insects may also damage new stands and pesticides
may be needed.

Management
Growth of penstemons begins in early spring and
flowers appear in May through July depending on
species. Weed control and removal of very
competitive species may improve chance of
establishment. Damage from wildlife and rodents
may occur and they may need to be controlled.
Disease problems are minimal except under
irrigation. Under irrigation, fusarium wilt can be a
problem.

Environmental Concerns: Penstemon species
establish and spread slowly via seed distribution.
They are not considered "weedy" or invasive species,
but can spread into adjoining vegetative communities
under ideal climatic and environmental conditions.
They coexist with other native species and add
biodiversity to those plant communities.

Seed Production
Penstemons should be seeded in at least 36-inch rows
at the rate of 2.5 pounds PLS per acre to allow
mechanical weed control. The use of weed barrier
material may be an alternative to allow closer
spacing. They should be seeded in late fall or early
winter unless seed is stratified under cool moist
conditions. "The Clearwater Selection" of alpine
penstemon does not require stratification.
Transplants by dividing the base of older plants or
from greenhouse starts can also be successfully used
to establish seed fields.

Seed is generally harvested by hand stripping or by
combine. Seed is mature when capsules are dry and
seed is hard and dark in color. Flowering is
indeterminate with mature capsules and flowers
present at harvest period. Multiple harvest periods
(by hand) may be necessary to maximize seed
collection. Some seed will shatter once capsules
open, but the capsule is upright and tends to hold
seed very well. Seed can be separated from the
capsule by use of a hammer mill or barley de-bearder
followed by air screening. Cleaned seed should be
allowed to dry and then stored in a cool dry area. An
after-ripening period of 3 to 4 months is required.
Seed retains viability for several years under these
conditions.

Cultivars, Improved and Selected Materials (and
area of origin)
Please check the Vendor Database, expected to be
on-line through the PLANTS Web site in 2001 by
clicking on Plant Materials. Foundation and
registered seed is available for each variety through
the appropriate state Crop Improvement Association
or commercial sources to grow certified seed.

'Bandera' Rocky Mountain penstemon was developed
from seed originally collected in Torrance County,
New Mexico. It was developed by Los Lunas Plant
Materials Center and released by New Mexico AES,
New Mexico State Highway Department, Colorado State University, and the PMC in 1973. It is a native, perennial, cool-season forb with a few large underground stems and many fine roots. The leaves are long and often curl or are reflexed. It is 8 to 23 inches tall and flowers are solitary, on one side of the raceme. The flowers are showy blue to purple and occur primarily between mid May and the end of June. It is best adapted to medium to sandy to rocky textured, weakly acidic to alkaline, well-drained soils, 15 to 20 inch rainfall areas, at 6,000 to 10,000 feet elevation. Its intended uses are for erosion control, diversity, and beautification. Certified seed is available and Los Lunas PMC maintains breeder seed.

Other penstemons known to be available on the commercial market include the following: Alpine penstemon (P. venustus) is a selected release from seed originally collected in the Clearwater River drainage, Idaho. 'Cedar' (P. palmeri) Palmer penstemon was developed from seed originally collected near Cedar City in Iron County, Utah. Firecracker penstemon (P. eatonii) is a selected release from seed originally collected near Richfield, Utah.

A number of other penstemons are seeded primarily for soil stabilization on depleted, disturbed, and erosive areas for erosion control and as ornamentals. These include low penstemon (Penstemon humilis), Rydberg penstemon (Penstemon rydbergii), and thickleaf penstemon (Penstemon pachyphyllus). No cultivars releases are known to have been made. Please check the PLANTS database for the names of native penstemons in your state, then check with your area native plant nurseries for their availability.

Contact your local Natural Resources Conservation Service (formerly Soil Conservation Service) office for more information. Look in the phone book under "United States Government." The Natural Resources Conservation Service will be listed under the subheading “Department of Agriculture.”

References


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For more information about this and other plants, please contact your local NRCS field office or Conservation District, and visit the PLANTS Web site <http://plants.usda.gov> or the Plant Materials Program Web site <http://Plant-Materials.nrcs.usda.gov>

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A long-lived western native, *Penstemon strictus* (Rocky Mountain Beardtongue) is an evergreen perennial boasting abundant spires of large, royal-blue to purple flowers rising above a low foliage mat. Blooming for several weeks in late spring and early summer, the tubular flowers attract scores of hummingbirds, bumblebees and other beneficial pollinators. The lustrous emerald green leaves, ranging from grass-like to lance-shaped, remain fresh looking year-round.