

Mid-Season 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 Late 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, Elevation	Family/Type	Flower Color	Description	Interesting Facts
Baby Stars 3/12-5/30 March to June	<i>Leptosiphon bicolor</i> Previously <i>Linanthus bicolor</i> Below 5,600'	Polemoniaceae Phlox Family Native Annual	Red/pink	2-6" tall with whorled, hairy leaves topped by a head of bracts with one flower open at a time. The tiny pink 5-petal flower has a yellow throat and a very long tube below the spreading petals.	Grows in open grassy areas, foothill woodlands and chaparral in western North America. A good plant to view with a magnifier. Stamens are attached in the throat. <i>Leptosiphon</i> means "narrow tube" which refers to the tube of the funnel-shaped flower.
Ceanothus or Buck Brush , Wedgeleaf Ceanothus 3/11 Feb. to May	<i>Ceanothus cuneatus</i> var. <i>cuneatus</i> Below 7,000'	Rhamnaceae Buckthorn Family Native Shrub or small tree Monoecious (male and female flowers on the same plant)	White or pale blue to lavender	3-9' tall with stiff branches. May be wider than tall. The usually white flowers are in clusters and emit a strong scent. The fruit has minute horns. Opposite 1/4" to 3/4" evergreen leaves. Seed capsules burst open with a pop and can cast seeds as far as 35'.	Grows in chaparral on sunny, dry, rocky slopes. Found throughout California and in Oregon and Baja California. Fire encourages germination of the seed and many seedlings sprout after a fire. Native Americans used the seeds for food, the blossoms as soap, the leaves for tobacco, the roots for red dye, and bark and roots for astringent and tonic. Sometimes used today as a heat resistant cover on road banks and slopes. It thrives in poor soil and needs good drainage. It is deer resistant. All ceanothus roots fix nitrogen.
Ceanothus or Deer Brush , California Lilac, Wild Lilac 4/4-5/22 May to July	<i>Ceanothus integerrimus</i> var. <i>macrothyrsus</i> 230-8,500'	Rhamnaceae Buckthorn Family Native Shrub, semi-deciduous	White but can be blue or rarely pink	3-12' tall and 4-15' wide, loosely branched, with 3-veined, alternate, smooth-edged leaves. The deciduous leaves can be up to 3" long but most often are less. The clusters of flowers are usually white at Bridgeport. The roots fix nitrogen.	Grows on mountain slopes, ridges and flats predominately in the mid-Sierra and also in other western states. Plant variations exist, likely due to the amount of available water. Plants stump-sprout after a fire or after cutting. Fire also helps in seed germination. Seeds remain viable for 24 years or more. The plant grows well in the garden, but may not be the preferred ceanothus to grow. It was used for treating women after childbirth and is used today to prepare a tonic. The Miwoks used the plant in basket making. The leaves produce a green dye. All parts of the plant contain saponin and produce a gentle soap when crushed.

Common Name	Scientific Name, Elevation	Family/Type	Flower Color	Description	Interesting Facts
Checker Mallow, Hartweg's Checker-bloom , Hartweg's Sidalcea, Valley Checker-bloom	<i>Sidalcea hartwegii</i> 4/4-5/13 April to June Below 2,000'	Malvaceae Mallow Family Native Annual	Rose-purple	6-12" tall with erect stems. Leaves are divided into 5 to 7 linear segments. 4 to 6 rose-purple flowers cluster or overlap in a group. The flower has 5 petals and the stamens are fused into a central tube.	Grows on dry hillsides, often on serpentine, in the Sacramento Valley and the foothills east and west of the valley. Endemic to California. Use a hand-lens to view the star-shaped hairs on the flower. Many butterfly larvae feed on mallows: Gray Hairstreak, Painted Lady, West Coast Lady, Common Checkered Skipper and Large White Skipper.
Chinese Houses March to June	<i>Collinsia heterophylla</i> var. <i>heterophylla</i> Below 4,300'	Plantaginaceae Plantain Family Previously Scrophulariaceae Figwort Family Native Annual	Violet/Purple	6-20" tall with opposite, narrow triangular paired, slightly toothed leaves and ascending whorls of spectacular 3/4" to 1" flowers. The upper 2 petals are white with purple marks and the lower 2 petals are purple. A third petal is hidden.	Grows in shady, grassy places in many plant communities in California and Baja California. On our trail, watch out for nearby poison oak. Chinese Houses grow in one area beyond the French Corral Creek, usually on the left but perhaps downslope in a good year. Visitors often ask, "Are the Chinese Houses blooming yet?" Frequently included in wildflower seed mixes for the garden. The plant is host for the larvae of the Variable Checkerspot butterfly. The whorled flowers look like a Chinese pagoda, thus the common name.
Clarkia or Winecup Clarkia , Four-spot Clarkia 4/4-5/30 April to July	<i>Clarkia purpurea</i> Below 5,000'	Onagraceae Evening Primrose Family Native Annual	Violet/Purple or lavender	4-24" tall with small, cuplike purple flowers in the leaf axils. Bridgeport flowers are light lavender with a darker spot near the top of each of the 4 petals.	Grows widespread on grassy or gravelly slopes and flats and also on serpentine. It is found throughout most of California and occurs in the western states. It is variable with 3 subspecies. Native Americans dried parched and pulverized seeds of Clarkia species. They ate the meal dry or combined it with acorn meal.
Clover or Little Hop Clover or Shamrock Clover 3/28-5/3 April to July	<i>Trifolium dubium</i> Below 1,640'	Fabaceae Pea Family Non-Native from Europe Annual	Yellow	4-20" tall, prostrate to erect. Short stalks with small flower heads of fewer than 30 tiny yellow flowers. Typical three-part clover leaf.	Grows in grassy or disturbed places from valley floor to upper conifer forests. Sometimes planted as part of a turf grass mixture. Avoid confusing it with Yellow Bur Clover (which has wedge-shaped leaves and single flowers) or Hop Clover (which has larger flower heads and veined banners.). A poultice of the chopped plant is used to stop bleeding of cuts.
Clover or Foothill Clover , Tree Clover Mar to June	<i>Trifolium ciliolatum</i> 750- 5,600'	Fabaceae Pea Family Native Annual	Pink to purple	18" or taller, non-hairy, 3-leaflet alternate leaves. The flowers soon reflex, leaving a flattened head of withering flowers.	Grows on slopes in grassland, chaparral and disturbed areas in western North America from Washington to Baja. Found throughout much of CA. Flattened flowerheads may be seen on the north side near the end of the trail in a grassy area in late May. We rarely go that far on our guided tours. Clover leaves of most varieties can be eaten raw or cooked before flowering. Seeds can be eaten raw or cooked or sprouted.

Common Name	Scientific Name, Elevation	Family/Type	Flower Color	Description	Interesting Facts
Clover or Rosy Clover , Rose Clover 3/22-5/30 April to May	<i>Trifolium hirtum</i> Below 6,800'	Fabaceae Pea Family Non-native from Eurasia, north Africa Annual	Red/ Pink	4-16" tall, often in carpets. The three ½" leaflets often have a lighter band across the middle. Round, pink or rose, hairy flowerheads. The sepals may harden into bristles with age.	Has naturalized in most parts of California. It is often seeded after fires, for cover crops and for forage. It is replacing native clovers and wildflowers. It was introduced to California from Turkey in the 1940s as a forage crop and has become a roadside weed.
Clover or Tom Cat Clover 4/11-5/30 March to June	<i>Trifolium willdenovii</i> Previously <i>Trifolium tridentatum</i> Below 8,200'	Fabaceae Pea Family Native Annual	Lavender to pink-purple to dark purple	4-16" tall herb with 3 minutely toothed, very slender leaflets 1/2 to 1 1/2" long. Bristle-tipped stipules at the base of the leaves. Tubular flowers in a 1" head, usually with white-tipped petals.	Grows on upland grassy slopes and flats, dry gravel bars and openings on disturbed heavy soils, sometimes on serpentine. Abundant in California, sporadic west of the Cascades. Also in Baja California and South America. Could be confused with Whitetip Clover (<i>T. variegatum</i>) which grows in wetter places and is not on the Bridgeport list.
Dudleya or Canyon Dudleya , Canyon Live Forever, Rock Lettuce 3/8-6/18 May to July	<i>Dudleya cymosa</i> 3300-8900'	Crassulaceae Stonecrop Family Native Perennial	Red-yellow	Under 1' in flower. Yellow flowers with brilliant red sepals on stems that rise above a rosette of spoon-shaped succulent leaves that wither in summer. Endangered by loss of habitat and theft by collectors.	Grows in the western Sierra and CA coast ranges on dry, rocky outcrops and talus slopes, generally in full sun. Can grow in clay soil but should be planted at an angle to avoid rot. Purchase them from a nursery; never dig them in the wild. The leaves can be eaten raw, but most of us prefer to simply enjoy the flowers. Hummingbirds sip the flower nectar. Larval host for the Sonoran Blue butterfly.
Fairy Lantern or White Globe Lily 3/22-5-18 April to June	<i>Calochortus albus</i> Below 6,500'	Liliaceae Lily Family Native Perennial	White	15-30" tall leafy stems with 3-petal, hanging, white or pinkish, delicate globe-shaped flowers. The deep-rooted bulb sends up a long basal leaf first. Often grows among rocks where the bulb is tightly wedged. The seedpod is winged and interesting to see.	Grows on shady hillsides to open woods in foothill woodland, chaparral and yellow pine forest. Endemic to California. <i>Calochortus</i> is Greek for "beautiful grass." Native Americans ate the bulbs of this genus boiled or roasted in pits. Some tribes pounded them into flour. Seeds can be ground into meal; buds and flowers can be eaten raw in salads. The bulbs have a maple-like taste.
Foothill Sunburst , Brittlestem, Heermann's Golden Sunburst 3/15-4/18 March to June	<i>Pseudobahia heermannii</i> 330-5200'	Asteraceae Sunflower Family Native Annual	Yellow	4-12" tall woolly green to reddish stems with lobed lower leaves. There is a single flower head with small yellow radial flowers.	Found in sandy, rocky grassland, foothill woodland and yellow pine forest in the Sierra foothills and the central coast ranges. Endemic to California. The flowers look similar to Goldfields.

<p>Geranium, Cutleaf Geranium</p> <p>March to July</p>	<p><i>Geranium dissectum</i></p> <p>Below 4,300'</p>	<p>Geraniaceae</p> <p>Geranium Family</p> <p>Non-native from Europe Africa, Asia</p> <p>Annual or biennial</p>	<p>Rose-purple</p>	<p>1-2' tall with prostrate to erect branching, slender stems. The plant starts as a rosette. Flower stems have glandular hairs. Roundish leaves are deeply lobed with minute sharp points. Small flowers have 5 notched petals and a purple-tipped style.</p>	<p>Grows in open, disturbed sites in many plant communities. Common in moist grassy places in the spring. A minor to moderate weed in agriculture and landscaped areas.</p> <p>The seeds develop in a cranesbill that is typical for geranium plants. It has five elongated sections that form a column. In maturity, each detaches from the base of the beak and rolls up to the tip, exposing one to two seeds. The roundish seeds are brown and strongly pitted.</p>
<p>Geranium or Dove's Foot Geranium, Woodland Geranium</p> <p>3/8-5/25</p> <p>Feb. to Aug</p>	<p><i>Geranium molle</i></p> <p>Below 1,600'</p>	<p>Geraniaceae</p> <p>Geranium Family</p> <p>Non-native from Europe</p> <p>Annual</p>	<p>Red/Pink</p>	<p>4-16" high but lies close to the ground. Round, lobed leaves with small downy hairs, soft to touch. Small rose-pink to red-purple flowers with 5 petals are notched at the tips.</p>	<p>Grows in open to shaded sites, generally on disturbed ground. Considered invasive in the Northwest, but not in California.</p> <p>Can form attractive carpets in shade. The soft leaves are pleasant to touch.</p> <p>May occasionally find Herb Robert (<i>Geranium robertianum</i>), with red-tinged foliage and stems and a strong odor when crushed.</p>
<p>Gilia or Globe Gilia, Blue Gilia, Bluehead Gilia</p> <p>4/4-6/18</p> <p>April to July</p>	<p><i>Gilia capitata</i></p> <p>Below 7,000'</p>	<p>Polemoniaceae</p> <p>Phlox Family</p> <p>Native</p> <p>Annual</p>	<p>Violet/Purple, White</p>	<p>6-12" tall, glandular or white hairy. Alternate leaves, the lower ones lobed and the upper leaves much reduced. Topped by a spherical 1" head of many tiny white to blue-violet flared 5-petal flowers.</p>	<p>Grows in many habitats in dry, sandy or rocky areas in sun or shade. Found in western North America from Alaska to northern Mexico.</p> <p>Both stamens and style are exerted.</p> <p>Will grow readily in the garden.</p>
<p>Gilia or Bird's-eye Gilia</p> <p>3/17-4/18</p> <p>May to April</p>	<p><i>Gilia tricolor</i></p> <p>Below 4,000'</p>	<p>Polemoniaceae</p> <p>Phlox Family</p> <p>Native</p> <p>Annual</p>	<p>Violet/Purple</p>	<p>4-15" tall with many branched stems topped by clusters of 2 to 5 flowers of 5 petals each with lobes blue-violet shading to white. The tube is yellow and the top of the throat is dark violet. The pollen is blue. Linear leaves.</p>	<p>Common on grasslands and open hillsides in the central valley, the Sierra foothills and the coast ranges. Endemic to California.</p> <p>May appear in masses. Blooms on sunny days.</p> <p>Interesting to view with a hand lens. The common name is very appropriate with the dark center and spreading petals. Blue pollen is unusual.</p>
<p>Indian Pink or Silene</p> <p>3/13-6/26</p> <p>March to July</p>	<p><i>Silene laciniata</i> subsp. <i>californica</i></p> <p>Below 7200'</p>	<p>Caryophyllaceae</p> <p>Pink Family</p> <p>Native</p> <p>Perennial</p>	<p>Red/pink</p>	<p>6-12" tall with a stout tap root and low growth. It has paired sticky, hairy leaves more than 2" long. The 1" flowers with 5 petals have 4 lobes on the outer edge of petals. The sepals are fused into a prominent tube (typical of the Pink Family -- think of the bulbous under part of the carnation flower).</p>	<p>Grows in open shade in coastal scrub, chaparral, oak woodland and forest in California, Oregon and Mexico. Near the first part of the trail some grow on the river side in the area where irises grow. Some are also found along the service road on the Point Defiance trail.</p> <p>This is the only Silene in the Sierra and the only Bridgeport wildflower with true red flowers. it is difficult to grow in the home garden, whereas a Southern California species is easy to cultivate. The "Pink" part in its name refers to the Pink Family. Some say the petals look like they were "pinked" with shears, but maybe pinking shears were named that in reference to the Pink Family.</p> <p>Hummingbirds are attracted to the flower. The sticky hairs trap insects. Native Americans used the leaves for a tea to relieve pain.</p>

<p>Johnny Tuck or Butter and Eggs</p> <p>3/22-4/23</p> <p>March to May</p>	<p><i>Triphysaria eriantha</i> subsp. <i>eriantha</i></p> <p>Below 5,250'</p>	<p>Orobanchaceae</p> <p>Broomrape Family</p> <p>Previously Scrophulariaceae</p> <p>Figwort Family</p> <p>Native</p> <p>Annual</p>	<p>Yellow</p>	<p>4-14" tall. The flower has 3 lower angled petals that are inflated yellow sacs with white centers. There is a long white, hairy corolla tube with a right-angle turn at the top where 2 small upper petals form a pointed purple beak. The upper leaves and bracts are purple tipped. The stems are purplish-red with soft hairs.</p>	<p>Grows in grassy, open meadows in many habitats in Oregon and California.</p> <p>This is one of the most common spring flowers, often appearing in masses in sunny meadows.</p> <p><i>Triphysaria</i> is Greek for "three bladders;" <i>eriantha</i> means "woolly flowered," which refers to the plant's hairiness.</p> <p>It is a green-root parasite, like Owl's Clover. It both photosynthesizes and parasitizes by attaching its haustoria to other plant roots to draw nutrients from that plant.</p> <p>Johnny Tuck has not been seen recently along the Buttermilk Bend Trail.</p>
<p>Lotus or Hill Lotus, Foothill Deervetch, Bird's foot lotus, Short podded lotus</p> <p>3/22-5/30</p> <p>March to June</p>	<p><i>Acmispon brachycarpus</i></p> <p>Previously <i>Lotus humistratus</i></p> <p>Below 5,600'</p>	<p>Fabaceae</p> <p>Pea Family</p> <p>Native</p> <p>Annual</p>	<p>Yellow</p>	<p>To 1' tall, mats 3-14" wide. Usually 4 hairy leaflets in a leaf. Reddish stems. A single yellow flower which ages to red grows in the leaf axils.</p>	<p>Grows on dry, grassy slopes in many plant communities in western America from Idaho to northern Mexico. It is in most counties of California.</p> <p>There are other lotuses in the area, but this is the most common.</p>
<p>Lupine or Spider Lupine, Narrow-leaved Lupine, Bentham's Lupine</p> <p>4/3-6/18</p> <p>March to May</p>	<p><i>Lupinus benthamii</i></p> <p>Below 5,000'</p>	<p>Fabaceae</p> <p>Pea Family</p> <p>Native</p> <p>Annual</p>	<p>Violet/Purple</p>	<p>1-4' tall with 7-10 linear, narrow, often silvery leaflets, somewhat hairy underneath, spread apart like spider legs or wagon wheels. The elegant spikes may be whorled or not and have deep blue flowers with a smaller white banner splotch that turns magenta when pollinated. Seedpods are coarsely hairy.</p> <p>The underside of the margins of the keel is hairy, with no hairs at the tip. Both Miniature Lupine and Sky Lupine are hairy only at the tips.</p>	<p>Grows on roadsides and dry sunny slopes in the Sierra foothills and sometimes in the Central Valley. Also grows in the Coast Range of Southern California. Endemic to California.</p> <p>This is the tallest annual lupine in our area, may be one of the first to bloom and may be the most striking. The early seedlings are brownish and hard to spot.</p> <p>Lupines provide good forage, but can be toxic in large quantities. Other forage must also be available. Lupines are the only food for the Karner Blue butterfly larvae. The larvae crawl up the stems of wild lupines to feed on the new leaves in mid-April.</p> <p><i>Lupinus</i> means "of wolves," perhaps due to the mistaken belief that ancient peoples had that lupines robbed the soil of nutrients as wolves rob sheep flocks. The fact is that lupines add nitrogen to the soil, as do other legumes.</p>
<p>Lupine or Miniature Lupine, Lindley's Annual Lupine, Bicolor Lupine</p> <p>4/3-5/1</p> <p>March to June</p>	<p><i>Lupinus bicolor</i></p> <p>Below 5,000'</p>	<p>Fabaceae</p> <p>Pea Family</p> <p>Native</p> <p>Annual</p>	<p>Violet/Purple</p>	<p>4-16" tall with 3-7 narrow leaflets, with the upper surface not usually hairy. The 1/4" clustered blue flowers (may be whorled) have a white patch on the banner that turns magenta when the flower has been pollinated.</p>	<p>Found in open grassy places from California to British Columbia, including the Mojave Desert. Miniature Lupine does not create showy masses like other lupines, although it is one of our most common lupines. It is often found with California poppies.</p> <p>It may be confused with Sky Lupine. The Miniature Lupine banner is longer than wide, whereas the Sky Lupine banner is as wide as or wider than it is long.</p> <p>The hairy seedpods are thin and small.</p>

Lupine or Douglas' Lupine, Sky Lupine, Field Lupine 3/8-5/22 March to June	<i>Lupinus nanus</i> Below 4,300'	Fabaceae Pea Family Native Annual	Violet/ Purple	8-24" tall with whorled rich blue flowers with a large white blotch on the banner that turns magenta when pollinated. The leaves have 5 to 7 linear to spoon-shaped leaflets, hairy on both sides. Seedpods are hairy.	Grows in grassy places from the valley floor to the mountains in California, Nevada and eastern Oregon. It often appears in a mass display. The banner is as wide or wider than it is long, whereas the Miniature Lupine banner is longer than wide. Both often appear together and may be confusing to differentiate.
Lupine or Harlequin Lupine or Stiver's Lupine 4/26-5/25 April to June	<i>Lupinus stiversii</i> Below 6,900'	Fabaceae Pea Family Native Annual	Yellow and pink and white	4-16" tall with multicolored flowers: yellow banner, rose-pink wings and white keel. 6-9 leaflets in a palmate leaf. Seedpods are generally non-hairy.	Grows in chaparral, foothill woodland and yellow pine forest, especially in open sandy places. Endemic to California. At Bridgeport they grow on the sandy beach below the Point Defiance Trail along the So. Yuba River. The plant size is smaller at higher elevations.
Lupine or Bush Lupine, Silver Bush Lupine 3/15-5/8 March to June	<i>Lupinus albifrons</i> var. <i>albifrons</i> Below 5,000'	Fabaceae Pea Family Native Perennial shrub, subshrub	Violet/ Purple	To 5' tall, bushy, with 7-10 narrow silvery leaflets and multiple spikes with blue-purple pea flowers. The banner has a lighter center that changes to magenta when pollinated. The hairy mature seedpods along the stem open explosively.	Found in sunny, open, brushy or rocky areas in many plant communities from southern Oregon to northern Baja California. Some plants smell like grape soda on hot days. The plants develop a woody base. This lupine may be toxic to livestock, causing birth defects and weight loss. Native Americans made head wreaths from the flowers to celebrate the May strawberry festival. Can be grown in the garden with full sun, good drainage and soil on the dry side. A bush in bloom can be spectacular. Seems to be deer proof.
Madia or Common Madia, Elegant Madia 4/4-5/29 April to Nov.	<i>Madia elegans</i> Below 11,150'	Asteraceae Sunflower Family Native Annual	Yellow	4-48" tall with yellow ¼ to 1/2" ray flowers often maroon at the base. Disk flower anthers are black. Narrow leaves. Urn-shaped receptacle. Strongly scented.	Grows on dry slopes and meadow edges in western North America. Madia species, called tarweeds, are often glandular and aromatic. Common Madia has four subspecies and is highly variable. Pomo and Miwok roasted the seeds and pounded them into flour that was eaten dry. The seeds are rich in oil.

<p>Milkweed or Purple Milkweed, Heart-leaf Milkweed</p> <p>4/4-5/30</p> <p>April to July</p>	<p><i>Asclepias cordifolia</i></p> <p>160-6,500'</p>	<p>Apocynaceae</p> <p>Dogbane Family</p> <p>Previously Asclepiadaceae, Milkweed Family</p> <p>Native</p> <p>Perennial</p>	<p>Red-purple and pink</p>	<p>1-3' stem with broad, opposite, clasping heart-shaped leaves up to 6" wide, waxy, blue-green to purplish, with milky sap. Ten or more flowers occur in an umbel with red-purple stems. A flower has 5 reflexed red-purple petals with 5 pale pink elevated hoods. The seeds with long silky tails develop in a large pod that splits open for wind dispersal. The plant generally occurs singly rather than in colonies.</p> <p>All milkweeds are hosts for the Monarch Butterfly. Alkaloids ingested from the plant make larvae unpalatable to predators, persisting even when they change into butterflies.</p> <p>Most milkweeds are toxic to cattle and sheep.</p> <p>Humans may get dermatitis from contact with the plant</p>	<p>Grows in brushy rocky places, on semi-open slopes and forested flats in CA, Nevada and Oregon. Grows on serpentine soil and lava.</p> <p>Used in many ways: Sticky milk was heated and stirred until solid, then made into chewing gum with salmon fat or deer grease added for flavor. The milk was used in healing wounds. It also held soot in place for tattooing. A tea was made for measles, asthma and coughs and for recovery from childbirth. Milkweed was a contraceptive and snakebite remedy, but improper dosage could cause vomiting and death. Plant fibers were rubbed between the hands and thighs to make cords and fibers for cloth.</p> <p>Young shoots and buds may be eaten, but only after being boiled in several changes of water to remove toxicities.</p> <p>During WWII, the silky down was used for stuffing in lifejackets.</p> <p>In a failed attempt to start a milkweed floss market for milkweed and down comforters in the 1990s, a company named Natural Fibers stated "we found that floss is a non-allergenic cellulose fiber; with a fill-power of about 350 cm³/g which is comparable to high quality goose down; white in color; 50% more breathable than down; 20% more durable than down; and 10% warmer per unit of weight than down." The floss had to be combined with goose down because the floss compressed too much by itself. The article may be viewed at http://www.hort.purdue.edu/newcrop/proceedings1993/v2-422.html</p>
---	--	---	----------------------------	--	---

<p>Monkey-flower or Bush Monkey-flower, Sticky Monkey-flower</p> <p>4/4-6/18</p> <p>March to June</p>	<p><i>Mimulus aurantiacus</i> var. <i>aurantiacus</i></p> <p>var. <i>grandifloras</i></p> <p>Below 5,200'</p>	<p>Phrymaceae</p> <p>Lopseed Family</p> <p>Previously Scrophulariaceae</p> <p>Figwort Family</p> <p>Native</p> <p>Subshrub</p>	<p>Yellow/Salmon</p>	<p>2-4' tall woody sticky stems with paired narrow sticky deep-green leaves, paler under and topped with star-shaped hairs. The ½ to 1" long 2-lipped flowers have petals shallowly notched and may be white to red. Ours are usually orange. The orange color we see is actually a layer of yellow topped by a layer of orange. Bees are attracted to the yellow and perhaps butterflies to the orange, a color few pollinators favor.</p> <p>The leaves exude a sticky varnish on hot days to seal in the water and make it difficult for insects to chew on them. Deer don't seem to eat them. Drought resistant. Will return after freezing.</p>	<p>Grows on dry slopes throughout most of California and in southwestern Oregon. Varies according to locale. Can grow on serpentine. The variety previously called "<i>bifidus</i>" is now <i>Mimulus aurantiacus</i> var. <i>grandiflorus</i>. It has larger azalea-shaped yellow/orange flowers, grows on steep banks of canyons and rocky slopes and may be seen along our trail and near the Hwy. 49 Bridge over the So. Yuba River. The Seep-spring Monkeyflower (<i>Mimulus guttatus</i>) is found in moist places. Its flower is yellow with red spots that guide insects to the nectar.</p> <p>Tickle the stigma and watch the flower close down in an adaptation to prevent self-pollination. If pollinated, it will stay closed and no more pollen may be deposited when the insect backs out, thus preventing self-pollination. If not pollinated, it will reopen for the next insect.</p> <p>Young leaves and stems of <i>Mimulus</i> species can be eaten raw but taste bitter. They taste better when cooked. They were also used as a salty flavor enhancer. Crushed raw leaves and stems made a poultice for wounds.</p> <p><i>Mimulus</i> is the host plant for the larvae of Common Checkerspot and Buckeye butterflies. It is also visited by the Sphinx Moth, bees and hummingbirds.</p> <p>Can be grown in the garden with good drainage.</p>
<p>Paintbrush, Indian Paintbrush</p> <p>April to Aug.</p>	<p><i>Castilleja</i> sp.</p> <p>A common one in the Sierra Nevada is <i>Castilleja applegatei</i>, <i>Wavy-leaved Indian Paintbrush</i></p> <p>Below 5,220' or Below 1,200'</p> <p>Varies by spp.</p>	<p>Orobanchaceae</p> <p>Broomrape Family</p> <p>Previously Scrophulariaceae</p> <p>Figwort Family</p> <p>Native</p> <p>Annual to subshrub</p>	<p>Red, orange-red</p>	<p>4-36" height varies with species. The color of the flower is actually the color of bracts and flowers. Tubular flowers are within the bracts. The plants are hemiparasitic: they photosynthesize in their green leaves and parasitize nearby shrubs.</p>	<p>There are about 200 species of <i>Castilleja</i> in the western North America. Of the 36 species found in California, almost half of them are found in Nevada and Placer counties. Most of us call them all "Indian Paintbrush," without trying to name the species. Different ones occur at various elevations and have various attributes. Some may be seen at the Highway 49 bridge and Pt. Defiance Trail.</p> <p>These plants absorb and concentrate selenium from the soil. The flowers in small amounts were used as condiments by some Native Americans and children sucked the nectar from the flowers. The leaves and roots are especially toxic.</p>
<p>Pallid Owl's Clover</p> <p>4/4-5/30</p> <p>April to June</p>	<p><i>Castilleja lineariloba</i></p> <p>Below 5,900'</p>	<p>Orobanchaceae</p> <p>Broomrape Family</p> <p>Previously Scrophulariaceae</p> <p>Figwort Family</p> <p>Native</p> <p>Annual</p>	<p>Yellow</p>	<p>5-18" tall with cream to pale yellow bracts enclosing small white or yellow (sometimes pink) 2-lipped tubular flowers. Linear leaves and bracts.</p>	<p>Grows in valley grasslands, foothill woodland and yellow pine forest. Endemic to California.</p> <p>Not abundant at Buttermilk Bend. Look above the trail on a high bank on the north side about 2/3 of the way to the bridge. Not as showy as Purple Owl's Clover.</p> <p>Parasitic on nearby plants but also photosynthesizes with green leaves.</p>

<p>Penstemon or Foothill Penstemon</p> <p>4/4-6/18</p> <p>May to June</p>	<p><i>Penstemon heterophyllus</i> var. <i>purdyi</i></p> <p>Up to 6,200'</p>	<p>Plantagina-ceae</p> <p>Plantain Family</p> <p>Previously Scrophulariaceae</p> <p>Figwort Family</p> <p>Native</p> <p>Perennial</p>	<p>Violet/Purple</p>	<p>1-5' tall woody branches with narrow lower alternate leaves and shorter upper opposite leaves. The buds are yellow, but the showy long tubular 2-lipped flowers in spikes are brilliant blue to violet with shades of magenta. <i>Penstemon</i> means "5 stamens." The 5th stamen is infertile (no anther) and is called a staminoid.</p>	<p>Grows in grassland, chaparral and forest openings. Endemic to California, found only there.</p> <p>Penstemon is a food source for the Sierra Checkerspot butterfly larvae. Native Americans used penstemon species for eyewash, a poultice for running sores and various aches, and a tea for colds. Spanish Americans boiled the flower tops and made a liquid for kidney troubles. Some tribes used the flowers to indicate the end of watermelon planting season.</p> <p>Penstemon grows well in the garden, but it may be somewhat short-lived for a perennial. It is generally deerproof and drought-tolerant. A similar plant with lovely flowers is sold by Las Pilitas Nursery as "Margarita BOP."</p>
<p>Phacelia or Caterpillar Phacelia</p> <p>3/12-5/2</p> <p>Feb. to June</p>	<p><i>Phacelia cicutaria</i> var. <i>cicutaria</i></p> <p>Below 4,600'</p>	<p>Boraginaceae</p> <p>Borage Family</p> <p>Previously Hydrophyllaceae</p> <p>Waterleaf Family</p> <p>Native</p> <p>Annual</p>	<p>White</p>	<p>7-23" stems, stiff-hairy and glandular, with deeply lobed leaves. The bell-shaped "dirty white" flowers are coiled and open one at a time. The hairs may cause dermatitis.</p>	<p>Grows on rocky, dry slopes in California, southern Nevada and Baja California.</p> <p><i>Phacelia</i> means "bundle." The flower coils are in tight bundles that gradually unwind. It may be confused with Vari-leaved Phacelia, a perennial that blooms later in May to July and looks even more like caterpillars.</p>
<p>Pineapple Weed or Rayless Chamomile</p> <p>3/29-5/22</p> <p>Feb. to Aug</p>	<p><i>Matricaria discoidea</i></p> <p>Previously <i>Chamomilla suaveolens</i></p> <p>Below 7,400'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Non-native to CA, native to nw North America, ne Asia</p> <p>Annual</p>	<p>Yellow green</p>	<p>Less than 1' high, often much lower. Branched stems topped by cone-shaped yellowish-green disk flowers. When crushed, the deeply lobed leaves smell sweet, similar to pineapple.</p>	<p>Grows in disturbed places such as sandbars, riverbanks, footpaths, roadsides, crop fields and pastures throughout most of California. A common weed, it can be found from Alaska to California and across to Nova Scotia.</p> <p>Young leaves are edible before blooming and smell like pineapple when crushed.</p> <p>It is like a smaller version of Brass Buttons which is in the <i>Cotula</i> genus and is found in Southern California.</p>
<p>Plantain or California Plantain, Foothill Plantain, Dwarf Plantain</p> <p>March to May</p>	<p><i>Plantago erecta</i></p> <p>Below 2,300'</p>	<p>Plantagina-ceae</p> <p>Plantain Family</p> <p>Native</p> <p>Annual</p>	<p>Silvery white, green, whitish</p>	<p>2-6" tall with narrow, fuzzy, grass-like leaves and tiny translucent flowers with 4 curled back petals and dark stamens.</p>	<p>Grows in grasslands, chaparral and open woodland in sandy, clay or serpentine soils.</p> <p>These plants are generally inconspicuous and escape notice, although they may be abundant. The flowers have a delicate beauty when viewed through a hand lens.</p>
<p>Pretty Face, Golden Brodiaea</p> <p>3/7-5/30</p> <p>March to May</p>	<p><i>Tritelia ixioides</i> subsp. <i>scabra</i></p> <p>750 to 7,200'</p>	<p>Thermidaceae</p> <p>Brodiaea Family</p> <p>Previously Liliaceae, Lily Family</p> <p>Native</p> <p>Perennial</p>	<p>Yellow</p>	<p>6-18" tall with a low cluster of leaves and a tall stem with an umbel of yellow flared flowers. The 6 petals may or may not have dark midveins. Ours at Bridgeport usually do have the dark midveins.</p>	<p>Grows in open, grassy woodlands and on lightly shaded slopes in northern and central California and southwestern Oregon. At Bridgeport, grows slightly before the French Corral Creek bridge on both sides of the trail.</p> <p>The edible bulbs were one of the "Indian potatoes."</p> <p>Similar to <i>Bloomeria</i> or Goldenstar, a genus in the same family that grows in central and southern California.</p>

<p>Rattlesnake Weed, American Wild Carrot</p> <p>April to June</p>	<p><i>Daucus pusillus</i></p> <p>0-5,400'</p>	<p>Apiaceae</p> <p>Carrot Family</p> <p>Native</p> <p>Annual</p>	<p>White</p>	<p>5-36" decumbent or erect plant with bristly, dissected linear leaves. The stems are usually unbranched. and it has a large taproot. The lacy flower umbel is flat to cupped, made of many small flowers with 5 petals, subtended with conspicuous bracts that may extend beyond the flowers.</p>	<p>Grows in rocky or sandy places in many plant communities throughout California to B.C. and So. America. It is often considered an invasive noxious weed.</p> <p>The milky sap can cause dermatitis. The root is edible, but may be easily confused with the deadly poisonous water hemlock. Called "rattlesnake weed" because it was used as a poultice for snakebites. It is also used in herbal medicine.</p> <p>It is closely related to Queen Anne's Lace (<i>Daucus carota</i>) which is generally branched, often taller and has a white lacy umbel with a reddish flower in the center.</p>
<p>Sanicle or Poison Sanicle</p> <p>3/17-4/28</p> <p>April to May</p>	<p><i>Sanicula bipinnata</i></p> <p>66 to 3,300'</p>	<p>Apiaceae</p> <p>Carrot Family</p> <p>Native</p> <p>Perennial</p>	<p>Yellow</p>	<p>1-2' tall. Compound pinnate leaves have lobed or smooth edges. Inconspicuous yellow flowers in simple umbels on almost leafless stems. Taproot. The plant is rough to touch and appears wispy.</p>	<p>Grows in sun or shade on slopes in grasslands and pine-oak woodlands, often under Blue Oaks. Found in the coastal range and the Sierra Nevada foothills. Endemic to California.</p> <p>The crushed leaves are pungent and smell similar to cilantro. A poultice of the boiled plant was used for snakebite. The plant is poisonous to livestock, but is rarely eaten. The poison is only mildly toxic.</p>
<p>Sanicle or Pacific Snakeroot or Gamble Weed</p> <p>3/13-4/28</p> <p>March to May</p>	<p><i>Sanicula crassicaulis</i></p> <p>Below 5,000'</p>	<p>Apiaceae</p> <p>Carrot Family</p> <p>Native</p> <p>Perennial</p>	<p>Yellow</p>	<p>1-3' stout, taprooted plant, with very small yellow flowers in simple, dense umbels at the top of branching stems. Each head has approximately five leaflike, lance-shaped bracts at its base. The leaves are maple-like, palmately lobed with fine-toothed edges.</p>	<p>Grows in shade or partial shade on open slopes and in ravines in oak woodlands, chaparral, grasslands and yellow pine forest. Extends from British Columbia to Baja California.</p> <p>Native Americans used the plant for a poultice for snakebite and wounds. Chewed roots were rubbed on the body for good luck in gambling.</p> <p>The petioles are not winged as they are in Purple Sanicle.</p>
<p>Scotch Broom, Common Broom, Broomtops, European Broom, Irish Broom, English Broom</p> <p>April to July</p>	<p><i>Cytisus scoparius</i></p> <p>Below 3,300'</p>	<p>Fabaceae</p> <p>Pea Family</p> <p>Non-native from southern Europe, northern Africa</p> <p>Perennial shrub, evergreen</p>	<p>Yellow</p>	<p>3-9' erect shrub with 5-angled, green hairy branches when young. Older branches become brown and smooth. Many showy yellow pea flowers appear in the axils in spring, followed by small deciduous leaves with 3 leaflets. Mature flat seed pods are dark brown or black with white hairs on the margins. As they dry and twist open, they pop out seeds several feet away. Ants and autos transport the seeds.</p>	<p>Grows in disturbed places in sunny sites, in pastures, forests and grasslands. Introduced to the US in the 1800s for ornamental use, this plant has become a noxious invasive West Coast weed that colonizes readily, outcompeting other plants. Some communities sponsor "Scotch Broom pulls" to reduce the population. There is a special weed wrench for popping this tough plant out of the ground. When removing extensive colonies, plant desirable fast growing plants in their place so they and other weeds will not repopulate the area.</p> <p>Scotch Broom can live for 20 years. A single plant can produce more than 12,000 seeds a year and seeds can last up to 30 years in the soil.</p> <p>There are several other species of broom found in Oregon and Washington and parts of California.</p>

<p>Sierra Fawn Lily</p> <p>3/7-3/22</p> <p>March to May</p>	<p><i>Erythronium multiscapideum</i></p> <p>100-4,000'</p>	<p>Liliaceae</p> <p>Lily Family</p> <p>Native</p> <p>Perennial</p>	<p>White with a yellow center.</p>	<p>Up to 15" tall with a single stem that may branch at ground level. The short-lived bloom has 6 recurved white flower petals with egg yolk yellow at the base of each. There are 2 mottled or spotted leaves. The plant makes bulblets from long, slender rhizomes.</p>	<p>Grows on brushy hillsides or open woodlands in yellow pine forest and foothill woodland. Prefers the shade of other shrubs. Endemic to California, growing in the southern Cascades and the Sierra Nevada. The Sierra also has the Plainleaf Fawn Lily (<i>Erythronium purpurascens</i>) that grows at higher elevations at the edges of drying snow fields.</p> <p>This is the only Fawn Lily that produces bulblets. The common name "fawn lily" refers to the spotted leaves similar to the spots on a fawn. We find it on a bank at the edge of the road just below the top of the Point Defiance Trail.</p>
<p>Silver Puffs or Lindley's Silverpuffs</p> <p>March to May</p>	<p><i>Uropappus lindleyi</i></p> <p>Below 7500'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Native</p>	<p>Yellow</p>	<p>2-16" tall with long tapered basal leaves, milky sap and a solitary ligulate yellow flower head that withers quickly (opens in the morning and fades in the afternoon). Pointed green bracts extend beyond the flower rays. The seed head is silvery white with bristle-tipped, notched pappus scales.</p>	<p>Grows in open grasslands, woodlands, chaparral and deserts, generally in loose soils. Found in the western states and considered endangered in British Columbia.</p> <p>Previously considered a microseris, it is now the only plant in the separate genus <i>Uropappus</i>.</p> <p>Named for the showy seed head, which is generally more noticed than the flower. The seed is primarily wind-dispersed.</p> <p>We saw the flower one morning and couldn't find it at all that afternoon. A few weeks later we saw many silver puffs.</p>
<p>Slender Cottonweed or Q-Tips, Cottontop</p> <p>3/15-5/30</p> <p>Mar. to June</p>	<p><i>Micropus californicus</i></p> <p>Below 5,250'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Native</p> <p>Annual</p>	<p>White</p>	<p>Less than 6" tall. A slender, erect gray-green plant topped with small, dense woolly flower heads. Alternate linear leaves.</p>	<p>Grows in dry or moist, bare or grassy, often sandy soils or gravel in many plant communities in western North America.</p> <p><i>Micropus</i> means "small foot." The small size means this plant is easily overlooked.</p>
<p>Smooth Cat's Ear or False Dandelion</p> <p>3/12-5/30</p> <p>March to June</p>	<p><i>Hypochaeris glabra</i></p> <p>Below 5,300'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Non-native from Eurasia, northern Africa</p> <p>Annual</p>	<p>Yellow</p>	<p>4-16" tall with shallow-lobed basal leaves, hairless and shiny green. The stem is hairless, topped by a yellow flower head of ray flowers only. The sap is milky. The seed head is dull white or tawny. Slender taproot.</p>	<p>Grows in disturbed places on many continents.</p> <p>Northern Sierra Nevada also has a Rough Cat's Ear (<i>H. radicata</i>) that is a hairy perennial, but it is not on the Bridgeport flora list. Both species grow in disturbed places and are considered weeds by gardeners. They form carpets similar to dandelions. <i>Hypochaeris</i> is Greek for "less than joyous" referring to the plant's weedy habit.</p>
<p>Sulphur Pea</p> <p>3/22-5/13</p> <p>April to June</p>	<p><i>Lathyrus sulphureus</i></p> <p>200-5,000'</p>	<p>Fabaceae</p> <p>Pea Family</p> <p>Native</p> <p>Perennial</p>	<p>Yellow to orange or brown</p>	<p>Vines sprawl to 10', supported by terminal tendrils at the tips of pinnate leaves. Pale yellow to orange to brown flowers grow on one side of the stalk.</p>	<p>Grows on banks in open shade especially in canyons. Found on the west slope of the Sierra Nevada and north coast range to southern Oregon.</p> <p>The flowers become more orange as they age.</p>

<p>Tauschia or Hartweg's Tauschia, Hartweg's Umbrellawort</p> <p>3/22-4/28</p> <p>March to May</p>	<p><i>Tauschia hartwegii</i></p> <p>Below 5,900'</p>	<p>Apiaceae</p> <p>Carrot Family</p> <p>Native</p> <p>Perennial</p>	<p>Yellow</p> <p>3-4' robust plant with up to 1' long coarsely serrated compound leaves, with a 3-lobed terminal leaf. The compound umbel of yellow flowers spreads widely. The longer outer flower heads on the umbel appear to be orbiting around the center.</p>	<p>Grows in pine-oak woodland and chaparral in the Sierra Nevada foothills and parts of the coast ranges. The plant has a succulent appearance that seems to be out of place in a drier environment. Endemic to California.</p> <p>We find one plant along the trail beyond French Corral Creek.</p> <p>It might be thought to be a sanicle, but it has longer, larger leaves.</p>
<p>Vetch or Winter Vetch or Hairy Vetch</p> <p>3/22-6/18</p> <p>March to June</p>	<p><i>Vicia villosa</i></p> <p>Below 4,000'</p>	<p>Fabaceae</p> <p>Pea Family</p> <p>Non-native from Europe</p> <p>Annual</p>	<p>Violet/Purple</p> <p>Vines to 2-5' with 8-12 pairs of soft hairy 1" leaflets with tendrils at the tip. 20-60 purple red flowers dangle on one side of a stalk (raceme). The flower tube is long.</p>	<p>Grows in disturbed places.</p> <p>Brought from Europe as a rotation crop, but now it is an invasive weed. It blooms in the spring, usually later than or sometimes with Spring Vetch, but it is named for its winter hardiness. It is still used as a winter cover crop in organic gardening. Like all legumes, it fixes nitrogen in the soil.</p>
<p>Wally Basket or Ithuriel's Spear, Grass Nut, Common Tritelia</p> <p>3/15-5/22</p> <p>April to June</p>	<p><i>Tritelia laxa</i></p> <p>Valley to 5,000'</p>	<p>Thermidaceae</p> <p>Brodiaea Family</p> <p>Previously Liliaceae, Lily Family</p> <p>Native</p> <p>Perennial</p>	<p>Violet/Purple</p> <p>8-16" stalk bears an open umbel of blue to purplish tubular flowers with six pointed lobes spreading outward. 3 stamens are attached at a lower level than the other 3. Can be confused with Bridge's Brodiaea, which has white at the petal bases and tips and all 6 stamens at the same level (and is not found at Buttermilk Bend). Harvest Brodiaea, also blue/purple, does not bloom until June.</p>	<p>Grows in grassy places, chaparral and open woodland. Endemic to California but occasionally found in Oregon.</p> <p>Can be grown in the garden and a cultivar is available.</p> <p>Ithuriel, an angel in Milton's Paradise Lost, had a spear that would reveal disguised objects in their proper shape, thus showing Satan was in disguise.</p> <p>Native Americans used the stems for temporary baskets and the corms were dug and eaten as "potatoes." Called Nut Grass for the nutty flavor of the bulbs.</p>
<p>Wild Carnation or Grass Pink, Wilding Pink, Hairypink</p> <p>3/25-6/18</p> <p>April to June</p>	<p><i>Petrorhagia dubia</i></p> <p>Below 5,900'</p>	<p>Caryophyllaceae</p> <p>Pink Family</p> <p>Non-native from southern Europe</p> <p>Annual</p>	<p>Red/pink</p> <p>4-20" tall on a wiry stem topped with a cluster of buds but only one 1/2" rose-colored flower open at a time. 5 notched petals, each looking like a heart.</p>	<p>Grows on grassy flats, open shrublands and disturbed areas on several continents. Introduced to CA in the 1920s and now common.</p> <p>Notice the bulbous sepals and swollen stem joints typical of the Pink Family. The joints may be glandular and hairy. Too bad this pretty little flower isn't native.</p>
<p>Wild Endive or Crete Weed, Cretanweed</p> <p>4/4-6/18</p> <p>Feb. to June</p>	<p><i>Hedynois cretica</i></p> <p>Below 3,700'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Non-native from Mediterranean</p> <p>Annual</p>	<p>Yellow</p> <p>2-16" branched, spreading, bristly stem topped by a single or several, yellow, toothed, ligulate flower heads similar to a dandelion, most often with a brown dot in the center. The bud is egg-shaped. Milky sap.</p>	<p>Grows in gardens, pastures, roadsides and disturbed areas in the southwestern United States, California to Texas, including the Sierra Nevada foothills, and to northern Mexico. Considered a noxious weed in many areas.</p> <p>The plant starts from a basal rosette of green to purplish leaves that may be smooth, toothed or lobed. The ligules of the flower head wither readily.</p> <p>The Kumeyaay or Southern Diegueno tribe boiled the seeds whole to make a tea for stomach trouble</p>

<p>Woodland Star</p> <p>3/15-4/28</p> <p>Feb. to July</p>	<p><i>Lithophragma bolanderi</i></p> <p>Below 6,500'</p>	<p>Saxifragaceae</p> <p>Saxifrage Family</p> <p>Native</p> <p>Perennial</p>	<p>White</p>	<p>6-14' tall with slender leafless stems and deeply-lobed basal leaves. ½" small white flowers with 5 petals with either smooth or toothed outer edges. Both are at Bridgeport.</p>	<p>Grows in open grassy and shady woodland areas. Endemic to California. Found in the Sierra Nevada foothills, the North Coast Ranges and the San Gabriel Mountains.</p> <p>The flower looks like a dainty 5-pointed star. There are several species; they are variable and may be confusing.</p>
<p>Yarrow or Common Yarrow</p> <p>3/22-6/18</p> <p>April to Sept</p>	<p><i>Achillea millefolium</i></p> <p>Below 12,000'</p>	<p>Asteraceae</p> <p>Sunflower Family</p> <p>Native</p> <p>Perennial</p>	<p>White</p>	<p>Up to 3' tall with stems topped by flat-topped clusters of small white flowers. Divided, soft fernlike leaves, with upper ones clasping. Very aromatic. Spreads by runners and seed. Fresh bruised leaves may be used as a temporary insect repellent but may cause dermatitis in some people. The plant attracts predatory wasps, ladybugs and hoverflies, and repels undesirable insects. Some birds use yarrow to line their nests.</p>	<p>Grows in meadows and damp places in the Northern Hemisphere. <i>Achillea</i> is named after the Greek hero Achilles, who may have used yarrow to treat wounds.</p> <p>Native Americans dried the entire plant and made a tea to treat indigestion, "rundown" conditions and hair loss. The leaves stopped bleeding and made a poultice for rashes and pain. Yarrow is still used as a healing herb. It is anti-coagulant, anti-inflammatory, astringent and fever-reducing.</p> <p>Used in gardens, especially the hybrid forms with colored flowers. Often recommended as a lawn substitute which needs only occasional mowing and is drought tolerant. If allowed to flower, the stalks prevent a grass-like appearance and are harsh underfoot. Common yarrow spreads easily and is difficult to remove since it grows from fragments of root.</p> <p>Contact with yarrow can cause phytophotodermatitis, a skin rash due to plant compounds on the skin interacting with sunlight UV radiation. In the case of yarrow, exposed skin of sensitive persons may erupt in blisters similar to poison oak about 24 hours after exposure, peaking in 48 to 72 hours. The inflammation gradually recedes. To prevent the rash, avoid the plant or wear sunscreen and protective clothing. Washing the skin with soap and water after exposure is helpful. Some other plants known to cause phytophotosensitivity are parsnips, parsley, celery, carrots, lemons, lime and fig. The Carrot Family is the top cause of phytophotodermatitis, followed by the Citrus Family.</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, Second Edition, 2017. A comprehensive guide to local wildflowers with good photos and text to help with identification.
- 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 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>. Search for native plants by location and name. Useful for landscaping information and sources to buy plants. From the California Native Plant Society.
- <http://www.cnps.org/cnps/grownative/> Information on gardening with native plants. From the California Native Plant Society.
- <http://herb.umd.umich.edu/> Native American Ethnobotany, naming tribal use and source of information. Search on the genus alone if genus and species fails to elicit information. Not all plants or local Native American tribes are listed.
- <http://www.ipm.ucdavis.edu/PMG/menu.homegarden.html> Information on weeds and other pests in the home garden.
- www.laspilitas.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.