

12. Blue Dicks
Dichelostemma capitatum

March-May

The corms were an important source of starch in the California Native American's diet.



13. Spring Vetch
Vicia sativa



May-August

Names is based on the Latin word *vincere*, "to twist" and refers to the tendrils which twist around it's own leaves to gain height over other vegetation.

14. Miner's Lettuce

Montia perfoliata

Yes, It is edible!

The Gold Rush miners ate it to stave of disease caused by Vitamin C deficiency.



15. Bird's-Eye Gilia

Gilia tricolor

March- May

It has blue pollen.



16. Golden Fairy Lantern
Calochortus amabilis

April-June

The Kashaya Pomo would eat the bulbs by baking or broiling them like potatoes.



18. Sky Lupine

Lupinus nanus

March-May

Also known as:
-field lupine
-dwarf lupine
-ocean blue lupine

It contains anagryne which is considered toxic if directly digested.



17. Winter Vetch
Vicia villosa

March-May

Vetches spread with the help of animals, the hard-shelled seeds survive digestive tracts unscathed and can spread a long way.

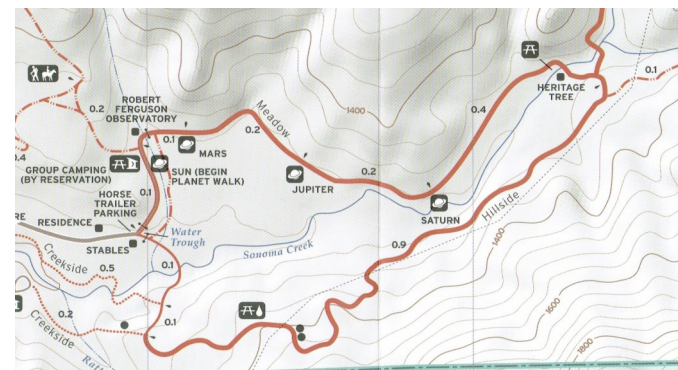


Sugarloaf Ridge Wildflower Scavenger Hunt

Follow this 2 mile loop hike to discover the botanical treasures our park offers!

Start at the White Barn parking lot, then walk toward the Observatory and take the Meadow Trail to the right. Stay right on the Hillside Trail to finish the loop. Keep your eyes open and enjoy the adventure !

Map of Meadow-Hillside trails loop



Can you find them all??
Just remember to look, but not pick them.

As we trek along and have our fun, look out for lizards and snakes trying to get some sun. They'll lie on a rock or out in the path, to take their reptile sunbath.



1. California Poppy
Eschscholzia californica

February-September

Native Americans used the leaves to ease toothaches.

2. Fernald's Iris

Iris fernaldii
April-May
-Iris's were named after a Greek Goddess Iris, the Personification on rainbows



3. Baby Blue Eyes
Nemophila menziesii
February-June

The essence of this flower is used in therapeutic medicine

4. Yarrow

Achillea millefolium
March-November
Named after the Greek God Achilles, this herb is recognized as a protective and healing plant



5. Milk Maids

Cardamine californica

February-May

Also known as the cuckooflower



6. Blue eyed grass
Sisyrinchium bellum

March-May
This flower loves the sun, it takes about 4 hours of direct sunlight for the flower to fully open up.

7. Bolander's Hawkweed
Hieracium bolanderi

June-August

This is in the Sunflower family



8. California Buttercup
Ranunculus californica

Ranunculus californica

February-May

This waxy yellow flower

was used by the Native Americans to make yellow dye.

9. Henderson's Shooting Stars

Docdecatheon hendersonii

February-May

Other common names:
-mosquito bills
-sailors caps



10. Canyon Delphinium
Delphinium nudicaule
March-June

Native Americans made tea from the roots

11. Hound's Tongue

Cynoglossum Grande

March-June

The fruit is an array of four slightly bristly nutlets.

