

Late Wildflowers at Bridgeport

The common name in **bold** is likely the name most frequently used at Bridgeport. The blooming dates were recorded by docents in the past and the months are those listed in the Jepson Manual. Flowers may appear earlier and extend later. If the flower you are looking for is not here, refer to the Early and Mid-Season tables to see if the flower was placed there. The references used in compiling this table are listed on the last page. Many of the Native American uses were taken directly from the research paper by Vicki Macdonald. [Name changes are in blue, in agreement with The Jepson Manual, Second Edition, 2012 and later supplementary changes.](#)

Common Name	Scientific Name	Family	Flower Color	Description	Interesting Facts
Blackberry or California Blackberry , Dewberry, Pacific Blackberry or Pacific Dewberry March to July	<i>Rubus ursinus</i> Below 5,000'	Rosaceae Rose Family Native Perennial Vine	White	1-2' tall and 4' wide vine with compound leaves of 3 leaflets. Separate male and female plants. The unwrinkled blossoms have narrower petals than the Himalayan, and the sweet edible berries are smaller. The prickles are smaller and softer.	Grows in moist, shady locations in western North America from Baja California to British Columbia. Not listed for Bridgeport, but it is possible since it is throughout the area. It is considered to be an ancestor of loganberry, boysenberry and marionberry. The berry is thought to be tastier than the larger Himalayan berry. The plant could be invasive, but not nearly as much as the Himalayan.
Blackberry or Himalayan Blackberry 4/10-6/18 March to June	<i>Rubus armeniacus</i> Previously <i>Rubus discolor</i> Below 5,250'	Rosaceae Rose Family Non-native from Eurasia Perennial Vine	White to pinkish	10-40' long arched brambles can form dense 10' tall thickets of 5-angled stems with many hooked prickles. Compound leaf of 5 toothed leaflets, although sometimes only 3 leaflets. The flowers appear crinkled when in bloom. The edible berries ripen from July to September, later than native blackberries. Individual canes only live for 2 to 3 years, so thickets will have many dead canes. Strong prickles (thorns).	Grows in riparian areas, roadsides, pastures, and other disturbed areas. Found in the Coast Ranges, the Central Valley and the Sierra Nevada north to British Columbia. Tolerates many soils but requires adequate moisture. Introduced to North America in 1885 as a cultivated crop. By 1945 it had become naturalized along the West Coast and is now invasive. It seeds heavily but seeds will not germinate in shade. New canes grow aggressively from rooting of cane tips or remnants left in the soil when removal is attempted. Best removed by goats that will eat the canes and by fire. Many herbicides are ineffective in eliminating it, and they are discouraged to avoid polluting water. Wild blackberries make good cobbles, jam and syrup.
Blue Skullcap or Danny's Skullcap April to July	<i>Scutellaria tuberosa</i> 600-3,300'	Lamiaceae Mint Family Native Perennial	Dark blue, light blue, purplish	1-8" tall with weak erect stems and broadly oval leaves. Hooded, dark blue, 2-lipped flowers appear in leaf axils. The flower lips are generally equal, with the lower lip centrally notched and sometimes mottled with white.	Grows in dry sites in chaparral, foothill woodland, yellow pine and closed pine forests. Common after fires. Found in California, Oregon and Baja California. We have found Danny's Skullcap in late April in one location on the north side of the Point Defiance Trail along the South Yuba River in a rocky section about 1/4 of the way from the covered bridge. The plants would have been missed except they were on a raised bank above waist-level and near a handhold.

Common Name	Scientific Name	Family	Flower Color	Description	Interesting Facts
Brickellbush, California Brickell-bush Aug. to Oct.	<i>Brickellia californica</i> Below 9,000'	Asteraceae Sunflower Family Native Shrub	Yellow-green	1½-6' tall with many branching stems with short hairs. Fuzzy glandular grey-green triangular leaves, .5-2.5" long. Cylindrical flower heads at ends of branches. Disk flowers. Purple-tinged phyllaries.	Grows on dry, rocky slopes. Found throughout California and beyond. Native Americans used it to treat infant skin sores, for coughs and fevers and in ceremonies. A Mendocino tribe used the leaves as tea. The plant is supposed to have a heavenly scent for two weeks in late summer, but few of us notice it on the hot summer Buttermilk Bend trail.
Buckeye or California Buckeye , California Horse-Chestnut 4/19-6/18 May to June	<i>Aesculus californica</i> Below 5,600'	Sapindaceae Soapberry Family Previously Hippocastanaceae, Buckeye Family Native Large shrub or tree	White	15-40' tall with large palmate deciduous leaves with 5 to 7 leaflets 3 to 6" long that emerge bright green in early spring. Many white flowers on a long, usually erect, panicle are showy and fragrant. The leaves dry up in late spring or early summer, giving the plant a dead look. The large fruit (1½" to 2" long) has 1 or more glossy brown seeds with a white attachment area that looks like an eye. It matures in autumn, falls to the ground and sprouts in winter.	Grows on dry slopes, in canyons and along stream borders. Endemic to California. The nectar and pollen are toxic to honeybees, but apparently not native bees and butterflies. Insects are the primary pollinators. When one flower is pollinated, the others in the panicle shut down. Honey made from buckeye can be toxic for humans. The large seed is toxic. Crushed seed was used by Native Americans to stun fish. When acorns were sparse, they ground the seed and leached the toxin repeatedly before making mush. Tea from the leaves treated varicose veins and lung congestion. Buckeye can sprout from the stump or root crown. Buckeye is the Ohio state tree. The European member of this species is called horse chestnut.
Buckwheat or Naked Buckwheat , Nude Buckwheat, Naked-stem Buckwheat June to Sept	<i>Eriogonum nudum</i> var. <i>nudum</i> 33 -6,900'	Polygonaceae Buckwheat Family Native Perennial shrub	White, may be tinged with pale pink or yellow	6-36" tall with long naked stems topped by a branching cyme of white flower heads above scale-like bracts. Dull-green oval leaves with long petioles form a basal cluster. The leaf top is often wrinkled and densely hairy under.	Grows in dry, open areas, especially with sand or gravel, in a wide variety of plant communities from coastal to mountain forests. Reported in every county of California except Kings and Imperial. Hybridizes readily with other species of buckwheat. Young stems of most buckwheat species can be eaten. The wild buckwheat is a different genus than the buckwheat used in modern cooking. Nectar-feeding insects such as butterflies are attracted to buckwheat flowers.
Canchalagua or Charming Centaury, California Centaury May to Aug.	<i>Zeltnera venusta</i> Previously <i>Centaureum venustum</i> Below 5,900'	Gentianaceae Gentian Family Native Annual	Rose-purple, magenta	6-24" tall erect stems with oval opposite leaves, topped with a dense cluster of 2 cm star-shaped magenta flowers with red-spotted white throats. The spreading stamens spiral like a corkscrew and the style is extended.	Grows in dry habitats in scrub, grasslands and forests. Endemic to California, although it may sometimes be seen in southern Oregon. It hybridizes with other <i>Centaureum</i> species and is highly variable. The flower is lovely to observe. Few of us have seen this at Bridgeport, although it is on our plant list. Perhaps that is because it blooms when the ground is hard and dry, when our guided walks have ceased.

Common Name	Scientific Name	Family	Flower Color	Description	Interesting Facts
Chinese Houses or Tincture Plant or Sticky Chinese Houses 4/19-6/18 May to Aug.	<i>Collinsia tinctoria</i> 330-8,200'	Plantagina-ceae Plantain Family Previously Scrophulariaceae Figwort Family Native Annual	Light yellow, greenish white or lavender	8-24' tall with hairy stems and clasping opposite leaves. The pale flowers are in whorls around the stem and have purple dots or lines. The flower and stem are glandular and sticky.	Grows in rocky, dry to moist open places in foothill woodland, chaparral and forests. Endemic to California. "Tinctoria" means staining. The stem and leaves produce a brownish stain on any who handle them. The orderly whorls look like a Chinese pagoda. The plant may hybridize with <i>C. heterophylla</i> , Chinese Houses, a related species.
Cinquefoil or Sticky Cinquefoil May to July	Drymocallis glandulosa var. glandulosa Previously <i>Potentilla glandulosa</i> Below 6,500'	Rosaceae Rose Family Native Perennial	Yellow	2-36" tall with erect, spreading, sticky (glandular-hairy) stems bearing 2 to 30 yellow to whitish 1/2" flowers. There are 5 sepals with bracts that show between each of the 5 petals. The basal compound leaves have 5 to 9 deeply toothed leaflets in pairs with a single terminal leaflet. Highly variable.	Grows on generally shady or cleared slopes, dry to moist meadows and in open forests. It is widespread in western North America from southwestern Canada to the southwestern United States. The plant is more common after fire, clearcutting and heavy grazing. To differentiate Sticky Cinquefoil from Buttercup, look for the green bracts between the petals. Shrubby Cinquefoil (<i>P. fruticosa</i>), which grows between 6,500' and 11,800', has 1" yellow flowers without the green bracts. Cinquefoil is an important food source for several species of mice.
Clarkia or Bilobed Clarkia May to June	<i>Clarkia biloba</i> 500-3,500'	Onagraceae Evening Primrose Family Native Annual	Pink to rose	1-3' tall simple stem with linear leaves and many bilobed flowers. The 4 petals, narrow at the base and wide at the top, are notched at the tip. The buds nod but the flowers turn upward in bloom.	Grows only in California (endemic to California) in the north and central Sierra Nevada foothill woodland and in the eastern San Francisco Bay area. We may not see it on our guided walks due to its late bloom. It can be found in the Yuba River canyon and in the American River canyon along the Iowa Hill Road and Yankee Jim's Road.
Clarkia or Elegant Clarkia 4/19-5/30 April to Sept	<i>Clarkia unguiculata</i> Below 5,000'	Onagraceae Evening Primrose Family Native Annual	Lavender pink to dark red-dish purple	1-3' tall with gray-green leaves rolled inward. Spidery flowers grow from a cuplike base. The 4 petals are far apart and clawed—wide at the top and narrow at the base.	Grows on brushy or rocky slopes or dry open areas in chaparral, oak woodland and valley grassland in the lower foothills and the coast. Common and endemic to California. Clarkia seeds were parched and pulverized to make pinole, along with other small seeds. Pulverized seeds were also eaten with acorns.

Common Name	Scientific Name	Family	Flower Color	Description	Interesting Facts
Daisy, Narrow-leaved Daisy or Foothill Fleabane , Leafy Daisy, Leafy Fleabane, Hartweg's Fleabane 5/2-6/18 April to July	<i>Erigeron foliosus</i> var. <i>hartwegii</i> 330-2,000'	Asteraceae Sunflower Family Native Perennial	Lavender or blue	8-40" tall stems have 1 to several flower heads of 15 to 60 narrow lavender ray flowers and many yellow disk flowers. The leaves are narrow, evenly sized and usually oriented on one side of the stem.	Grows on rocky riverbanks and in oak woodland. 5 varieties are found throughout California, Oregon and Baja California, but this variety is limited to the north and central Sierra Foothills. Can cause photosensitive dermatitis in some people. <i>Phytophotodermatitis</i> is a reaction caused by exposure to certain plants (either ingestion or skin contact) followed by exposure to sunlight. Plant compounds are involved. Some tribes chewed the root and placed it in tooth cavities. A decoction was also used for smallpox pustules, fever and ague.
Downy Navarratia or Purple Navarratia, Downy Pincushion-plant 5/13-6/7 May to July	<i>Navarretia pubescens</i> Below 6,100'	Polemoniaceae Phlox Family Native Annual	Dark blue, blue-purple	2-12" glandular plant with dark green, finely lobed alternate leaves, topped by a cluster of many flowers rising out of a sphere of green glandular bracts. The 1/2" trumpet-shaped flower is deep blue with a purple tube and maybe some white in the upper throat. The stamens are attached midway in the throat and are exerted.	Grows in full sun on slopes in oak and foothill woodland, chaparral and grasslands. Found in the coast ranges and the Sierra Nevada Foothills. Considered endemic to California, but sometimes found in southern Oregon. Downy Navarratia is usually hidden in the grasses and may be overlooked. Not all of the flowers open at once. A hand lens reveals the beauty of this little flower when you can find it.
Elderberry or Blue Elderberry , Mexican Elderberry 5/6-6/18 March to Sept	<i>Sambucus nigra</i> subsp. <i>caerulea</i> Previously <i>Sambucus Mexicana</i> Below 9,900'	Adoxaceae Muskroot Family Previously Caprifoliaceae or Honeysuckle Family Native Shrub Synoecious (both male and female flowers in same cluster)	White or cream	6-24' tall and usually as wide with multiple stems. Deciduous. Pinnately compound leaves with 3 to 9 serrated leaflets and a terminal leaflet. A showy flat-topped terminal cluster of creamy white flowers with 5 lobes. Blackish berries with a chalky bloom that makes them appear blue. Edible if cooked; raw berries in quantity may upset stomachs due to an alkaloid. Stems, leaves and seeds contain cyanide and should not be eaten. Children should not make whistles from elderberry wood.	Grows abundantly on stream banks and in forest openings in the western states and Mexico. The plant is ornamental in gardens. Called the "Tree of Music" because the pithy wood was used by Native Americans for flutes, clapper sticks, arrow shafts, and twirling sticks. They used the berries for a drink, used the blossoms to make tea to treat fever, colds and stomach disorders and used the roots for tea to treat constipation. Bark made a black dye for basketry, stems orange and yellow dyes, berries purple and black dyes. Today elderberry is gaining popularity in treating viral infections and may promote a healthy immune system. The berries are used in making jelly, wine and pies. The flowers may be battered and fried as fritters. Poisonous red elderberries (<i>Sambucus racemosa</i> var. <i>racemosa</i>) have no chalky bloom and grow in moist places in the higher Sierra Nevada, not at Bridgeport. Cattle and sheep eat the red berries but humans do not.

Common Name	Scientific Name	Family	Flower Color	Description	Interesting Facts
Elegant Brodiaea or Harvest Brodiaea, Wild Hyacinth 4/19-6/18 April to Aug.	<i>Brodiaea elegans</i> To 8,000' Mostly below 2,800'	Theridaceae Brodiaea Family Previously Liliaceae, Lily Family Native Perennial	Blue-purple	6-18" tall with a loose umbel of showy 6-lobed, funnel-shaped tubular flowers that open a few at a time. 3 white staminodes inside, standing away from the stamens.	Grows abundantly in grasslands, meadows and open woodlands in northern California and southern Oregon. This is one of the last of the Brodiaea to bloom. It begins blooming at harvest time for hay, hence its common name of "Harvest." It also deserves to be called "Elegant" for its beauty.
Gumplant or Great Valley Gumplant, Grindelia 5/5-6/18 May to Nov.	<i>Grindelia camporum</i> Below 4,600'	Asteraceae Sunflower Family Native Perennial	Yellow	1-4' tall with erect white-varnished stems and stiff serrated leaves. The yellow flowers have pointy phyllaries at the base of the flower head. A white gummy liquid forms in the center of the flower head before it fully opens.	Grows in sandy or saline bottomlands, dry fields and roadsides. Found in the Central Valley and Foothills and Baja California. Native Americans used the root to make tea for the liver. They dried the buds for smallpox, decocted the leaves for running sores, and collected the flowers for sore throats and lung problems and to use as a blood purifier. Resins from various species of <i>Grindelia</i> have been patented for use in adhesives, coatings and polymers. More development is needed.
Hareleaf, Common Hareleaf or Branched Lagophylla 4/10-5/25 April to Oct	<i>Lagophylla ramosissima</i> Below 5,900'	Asteraceae Sunflower Family Native Annual	Yellow	4-40" tall spindly erect stems bear sparse, pale yellow flower heads with 6 disc florets and 5 rays, each ray tipped with 3-lobes. The ray flowers are red-veined on the underside.	Grows in many habitats, especially dry areas, throughout California and the western states. The flowers open in the evening and close early in the morning. The plants are softly hairy in the spring, becoming hairless later. The leaves are early deciduous. <i>Lagophylla</i> means "hare leaf."
Hedge Parsley or Tall Sock-Destroyer 5/2-6/18 April to July	<i>Torilis arvensis</i> Below 5,250'	Apiaceae Carrot Family Non-native from central and southern Europe Annual	White	1-3' erect plant with slender stems and 2-3" pinnately divided, hairy leaves. When young, the ferny leaves are suggestive of the California poppy, but the leaves are darker green. Loose, open compound umbels of tiny white flowers have no bracts underneath, as there are in <i>Daucus</i> (Rattlesnake Weed). The seeds have barbed prickles.	Grows in open to shaded sites and disturbed places. Established throughout the world and considered a pest except in England, where it is protected. Grazing sheep used to spread the seed, but changes in sheep farming mean fewer plants and English environmentalists want to maintain plant diversity by protecting the plants that remain. There is a related plant, <i>T. japonica</i> , in Japan. In California, this plant is responsible for many of the burs that get stuck in our sox as we walk the fields. The seed sticks like Velcro. Gardeners recognize it as a weed and yank it out.

Common Name	Scientific Name	Family	Flower Color	Description	Interesting Facts
Honeysuckle or Chaparral Honey-suckle April to May	<i>Lonicera interrupta</i> 800-4,600'	Caprifoliaceae Honeysuckle Family Native Perennial shrub	Yellow	1' tall or more, woody shrub with climbing or sprawling branches and rounded, paired leaves. The upper pairs are fused around the stem. The flower spike is long with 2-lipped yellow flowers that have prominent stamens. The round fruit is red.	Grows on dry slopes and ridges in chaparral, foothill woodland and yellow pine forest. Considered endemic to California, although some may be found in Arizona. Quite drought-tolerant in the garden and will grow in full sun to dry partial shade. Attractive to hummingbirds. The berry is edible but bitter. Birds may eat them.
Horehound March to Nov.	<i>Marrubium vulgare</i> Below 2,000'	Lamiaceae Mint Family Non-native from Europe Perennial	White	1-3' tall ascending to erect plant with white woolly square stems and crinkled gray-green scalloped-edged leaves in pairs. Tiny flowers occur in circles around the stem at the leaf axils.	Grows in disturbed sites, especially in overgrazed pastures (cattle find it unpalatable). Found throughout California and worldwide. It grows in the Native Plant Garden at Bridgeport. Horehound leaves and brown sugar are used to make candy that is said to soothe sore throats and aid digestion.
Larkspur or Hansen's Larkspur , Eldorado Larkspur, Hansen's Delphinium 5/2-5/30 May to July	<i>Delphinium hansenii</i> 750- 9,900'	Ranunculaceae Buttercup Family Native Perennial	Blue-violet, blue-pink or white	18-36" tall with spikes of dense hairy flowers with often more than 25 flowers on a spike. The lower leaves are hairy and broad and the upper leaves are divided. Both usually wither before the plant flowers.	Grows in foothill woodlands, yellow pine forest and chaparral in open grassy places and on rocky slopes. Endemic to California from the Cascade Range to the Mojave Desert. The root is woody, not easily detached from the stem (as it is in Zigzag larkspur). Hansen's Larkspur is hairy, while Zigzag is usually not.
Lotus or Silverleaf Lotus , Silver Lotus, Fremont's Silver Lotus, Fremont's Birdsfoot Trefoil 4/11-5/22 April to July	<i>Acmispon argophyllus</i> var. <i>fremontii</i> Previously <i>Lotus argophyllus</i> var. <i>fremontii</i> 900-4,000'	Fabaceae Pea Family Native Perennial	Yellow	8-40" wide mat that is densely covered with silvery, silky and hairy pairs of leaves with three leaflets. The yellow flower heads and the seedpods are also silky hairy. The seedpod usually contains a single seed.	Grows in sun or shade on dry slopes and rocky outcrops, often in river canyons. Endemic to California and found in just a few counties in central and northern California. Unopened flower heads are a very pale green. The banner of the flower turns brown or purplish with age. There is an excellent example on the north side of the trail beyond the French Corral Creek.
Lotus or Spanish Lotus 5/6-6/18 May to Oct.	<i>Acmispon americanus</i> var. <i>americanus</i> Previously <i>Lotus purshianus</i> Below 7,900'	Fabaceae Pea Family Native Annual	White to pink	4-16" tall branched plant with long silky pale gray hairs and leaves with 3 leaflets. Single, small 1/4" sweetpea-like flowers grow on a long stalk in the leaf axils. There is a single leaf-like bract under the flower.	Grows in moist to dry places, disturbed areas, grasslands, chaparral, woodlands and forest. Found throughout California and in the western and central states from Canada to Mexico. Used for soil stabilization and forage for livestock. As a legume, it fixes nitrogen in the soil. Larval food plant for the Afranius Dusky Wing and Acmon Blue butterflies.

<p>Milkwort or Sierra Milkwort</p> <p>May to Sept</p>	<p><i>Polygala cornuta</i> var. <i>cornuta</i></p> <p>300-6,300</p>	<p>Polygalaceae</p> <p>Milkwort Family</p> <p>Native</p> <p>Perennial subshrub</p>	<p>Pink or white to green or rose</p>	<p>4-40" tall, either erect or prostrate, with slender stems, 2 1/2" linear to oval, alternate leaves. The flowers are clustered at the end of the stem and are somewhat pea-like, with wings and keel that are cream, greenish or pink in bud.</p>	<p>Grows on rocky slopes, in chaparral, oak woodlands and open forests in California and Baja California.</p> <p>The keel petal turns dull rose to green when the pollen is shed. The plant may be mistaken for a member of the Pea Family. It grows from rhizomes.</p> <p><i>Polygala</i> means "much milk." Some European species were thought to increase milk flow in cows.</p>
<p>Mugwort or California Mugwort</p> <p>May to Oct</p>	<p><i>Artemesia douglasiana</i></p> <p>Below 7,500'</p>	<p>Asteraceae</p> <p>Native</p> <p>Perennial</p>	<p>White tiny flowers</p>	<p>1-8' tall, usually 3' with erect brown to grey-green stems with evenly spaced elliptical leaves, which may be 3-5-lobed near the tip. They are fragrant and densely hairy (silvery) on the underside. Insignificant flowers grow in erect or somewhat nodding clusters near the top.</p>	<p>Grows in western North America in open to shady places, often in drainages, in valley grassland, chaparral, foothill woodland and yellow pine forest. It spreads by rhizomes and provides erosion control.</p> <p>Fresh leaves or a poultice from leaves can relieve poison oak. Also used for joint pain, headaches and women's issues. Many tribes used it ceremonially. A tea brought relaxation and vivid dreams, but it is slightly toxic and can cause miscarriage. The leaves repel insects in clothing and grains. They can be placed in shoes to soothe sore feet. Birds eat the seeds.</p> <p>Mugwort may be seen growing at the base of the Osage Orange tree at the beginning of the trail.</p>
<p>Mock-orange or Lewis's Mock-orange, Wild Mock Orange</p> <p>5/6-5/30</p> <p>May to July</p>	<p><i>Philadelphus lewisii</i></p> <p>100-8,000'</p>	<p>Hydrangeaceae</p> <p>Hydrangea Family</p> <p>Previously Philadelphaceae, Mock Orange Family</p> <p>Native</p> <p>Perennial deciduous shrub</p>	<p>White</p>	<p>Up to 9' tall shrub with 2" showy, fragrant white flowers of 4 to 5 petals with many clustered yellow stamens in the center. Deciduous leaves up to 3' long are 3-veined from the base, smooth edged or toothed. Varieties are available for the garden; one has a double flower. Bees are attracted to the flowers.</p>	<p>Grows on slopes and in canyons and forest openings from north and central California in the Sierra Nevada to southern British Columbia and east to Wyoming. It is not common, but there are some at Bridgeport. Look down the slope on the last portion of the trail.</p> <p>Discovered by Meriwether Lewis in 1806. Grows well as a garden plant in full sun to part shade. Drought tolerant, although a little summer water encourages flowering. Deer usually do not browse on it.</p> <p>Native Americans pruned the bushes to create straight suckers for arrow shafts. The wood was also used for hunting and fishing tools, pipes, snowshoes and furniture. The leaves and bark produced a mild soap.</p>

<p>Mule Ears or Narrow-leaved Mule's Ears, California Compass Plant</p> <p>5/2-5/30</p> <p>April to Aug.</p>	<p><i>Wyethia augustifolia</i></p> <p>Below 6,800'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Native</p> <p>Perennial</p>	<p>Yellow</p>	<p>6-24" tall with long, erect hairy stems, narrow leaves and a deep taproot. 1 1/2" to 3" yellow flower heads with up to 21 rays and many disk flowers. Goes deciduous in late summer, dying back to ground level and returning in the spring.</p> <p>Called Compass Plant because the erect leaves supposedly have their edges on a north-south line.</p> <p>It is in cultivation in gardens.</p>	<p>Grows in seasonally moist meadows, rocky or brushy places, grasslands and forest openings in the western coastal states from California to Washington. It is found in areas with 20 to 50 inches of yearly rainfall.</p> <p>Other <i>Wyethia</i> species with broader leaves grow in the county, but this is the one at Bridgeport. <i>W. mollis</i>, with gray-green leaves, grows only in the high elevations.</p> <p>The seeds were used in pinole, the roots were fermented on heated stones in the ground and then eaten (they tasted sweet). The roots were blended with juniper twigs to make a tea to cure colds and fever, and pounded roots were made into poultices to draw blisters and relieve pain. A bath decoction from the poisonous leaves produced profuse sweating to relieve fevers. A yellow dye was made from the flowers. Nevada Indians used ground roots soaked in water to induce vomiting.</p> <p>One patch grows near the first trail junction where we view Lomatium. Look about 10' to the left of the trail.</p>
<p>Ookow or Roundtooth Ookow or Wild Hyacinth</p> <p>May to June</p>	<p><i>Dichelostemma multiflorum</i></p> <p>Below 6,500'</p>	<p>Thermidaceae</p> <p>Brodiaea Family</p> <p>Previously Liliaceae, Lily Family</p> <p>Native</p> <p>Perennial</p>	<p>Rose-purple</p>	<p>1-3' tall with flowers in a head. The flower tubes under the flaring flower are strongly constricted. Petals often have a dark band down the center. The flower center has 3 rounded tooth-like projections called staminoides.</p>	<p>Grows in foothill grassland, pastures, open woodland and scrub in the northern Sierra to southern Oregon and other parts of the west.</p> <p>The flower head is looser than that of Blue Dicks and has no purple bracts. Ookow also blooms later. Roundtooth Ookow is generally rose-purple; Blue Dicks and Forktooth Ookow are more blue-purple.</p> <p>Forktooth Ookow (<i>D. congestum</i>) has 3 cleft or forked staminoides. It is not found at Buttermilk Bend although it is found in the foothills.</p>
<p>Penstemon or Gaping Penstemon, Yawning Penstemon, Bush Beardtongue</p> <p>4/27-6/7</p> <p>May to July</p>	<p><i>Keckiella breviflora</i></p> <p>(if calyx is glandular, it is var. <i>breviflora</i>)</p> <p>660- 6,500'</p>	<p>Plantagina-ceae</p> <p>Plantain Family</p> <p>Previously Scrophulariaceae</p> <p>Figwort Family</p> <p>Native</p> <p>Perennial shrub</p>	<p>White with rose stripes</p>	<p>20-78" tall shrub with wand-like branches and opposite, 1 1/2" serrated leaves. White showy, hairy flowers with a tall upper hooded lip sheltering long curved stamens and a 3-lobed lower lip with rose or purple lines. The common name refers to the wide open yawning look of the flower.</p>	<p>Grows on rocky slopes, in grassland, foothill woodland, chaparral and forests. Endemic to California. Found at the edges of oaks and pines in the Sierra foothills and the central coastal range, sometimes extending into Nevada.</p> <p>Butterflies, hummingbirds and bees use the flowers. Native Americans used a tea for colds and a poultice from the leaves for running sores.</p> <p>Note: Bush Penstemon, <i>Keckiella antirrhinoides</i>, is a related plant that grows in So. California, Arizona and Mexico. Its yellow flowers have a similar shape.</p>

<p>Phacelia or Vari-leaf Phacelia, Virgate Phacelia</p> <p>4/10-5/30 May to July</p>	<p><i>Phacelia heterophylla</i> subsp. <i>virgate</i></p> <p>330-9,500'</p>	<p>Boraginaceae Borage Family</p> <p>Previously Hydrophyllaceae, Waterleaf Family</p> <p>Native</p> <p>Perennial or Biennial</p>	<p>White to lavender</p>	<p>8-48" tall with erect stems and variable leaves with deep veins and hairs. Dissected basal leaves with smooth margins and simple to dissected upper leaves with a large terminal leaflet and two smaller leaflets. Bell-shaped white to lavender flowers (also purplish to blue) appear in coiled cymes that look like caterpillars.</p>	<p>Grows on slopes, flats and roadsides in the Sierra Nevada and northern California. Found in western North America to B.C. Often grows densely after a fire.</p> <p>The plant hairs on the foliage and stems can be irritating to the skin, causing dermatitis similar to poison oak.</p> <p>The Miwoks used a poultice of the dried, pulverized plant for fresh wounds. The Navajos used the greens in food.</p> <p>Vari-leaf Phacelia blooms later than Caterpillar Phacelia (<i>P. cicutaria</i>). The blooms of Vari-leaf actually appear more caterpillar-like than those of "Caterpillar Phacelia."</p>
<p>Plantain or English Plantain, Buckhorn, Ribwort Plantain, Narrowleaf Plantain</p> <p>4/11-5/15 April to Aug.</p>	<p><i>Plantago lanceolata</i></p> <p>Below 5,250'</p>	<p>Plantaginaceae</p> <p>Plantain Family</p> <p>Non-native from Eurasia</p> <p>Perennial</p>	<p>White</p>	<p>To 18" tall with one to several tall flower stalks topped by a dense flower spike. Rings of small white flowers with exerted stamens start at the base of the spike and work their way up to the top. Narrow, tapered basal leaves, usually less than 1 1/2" long, are finely toothed and have conspicuous ribs of parallel veins.</p>	<p>Grows in waste places, lawns, roadsides and other disturbed areas, in wetlands and non-wetlands. Widespread and considered a weed in North America. Tolerant of drought.</p> <p>Used in herbal remedies and teas. Effective in staunching bleeding. The leaves have antibacterial properties. Plantain seeds contain up to 30% mucilage, which is soothing to the gut. One species of plantain is ground for psyllium, which is bulk-producing in the colon. The root is mixed with equal portions of horehound to treat rattlesnake bites.</p> <p>English plantain is a host for the rosy apple aphid, which reduces yield in apple orchards.</p> <p>There are 15 species of plantains in California and 8 of them are non-native. All host various Checkerspot butterflies. Common Plantain (<i>C. major</i>) has egg-shaped, 3 to 7" wide leaves with fewer ribs. It is not on the Bridgeport list.</p>
<p>Rattlesnake Weed or American Wild Carrot</p> <p>4/27-6/18 April to June</p>	<p><i>Daucus pusillus</i></p> <p>Below 5,400'</p>	<p>Apiaceae</p> <p>Carrot Family</p> <p>Native</p> <p>Annual</p>	<p>White or pinkish</p>	<p>12-24" tall with finely divided linear leaves. Compound flower umbels with small white flowers with green bracts underneath. Slender taproot that is edible, but should be avoided because there is danger of confusing the plant with its taller relative, Poison Hemlock (<i>Conium maculatum</i>).</p>	<p>Grows in lower elevations in dry areas, grassland, woodland and chaparral. Found from Baja California to British Columbia, also South America. Often considered a weed.</p> <p>A poultice of the chewed plant may have been used to treat snakebite.</p> <p>The sap might cause dermatitis.</p> <p>Related to Queen Anne's Lace (<i>Daucus carota</i>), which is also called Wild Carrot and is a taller, abundant and non-poisonous plant common to roadsides.</p>

<p>Scarlet Pimpernel or Poor-man's Weatherglass</p> <p>4/11-5/25</p> <p>Mar. to May</p>	<p><i>Lysimachia arvensis</i></p> <p>Below 3,300'</p>	<p>Myrsinaceae Myrsine Family</p> <p>Previously Primulaceae, Primrose Family</p> <p>Non-native from Europe</p> <p>Annual or Perennial</p>	<p>Salmon to reddish orange</p>	<p>1-6" tall, sprawling, 4-12" wide. A 4-sided stem with small, smooth-edged opposite leaves. The salmon colored flowers have 5 petals with purple at the base of each petal.</p>	<p>Commonly grows in disturbed places and ocean beaches. Found in North America, Europe and Asia. Generally considered a weed and indicator of light soils. Toxic to livestock and humans.</p> <p>The flowers only open when the sun shines. If it turns cloudy, the flowers will close, hence the name "Poor-man's Weatherglass." Red Maids have also been used to indicate weather.</p>
<p>Seep-spring Monkey-flower</p> <p>Mar. to Aug.</p>	<p><i>Mimulus guttatus</i></p> <p>Below 8,200'</p>	<p>Phrymaceae Lopseed Family</p> <p>Previously Scrophulariaceae Figwort Family</p> <p>Native</p> <p>Annual or Perennial</p>	<p>Yellow</p>	<p>2-36" tall with oval opposite leaves that clasp the upper stem. The 1" showy tubular yellow flowers have 2 lobes up and 3 lobes down and may have red, brown or purple spots on the lower petals, apparently guides to the nectar. They are hairy at the flower opening. Stems may root at the nodes.</p>	<p>Grows in wet places at lower and mid-mountain elevations. Widespread in the Pacific states.</p> <p>Native Americans ate the leaves raw or cooked, used them as a poultice for wounds and made tea for stomachaches.</p> <p>The annual form is only about 4" tall and has red spots on the lower petals. The perennial form spreads by rhizomes. Often grown in gardens.</p> <p>There are other monkeyflowers in the Sierra Nevada which do not appear on the Buttermilk Bend Trail but are interesting to know about: Pansy, Kellogg's, Tricolored, Scarlet, etc. Many are very low-growing. Some are annual; some perennial. Kellogg's monkeyflower has been seen on the Pt. Defiance Trail.</p>
<p>Smooth Cat's Ear</p> <p>3/12-5/30</p> <p>Mar. to June</p>	<p><i>Hypochaeris glabra</i></p> <p>Below 5,000'</p>	<p>Asteraceae Sunflower Family</p> <p>Non-native from Europe</p> <p>Annual</p>	<p>Yellow</p>	<p>4-16" stems topped by flower heads of short, inconspicuous rays only. The plant has a small taproot and a basal rosette of hairless, shiny green leaves with smooth or shallow-lobed edges. The sap is milky. The plants can carpet an area with yellow flowers.</p>	<p>Grows in disturbed places, grasslands, woodland and scrub throughout California. It is common in overgrazed rangeland.</p> <p>The flowers look similar to dandelions. The seeds are dispersed by wind, animals and humans. Grazing, mowing or burning can encourage proliferation. Best controlled by cultivation. Considered a weed, but not a serious problem.</p> <p>Rough Cat's Ear, <i>Hypochaeris radicata</i>, has larger leaves, rough to touch, but otherwise is the same and may grow in the same area.</p>
<p>Snake Lily or Twining Snake Lily or Twining Brodiaea</p> <p>3/22-5/30</p> <p>May to June</p>	<p><i>Dichelostemma volubile</i></p> <p>330-5,250' Mostly below 2,000'</p>	<p>Thermidaceae Brodiaea Family</p> <p>Previously Liliaceae, Lily Family</p> <p>Native</p> <p>Perennial</p>	<p>Pink to rose</p>	<p>5-6' long pink to reddish stems wind through other vegetation terminating with pink to rose urn-shaped flowers in a loose head up to 6" wide.</p>	<p>Grows in foothill woodlands and scrub, especially in canyons. Endemic to California.</p> <p>It is intriguing to trace the reddish stem's pathway to see where the plant originates. The pinkish-red stems break easily, yet the detached flowers continue to bloom and set seed. The plant is noticeable along the trail in various places.</p> <p>The corm is edible, raw or cooked.</p>

<p>Snapdragon or Brewers Snapdragon, Wiry Snapdragon</p> <p>June to Sept.</p>	<p><i>Antirrhinum vexillo-calyculatum</i> ssp. <i>breweri</i></p> <p>Below 6,600'</p>	<p>Plantagina-ceae</p> <p>Plantain Family</p> <p>Previously Scrophulariaceae</p> <p>Figwort Family</p> <p>Native</p> <p>Annual</p>	<p>Lavender/violet</p>	<p>4--24" tall with erect but weak glandular-hairy stems. Lower branchlets twine through other plants. Small 1/2" snapdragon flowers in the leaf axils have a prominent, pouched lower lip. The upper lip is smaller and erect. There is one leaf at the node near each flower.</p>	<p>Grows on open rocky areas and gravelly lower slopes of landslides, in disturbed areas and often on serpentine. Found primarily in northern California and southwestern Oregon.</p> <p>Related to the cultivated snapdragon grown in gardens.</p>
<p>Snowdrop Bush or California Snowdrop Bush, Storax</p> <p>April to June</p>	<p><i>Styrax redivivus</i></p> <p>Previously <i>Styrax officinalis</i> var. <i>redivivus</i></p> <p>Below 5,000'</p>	<p>Styracaceae</p> <p>Storax Family</p> <p>Native</p> <p>Shrub</p>	<p>White</p>	<p>4-13' tall with rounded deciduous leaves, gray bark and drooping clusters of showy, white, fragrant bell-shaped flowers, each less than an inch long.</p>	<p>Grows in dry places in chaparral, woodland, and yellow pine forest, in sun to partial shade. Endemic to California and not common. Found in some northern and southern California counties.</p> <p>The nectar attracts hummingbirds and Pipevine Swallowtail butterflies. A resin from the stems is antiseptic and is used medicinally and in perfume. The plant slow-growing but decorative in the garden.</p> <p>One grows at the edge of the bank east of the north end of the covered bridge.</p>
<p>Soap Plant or Wavy-leaved Soap Plant, Amole</p> <p>May to Aug</p>	<p><i>Chlorogalum pomeridianum</i> var. <i>pomeridianum</i></p> <p>Below 5,000'</p>	<p>Agavaceae</p> <p>Century Plant Family</p> <p>Previously Liliaceae, Lily Family</p> <p>Native</p> <p>Perennial</p>	<p>White</p>	<p>1-7' tall from a large underground bulb (4x2") covered with a dense coat of brown fibers. Long wavy leaves emerge in spring, followed by a tall leafless stalk bearing many white flowers with 6 recurved petals with green midveins and 6 yellow or orange long stamens. The flowers open in the evening and close by midday, each flower living just one day. Pollinated by moths, bumblebees and other large bees.</p>	<p>Grows on dry, open hills and plains in most of California and southwestern Oregon.</p> <p>Used by Native Americans in many ways. Fresh bulbs were rubbed on the body for rheumatism and cramp. Crushed bulbs were used for soap and shampoo and to stupefy fish (now illegal). Bulbs were roasted all night in a stone-lined pit to destroy toxins before eating. Roasted bulbs also made a poultice for sores. The juice oozing out of baking bulbs was used to glue feathers on arrows. Green leaves were eaten raw and their juice was used for green tattoos. The fibrous bulb coat was used as a brush and for holding acorns during leaching.</p> <p>Seed-started plants do not bloom for 5 to 7 years. Bulbs may be dormant for 10 years under adverse conditions such as too much shade. Soap plants sprout abundantly in burn areas when overhead plants are removed.</p>
<p>Spice Bush or Sweetshrub</p> <p>5/10-6/28</p> <p>Mar. to Aug.</p>	<p><i>Calycanthus occidentalis</i></p> <p>Below 5,000'</p>	<p>Calycantha-ceae</p> <p>Sweetshrub Family</p> <p>Native</p> <p>Shrub</p>	<p>Dark red</p>	<p>3-10' tall erect shrub with bright green leaves that turn dark green. Single dark red lotus-type flowers (strappy petals like star magnolia) are scented like red wine. The bark has a strong camphor scent when scraped. Spreads by underground runners.</p>	<p>Grows along streams and moist places in the northern Coast Range, the southern Cascades Range and the western Sierra Nevada. Endemic to California. Related to other species found on the East Coast. At Buttermilk Bend, look for it on the north side of one of the bridges on the upper trail as you return to the parking lot. It also grows down by the river near the far end of the trail.</p> <p>Needs regular water in the garden. Cattle and deer generally do not eat it. The oil is used in some perfumes.</p>

<p>Spineflower or Pink Spineflower, Clustered Spineflower</p> <p>4/26-5/13</p> <p>April to July r</p>	<p><i>Chorizanthe membranacea</i></p> <p>130- 4,600'</p>	<p>Polygonaceae</p> <p>Buckwheat Family</p> <p>Native</p> <p>Annual</p>	<p>White to pink</p>	<p>4-40" tall erect woolly stem with linear basal leaves and some alternate leaves on the stem. There is a dense flower head of small 1.5 to 3mm umbrella like flowers, each with 6 lobes and 6 long, hooked spines. Flowers may appear in the leaf axils.</p>	<p>Grows in rocky places, grassland, chaparral and foothill woodland in northern and central California. Considered endemic to California, but it grows in southern Oregon also. It is common.</p> <p>Other species, the Fringed Spineflower (<i>C. fimbriata</i>) and Turkish Rugging (<i>C. staticoides</i>), are found in other parts of California (coastal ranges, southern California). They are lower in height and have smaller leaves.</p>
<p>St. John's Wort or Klamath Weed</p> <p>May to Aug.</p>	<p><i>Hypericum perforatum</i> subsp. <i>perforatum</i></p> <p>Below 6,500'</p>	<p>Hypericaceae</p> <p>St. John's Wort Family</p> <p>Non-native from Europe</p> <p>Perennial</p>	<p>Yellow</p>	<p>1-3' tall with wiry erect stems, linear opposite leaves and linear to lancelike sepals. 1" yellow flowers, with many stamens in 3 bundles, clustered at the top of branched stems. Leaves, sepals and flowers all have black dots from glands. The leaves also have transparent dots (hold a leaf up to light to view transparency). It is a noxious weed that can produce seed without fertilization and is controlled by an introduced flea beetle.</p>	<p>Grows worldwide in pastures, abandoned fields and disturbed places. Common name is for the original infestation in California near the Klamath River.</p> <p>Toxic to livestock, causing temporary blindness in horses, skin irritations in sheep and weight loss in cattle.</p> <p>Native Americans used it as an ointment for sores and in a drink to control vomiting of blood. They also ate the fresh leaves or dried the plant and made flour. Currently used by humans to treat depression, although the results are debatable.</p> <p>Another species, called Aaron's Beard or Creeping St. Johnswort (<i>H. calycinum</i>), is used as a drought-tolerant ground cover. It can also be invasive and alternatives are suggested, such as Emerald Carpet or low-growing ceanothus.</p>
<p>Sunflower or Woolly Sunflower, Common Woolly Sunflower, Oregon Sunshine</p> <p>4/4-6/18</p> <p>May to July</p>	<p><i>Eriophyllum lanatum</i></p> <p>Below 12,000'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Native</p> <p>Annual/ biennial/ perennial</p>	<p>Yellow</p>	<p>4-40" tall erect stems, branched or unbranched, with white-woolly appearance. The upper leaves are linear; the lower are pinnately lobed. Bare stems are topped with yellow sunflowers of 8 to 13 rays and yellow disk flowers.</p>	<p>Grows in full sun on rocky slopes and open, dry habitats in western North America. Common in California in the northern counties and the Sierra Nevada range. Variable in appearance with 4 varieties locally and intergrading among the varieties.</p> <p>A black beetle feasts on the petals as soon as the flower opens. It is a hardy plant for gardens.</p> <p>Used by Native Americans as a poultice for aching body parts and as an extract for poison oak. Seeds were ground into meal.</p>
<p>Thistle</p> <p>April to Oct</p>	<p><i>Cirsium sp.</i></p> <p>Below 7,600'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Native and non-native</p> <p>Annual/ biennial/ perennial</p>	<p>Purple, white, red</p>	<p>2-10' tall spiny erect plants with single to multiple flower heads. Most people recognize a thistle but maybe not what kind it is. Two thistles that might be in our area include the non-native Bull Thistle (<i>Cirsium vulgare</i>) and the native California Thistle (<i>Cirsium occidentale</i> var. <i>californicum</i>).</p>	<p>Grows in disturbed areas, pastures, roadsides and forests. They are considered invasive weeds. Native Americans ate the fresh spring stalks and cooked the roots. Some people still eat them.</p> <p>Other non-native thistles we might see:</p> <p>MilkThistle (<i>Silybum marianum</i>) is identified by the white mottling or veining of its leaves and heavy spines under the flowers. It is used in herbal medicine.</p> <p>Italian Thistle (<i>Carduus pycnocephalus</i>) is particularly invasive. It has spiny lobed leaves and clusters of 2-5 pink-purple flowers.</p>

<p>Toyon or Christmas Berry, California Holly</p> <p>5/28-6/7</p> <p>June to Aug.</p>	<p><i>Heteromeles arbutifolia</i></p> <p>Below 4,300'</p>	<p>Rosaceae</p> <p>Rose Family</p> <p>Native</p> <p>Perennial shrub or small 30' tree</p> <p>Evergreen</p>	<p>White</p>	<p>Oblong, leathery, usually serrate leaves, dark green on top, lighter under, evergreen. White flowers in the summer; showy red berries in fall and winter.</p> <p>The bright red berries are eaten by birds, including robins, mockingbirds and cedar waxwings. If the berries are aged, the birds may get temporarily drunk. Coyote and bear eat the berries and help disperse the seed. The plant is generally deer-resistant, although deer may munch when nothing else is available.</p>	<p>Grows in full sun or partial shade in canyons and on slopes in Coastal Sage Scrub, chaparral, oak woodland and mixed- evergreen forest. Found in most of California, B.C. and Baja California. <i>Heteromeles</i> is Greek for "different apple."</p> <p>Used for cider or cooked to eat. Native Americans either boiled the berries and baked them in the ground with hot stones for 2 to 3 days or stored the berries to parch and grind into meal later.</p> <p>Law protects the plant from being cut on public lands due to excessive collecting of the red berries in the 1920s. There is a legend that Hollywood was named for the toyon growing there, but there is no proof that this is true. Apparently a land developer's wife met someone who had property named "Hollywood" while she was traveling west on the train. She suggested the name to her husband because she like it.</p> <p>Toyon makes an attractive evergreen screen or specimen in the garden. It is drought resistant but welcomes occasional water in the foothill garden. There is a yellow berry form available. As a member of the Rose Family, toyon can get fireblight. It can be a host for Sudden Oak Death in coastal areas, but this is not a problem in the foothills.</p>
<p>Vinegar Weed</p> <p>Very late</p> <p>July to Oct.</p>	<p><i>Trichostema lanceolatum</i></p> <p>Below 3,000'</p>	<p>Lamiaceae</p> <p>Native</p> <p>Annual</p>	<p>Blue</p>	<p>4 to 24" tall, branched near the base, with blue flowers clustered on one side of the stem. Stamens and stigmas are very exerted. Strong pungent smell.</p>	<p>Grows in dry, open areas, generally in disturbed habitats. The abundant nectar makes a high-quality honey.</p> <p>Native Americans made tea for pain and illnesses, treated colds by rolling ground-up leaves on the face and chest, and used fresh leaves to kill fish.</p> <p>Cowboys used crushed leaves in their bedrolls to discourage fleas.</p>
<p>Whisker Brush</p> <p>Mar. to July</p>	<p><i>Leptosiphon ciliatus</i></p> <p>Previously <i>Linanthus ciliates</i></p> <p>Below 9,900'</p>	<p>Polemoniaceae</p> <p>Phlox Family</p> <p>Native</p> <p>Annual</p>	<p>Pink</p>	<p>To 12" tall with erect, hairy stems and opposite, linear-lobed leaves that look like a cluster. The inflorescence is round with flowers directly attached. The trumpet-shaped flower has a long hairy tube, white or pink with a yellow throat, flaring into 5 pink lobes with a reddish spot at the base of each.</p>	<p>Grows in open or wooded areas. Common in grasslands, chaparral, foothill woodland and forests from yellow pine up to subalpine. Found only in western North America.</p> <p>Looks like a larger version of Baby Stars (<i>Leptosiphon bicolor</i>), but the Whisker Brush flower is more wheel-like than star-like and the outer edges appear squared-off rather than rounded. Also there is usually the darker spot at the base of each petal and the bracts under the flowers have densely hairy margins.</p>

<p>Windmill Pink or Common Catchfly, Small-flower Catchfly</p> <p>5/9</p> <p>Feb to July</p>	<p><i>Silene gallica</i></p> <p>Below 3,300'</p>	<p>Caryophyllaceae</p> <p>Pink Family</p> <p>Non-native from Europe</p> <p>Annual</p>	<p>White to pale pink</p>	<p>4-20" tall, erect or decumbent, branching stem with dull-green, hairy, sticky opposite leaves, 3.5 cm lower on the plant and smaller above. The flowers occur at the top of the stems and may also be axillary. They have 5 petals and each petal has an appendage at its base. The tubular calyx has 10 purplish veins and long hairs.</p>	<p>Grows on grassy slopes and flats and in disturbed areas in most counties in California and in other parts of North America.</p> <p>The plant is a common weed in much of the world, though it is seldom a serious pest. It is not weedy at Bridgeport.</p> <p>The flowers are mostly on one side of the stem and are twisted like a pinwheel. Some viewers consider the small flower charming because of its pinwheel appearance.</p>
<p>Yellow Star Thistle</p>	<p><i>Centaurea solstitialis</i></p>	<p>Asteraceae</p> <p>Sunflower Family</p>	<p>Yellow</p>	<p>4-36" branched, spiny, rounded plant with grayish, bristly leaves and a deep taproot. Deeply lobed leaves form a basal rosette with the first fall rains. Later small linear leaves line branched stems. Leaves disappear by the time of flowering. Small yellow flowers are located singly at the tips of branches. They are subtended by sharp spines up to 3/4" long radiating outward in all directions. The aged dry plant has tufts of white seed heads.</p>	<p>Grows in pastures, roadsides and disturbed grasslands and woodlands. It is an invasive weed, colonizes rapidly and is difficult to eradicate. It will produce 30,000 seeds per square meter and most of the seeds will germinate. The plant can continue growing after mowing or grazing.</p> <p>UC Davis outlines ways to manage infestations (http://www.ipm.ucdavis.edu/PMG/PESTNOTES/pn7402.html). Early control is essential as the plant will out-compete other plants in the area. Four insects have been imported from Europe to attack the flower/seed head to reduce seed production. Early removal of the plant is still the best control.</p> <p>It is cumulatively toxic to horses, causing "Chewing Disease" in which the horse is unable to swallow. It is fatal once the horse contracts the disease. No other animals are affected this way. Goldfinches love the seed and bees use it for a quality honey. Goats will eat the plant even when it is spiny.</p>

Resources for Wildflower Information

- Baldwin, Bruce G. and others. *The Jepson Manual, Vascular Plants of California*. University of California Press, Second Edition, 2012. Somewhat complicated, but useful once mastered. The authoritative source for scientific names.
- Balls, Edward K. (Researched with Phillip A. Munz). *Early Uses of California Plants*. University of California Press, 1962. 1. Food Plants 2. Drink Plants 3. Fibers and Basketry Plants 4. Medicinal Plants 5. Soap and Fish Poison Plants 6. Dye, Gum, and Tobacco Plants 7. Present-Day Uses of Some California Plants (Donated by Barbara Pixley to the Docents Reference Library at Bridgeport.)
- Bornstein, Carol, David Fross and Bart O'Brien. *California Native Plants for the Garden*. Cachuma Press, 2005. Useful descriptions of gardening with native plants.
- Funk, Alicia, and Karin Kaufman. *Living Wild, Gardening, Cooking and Healing with Native Plants of California*. Flicker Press, Second Edition, 2013. Written by local authors and full of interesting information.
- Lindberg, Herb. *Wildflowers of Bridgeport*. Herbert E. Lindberg, 2009. Excellent photography of the flowers at Bridgeport. A smaller brochure is available.
- Niehaus, Theodore, and Charles Ripper. *Peterson Field Guides: Pacific States Wildflowers*. Houghton Mifflin Company, Second Edition, 1998. Easy to use with pertinent information on most of the flowers in California.
- Papers presented to the Wildflower Committee, South Yuba River State Park. "Blooming Dates" compiled by Mary Miller, updated through June 2002, and "Interesting Plant Facts"—A research paper by Vicki Macdonald on Native American plant uses.
- Redbud Chapter, California Native Plant Society. *Trees and Shrubs of Nevada and Placer Counties, California*. Redbud Chapter, 2014. Comprehensive text and definitive photos for plant identification.
- Redbud Chapter, California Native Plant Society. *Wildflowers of Nevada and Placer Counties, California*. Redbud Chapter, 2007. A comprehensive guide to local wildflowers with good photos and text to help with identification. Very extensive.
- Schmidt, Marjorie G. *Growing California Native Plants*. University of California Press, Second Edition, 2012. An updated classic source for growing natives.
- Sweet, Muriel. *Common Edible and Useful Plants of the West*. Naturegraph Publishers, 1976. A classic source still useful today.
- Ward, Darlene. "Bridgeport's Springtime Treasures." A 23-minute DVD that can be viewed at the South Yuba River State Park Visitor Center or find the link on the South Yuba River State Park website, <http://www.southyubariverstatepark.org/index.html>. All photos were taken at Bridgeport. Darlene Ward has been a docent since 2008 and was mentored by Vicki Macdonald.
- The following are some useful Internet sites:
- http://arboretum.ucdavis.edu/arboretum_all_stars.aspx Information on growing a garden of native and drought-tolerant plants.
 - <http://www.calflora.org/> Search on a plant's name for a map showing the distribution of the plant in California, photos, verification of name changes, location suitability for growing the plant and links for more information.
 - <http://calphotos.berkeley.edu/> Many photos of a plant species will aid with a tentative wildflower identification.
 - <http://calscape.cnps.org/loc-California>. From CNPS. Search for native plants by location and name. Useful for landscaping information, sources to buy plants. <http://www.cnps.org/cnps/grownative/> Information on gardening with native plants. From the California Native Plant Society.
 - <http://naeb.brit.org> Native American Ethnobotany, naming tribal use and source of information. Search on the genus. Not all plants or tribes are listed.
 - <http://www.ipm.ucdavis.edu/PMG/menu.homegarden.html> Information on weeds and other pests in the home garden.
 - www.laspilatas.com Las Pilitas Nursery, CA. Plant descriptions and uses in the garden. "Incredible Edibles" for edible native plants. Other informative articles.
 - <http://www.naturalmedicinalherbs.net/herbs/latin-names/> Modern uses of plants and warnings about toxicity.
 - http://en.wikipedia.org/wiki/Main_Page Search on a plant's name for plant characteristics. Compare with other sources for accuracy.