

## Want to Learn More About Wildflowers?

### Regional Parks Plant Guides

Two beautiful photographic plant guides as well as park-specific checklists are available at [ebparks.org/about/stewardship/plants](http://ebparks.org/about/stewardship/plants).

### Naturalists

Learn more about wildflowers and pollinators from a park naturalist and have your questions answered by attending a naturalist program (many wildflower walks are offered during the spring), visiting, emailing, or calling an East Bay Regional Park District visitor center.

### Botanic Garden

Programs and events are ongoing. Learn more online at [nativeplants.org/events-and-classes](http://nativeplants.org/events-and-classes). If you have questions about botany or growing wildflowers, please visit, email, or call the Regional Parks Botanic Garden in Tilden Park, Berkeley, 510-544-3169.

### Books

- *Plants of the East Bay Parks* by Glenn Keator, Ph.D.
- *A Field Guide to Pacific States Wildflowers* by Theodore F. Niehaus and Charles L. Ripper
- *Introduction to California Spring Wildflowers of the Foothills, Valleys, and Coast* by Philip Munz
- *Wildflowers of California* by Susan Lamb and Larry Ulrich.
- Great online resources: See [cnps.org](http://cnps.org) and [calflora.org](http://calflora.org).

Wildflowers are best appreciated where they are found growing.

It's tempting to pick wildflowers, but there are lots of reasons not to:

- Wildflowers wilt quickly when cut or picked.
- Like most living things, plants need to reproduce. If the flower is picked, the pollination process stops and the plant can't make seeds.
- Some flowers re-sprout yearly from underground bulbs or rhizomes. If green, leafy flower stalks are picked, the plant may have difficulty storing food for next year's growth.



A native fiddleneck  
(*Amsinckia intermedia*)

Photo: Roger Nyemaster



2950 Peralta Oaks Court, Oakland, CA 94605  
1-888-EBPARKS or 1-888-327-2757 (TRS 711)  
[ebparks.org](http://ebparks.org)

## Visitor Centers

**Ardenwood Historic Farm**, Fremont  
510-544-2797, [awvisit@ebparks.org](mailto:awvisit@ebparks.org)

**Big Break Regional Shoreline**, Oakley  
Big Break Visitor Center at the Delta  
510-544-3050, [bigbreakvisit@ebparks.org](mailto:bigbreakvisit@ebparks.org)

**Black Diamond Mines Regional Preserve**, Antioch  
510-544-2750, [bdvisit@ebparks.org](mailto:bdvisit@ebparks.org)

**Coyote Hills Regional Park**, Fremont  
510-544-3220, [chvisit@ebparks.org](mailto:chvisit@ebparks.org)

**Crown Memorial State Beach**, Alameda  
Crab Cove Visitor Center and Aquarium  
510-544-3187, [ccove@ebparks.org](mailto:ccove@ebparks.org)

**Del Valle Regional Park**, Livermore  
510-544-3146, [svisit@ebparks.org](mailto:svisit@ebparks.org)  
Open summer weekends

**Garin/Dry Creek Pioneer Regional Parks**, Hayward  
510-544-3220 (*Coyote Hills*), [chvisit@ebparks.org](mailto:chvisit@ebparks.org)  
Open summer weekends

**Sunol-Ohlone Regional Wilderness**, Sunol  
510-544-3249, [svisit@ebparks.org](mailto:svisit@ebparks.org)  
Open weekends only

**Tilden Regional Park**, Berkeley  
Botanic Garden: 510-544-3169, [bgarden@ebparks.org](mailto:bgarden@ebparks.org)  
Tilden Nature Area/Environmental Education Center  
510-544-2233, [tnarea@ebparks.org](mailto:tnarea@ebparks.org)



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ENJOY FREE DAY-USE PARKING, SWIMMING,  
DOG PASS, AND MORE. 510-544-2220  
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On the cover: A native miniature dove lupine  
(*Lupinus bicolor*). Photo: Jerry Ting

Soy Ink Bug  
goes here

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# Common Wildflowers in the East Bay Regional Park District



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ildflowers  
have always















been a source of delight. We have marked our seasons by their arrival, designed fabric in their likeness, named our children after them, incorporated them into ceremonies and festivals, and given them mystical powers. With thousands of different kinds in California, there's a lot of variety to inspire us!



**Western Wallflower**  
*Erysimum capitatum*

## Wildflower Watching and Pollination Ecology Guide

The general shape and color of a flower is often a clue to what pollinates it.

POLLINATOR	FLOWER DESIGN	FLOWER BENEFIT	EXAMPLE
 Wind	Lots of pollen; no scent; very small; inconspicuous petals.	Wind is the least accurate pollinator, so a lot of pollen ensures success.	 Meadow Rue
 Hummingbirds	Lots of nectar; little scent; often red or bright orange; tube-shaped.	Hummingbirds have a poor sense of smell so these flowers don't need a strong scent.	 Indian Paintbrush
 Flies	Strong scent; open and flat; yellow, white, greenish, or bluish.	Some flies are attracted to putrid smells such as those resembling rotting meat.	 Giant Trillium
 Bees	Blue, purple, or yellow and showy; sweet scent; nectar guides (often lines or dots); landing platform.	Bees don't see red. Like other animal pollinators, they are attracted to pollen and nectar for food.	 Checkerbloom
 Butterflies	Long, slender flower tubes; brightly colored; landing platform.	Butterflies prefer sucking nectar from narrow tubes.	 Phlox Family
 Moths	Cream, white, or pale yellow; strong scent; tube-shaped.	Pale colors are easily seen in the dark.	 Soaproot
 Beetles	Lots of pollen; many petals; fruity scent.	A lot of pollen ensures some will get stuck to the beetles as they walk around and feed.	 Yarrow

While you're out enjoying wildflowers, look closely. You may be fortunate to see the pollinators!

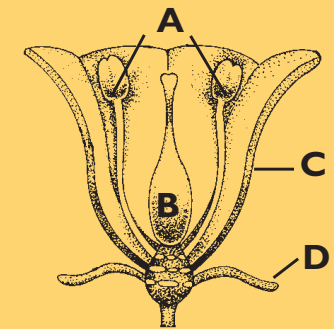
## Reasons for Flowers

While looking at a hill colored blue by lupine or delighting in the brilliance of a single poppy, we tend to forget that flowers did not evolve merely for our pleasure. Flowers perform the special job of producing seeds for plants.

Seeds cannot be made until the flower is pollinated (the process where pollen from a stamen reaches its own pistil or the pistil of another flower). Flowers have different designs to lure or assist their pollinators. This remarkable assortment of colors and shapes is what we enjoy.

## Parts of a Typical Flower

- A. stamen** (male portion, where powdery pollen is produced)
- B. pistil** (female portion, where fruit and seeds develop)
- C. corolla or petals** (usually the showy portion of a flower)
- D. calyx or sepals** (often green; flower bud envelope)





# Common Wildflowers in the East Bay Regional Parks

Wildflowers are found throughout the East Bay Regional Park District – everywhere from the rolling grassy hills to the deep forests. Hundreds of species can be discovered by roaming the trails of your favorite parks.

Looking at the shape and color of each flower, and the pollination guide, can you guess the pollinator?

## Woodlands and Grasslands



Blue-eyed Grass  
*Sisyrinchium bellum*

Not a grass but an iris relative, not blue but purple with yellow “eyes”; the common name is quite confusing. Early settlers made tea from leaves to reduce fever.

**Height:** 4 to 16 inches.

**Blooms:** February-May.

**Habitat:** Seasonally moist places at lower elevations.

**Pollinator:** Bees.



California Poppy  
*Eschscholzia californica*

Our state flower. The brilliant, glowingly orange or yellow flowers close each night and on cloudy days.

**Height:** Up to 24 inches.

**Blooms:** March-October.

**Habitat:** Widespread in grasslands, common on disturbed soils.

**Pollinator:** Bees and beetles.



Common Monkey Flower  
*Erythranthe (Mimulus) guttata*

The flower's shape is said to resemble a monkey. It is also called “seep monkey flower.” May bloom nearly all year long in fresh water sources like springs.

**Height:** 2 to 36 inches.

**Blooms:** February-July.

**Habitat:** Seeps, springs, and open streams.

**Pollinator:** Bees.

## Shady Slopes and Canyons



Chinese Houses  
*Collinsia heterophylla*

The pagoda-like arrangement of flowers along the stem explains its name.

**Height:** 6 to 18 inches.

**Blooms:** April-June.

**Habitat:** Shady slopes.

**Pollinator:** Bees.



Paintbrush  
*Castilleja spp.*

Plants are partial parasites on the roots of other plants.

**Height:** Up to 30 inches.

**Blooms:** March-August.

**Habitat:** Woodland, scrub, grassy slopes.

**Pollinator:** Hummingbirds.



Purple Owl's Clover  
*Castilleja exserta*

Up close, each flower has dark spots resembling owl eyes and two petals protruding like a beak.

**Height:** 4 to 16 inches.

**Blooms:** March-May

**Habitat:** Commonly found in grasslands.

**Pollinator:** Bees.



Mariposa Lily  
*Calochortus spp.*

Mariposa is the Spanish word for butterfly. No two flowers are quite alike in color or markings.

**Height:** Up to 24 inches.

**Blooms:** May-July.

**Habitat:** Open woods or grassy slopes.

**Pollinator:** Bees, flies, and beetles.



Giant Trillium  
*Trillium chloropetalum*

Trillium refers to the fact that leaves and flower parts are in threes. These beautiful plants are extremely long-lived in the wild and reproduce very slowly. They should never be picked or disturbed.

**Height:** 10 to 20 inches.

**Blooms:** February-May.

**Habitat:** Seasonally moist soil in deep shade.

**Pollinator:** Flies.



Mule's Ears  
*Wyethia spp.*

Three species grow in our parks. One is easily identified by its woolly, broad, oval leaves that resemble mules' ears at attention. Another has long, narrow smooth leaves with a tapering blade.

**Height:** 12 to 24 inches.

**Blooms:** March-June.

**Habitat:** Open woodlands and grasslands.

**Pollinator:** Bees and butterflies.



Ithuriel's Spear  
*Triteleia laxa*

Along with bluebells, wild hyacinth and brodiaea, members of this showy plant family, often called grassnuts, have been cultivated for millennia by Native Peoples of the Bay Area for their nutritious corms.

**Height:** 8 to 16 inches.

**Blooms:** April-June.

**Habitat:** Open grassland.

**Pollinator:** Bees, beetles, and butterflies.



Shooting Star  
*Primula (Dodecatheon) spp.*

Named for petals curving backward from the pointed center. Certain bees release pollen from this flower using high-frequency vibration (buzz pollination).

**Height:** 6 to 24 inches.

**Blooms:** February-April.

**Habitat:** Two species are found in the Bay Area, one common on wooded slopes and one in grasslands.

**Pollinator:** Bees.



Woodland Star  
*Lithophragma spp.*

This ornate, delicate white flower appears to hover above the ground in its shady home. Paradoxically, this seemingly frail flower's Latin family name means “rock breaker.”

**Height:** 4 to 24 inches.

**Blooms:** March-May.

**Habitat:** Shaded canyons or cooler grassy slopes.

**Pollinator:** Moths.