

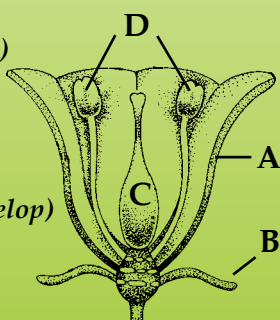
Wildflowers have always been a source of delight for people. We have marked our seasons by their arrival, designed fabric in their likeness, named our children after them, incorporated them into ceremonies and festivals, and given them mystical powers. With thousands of different kinds in California,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

Reason 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 each spring and summer.



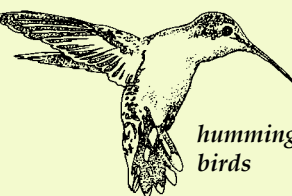

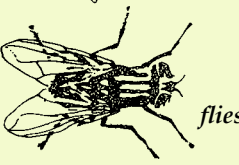
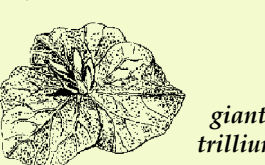


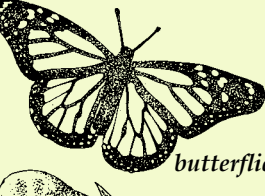



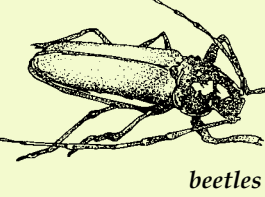
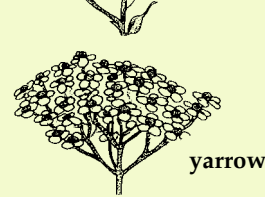
Parts of a typical flower:

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



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	Examples
 wind	lots of pollen; no scent; very small; inconspicuous petals	Wind is the least accurate pollinator, so lots 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 a smell 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.	 checker bloom
 butterflies	long, slender flower tubes; brightly colored; landing platform	Butterflies prefer sucking nectar from narrow tubes.	 phlox
 moths	cream, white, or pale yellow; strong scent; tube-shaped	Pale colors are easily seen in the dark.	 soap root
 beetles	lots of pollen; many petals; fruity scent	Lots of pollen ensures that 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!

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.

Want to learn more about wildflowers?

- Attend a naturalist program at one of your East Bay Regional Parks. Many wildflower walks are offered during the spring.
- Visit the Regional Parks Botanic Garden, find out about its programs.
- *Plants of the East Bay Parks* by Glen 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 Phillip Munz
- *Wildflowers of California* by Susan Lamb & Larry Ulrich

Forest



Steven Ruley

Giant Trillium

(*Trillium chloropetalum*) Varies 10-20 inches. Trillium refers to the fact that leaves and flower parts are in threes. Grows in moist soil and shade. The underground tuber causes violent vomiting if eaten. Blooms: February-May. Pollinator: flies.



Steven Ruley

DOUGLAS IRIS

(*Iris douglasiana*) Up to 2 feet. Iris means rainbow. Flowers can range in color from cream, yellow, or lavender to deep blue or reddish purple. Blooms: February-June. Pollinator: bumblebees.

Many Communities



Nick Cavagnaro

Common Monkey Flower

(*Mimulus guttatus*) Varies 2 inches-3 feet. The flower's shape is said to resemble a comic face (mime) or a monkey. Grows in wet places. It is also called "seep spring." Blooms: February-July. Pollinator: bees.

East Bay Regional Park District Resources:

Check out two beautiful photo plant guides by EBRPD botanist Wilde Legarde. One sorts flowers by color (over 280 flowers), the other sorts (over 380 plants) by scientific name at: www.ebparks.org/stewardship/plants

If you have questions about wildflowers or pollinators in the East Bay, call a naturalist at one of the Visitor Centers listed to the right.

If you have questions about botany or growing wildflowers, please visit or call the Regional Parks Botanic Garden in Tilden Park, Berkeley, 510-544-3169.

Visitor Centers & Recreation Services

ARDENWOOD HISTORIC FARM
Fremont, 510-544-2797
awvisit@ebparks.org

BLACK DIAMOND MINES
Antioch, 510-544-2750
bdvisit@ebparks.org

COYOTE HILLS REGIONAL PARK
Fremont, 510-544-3220
chvisit@ebparks.org

CRAB COVE at CROWN BEACH
Alameda, 510-544-3187
ccove@ebparks.org

SUNOL REGIONAL WILDERNESS
Sunol, 510-544-3249
svisit@ebparks.org

TILDEN NATURE AREA/EEC
and LITTLE FARM
Berkeley, 510-544-2233
tnarea@ebparks.org

OUTDOOR RECREATION UNIT
District-wide programs, 510-544-2512
recreation@ebparks.org

TILDEN, BOTANIC GARDEN
Berkeley, 510-544-3169
bgarden@ebparks.org, www.nativeplants.org

This brochure is provided as a public service of the Interpretive and Recreation Services Department of the East Bay Regional Park District.

Text: Sara Lustbader and Linda Yemoto
Design: Doyle Wegner
Illustrations: Lynn Goodman
Cover photo: Owl's clover by Ron Russo
Owl's clover (*Orthocarpus purpurascens*) Varies 4-16"
Commonly found in grasslands. Blooms: March-May

EAST BAY REGIONAL PARK DISTRICT
2950 Peralta Oaks Ct., P.O. Box 5381
Oakland, CA 94605-0381
(888) 327-2757

TDD phone (510) 633-0460
www.ebparks.org



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Common Wildflowers of 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. In this brochure are some common spring wildflowers, grouped together by habitat. Measurements indicate height of plants. Looking at the shape and color of each flower, and the pollination guide, can you guess the pollinator?

Oak Woodlands and Grasslands



Steven Ruley

Shooting Star
(*Dodecatheon* spp.) Varies 6-24 inches. Named for petals curving backward from the pointed center. Two species are found in the Bay Area, one is common on wooded slopes and one in grasslands. Blooms: February-April. Pollinator: bees.



Steven Ruley

Chinese Houses
(*Collinsia heterophylla*) Varies 6-18 inches. The pagoda-like arrangement of flowers along the stem explains its name. Found in open woods or grassy slopes. Blooms: April-June. Pollinator: bees.



Steven Ruley

Mule Ears
(*Wyethia* spp.) Varies 1-2 feet. Two species grow in our parks; one easily identified by woolly, broad, oval leaves that resemble mules' ears at attention. The other has long, narrow smooth leaves with a tapering blade. Blooms: March-June. Pollinator: bees and butterflies.



Steven Ruley

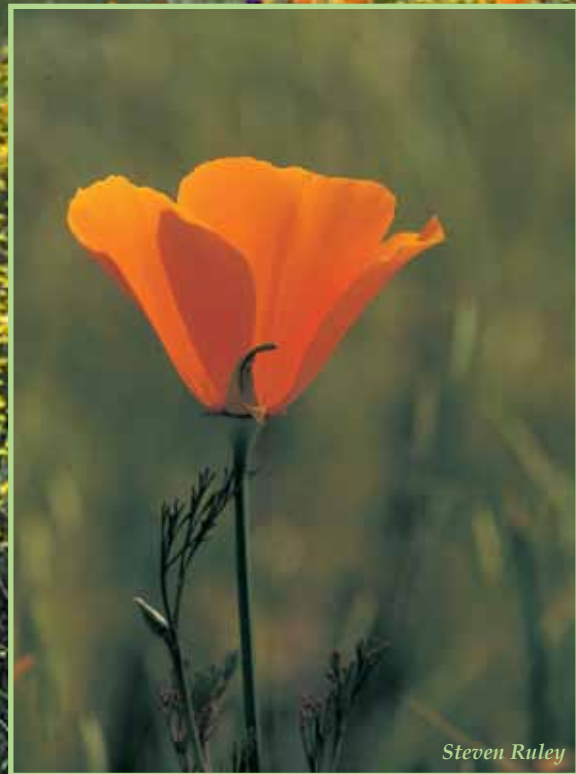
Indian Paintbrush
(*Castilleja affinis*) Up to 2 feet 6 inches. Name taken from a Native American tale. Plants are partial parasites on the roots of other plants. Blooms: March-August. Pollinator: hummingbirds.

Nick Cavagnaro



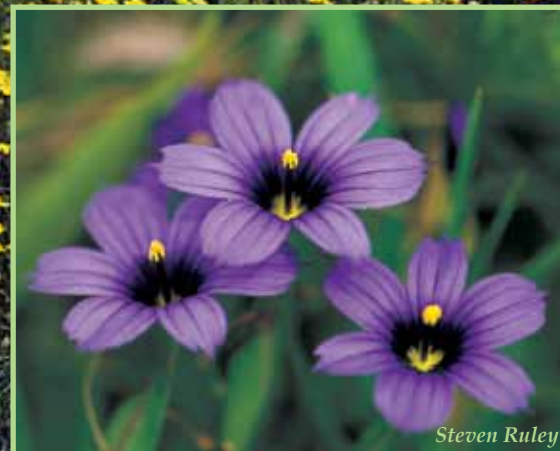
Steven Ruley

Mariposa Lily
(*Calochortus venustus*) Up to 24 inches. Mariposa is the Spanish word for butterfly. No two flowers are quite alike in color or markings. Blooms: May-July. Pollinator: bees and flies.



Steven Ruley

California Poppy
(*Eschscholzia californica*) Up to 24 inches. Our state flower. Widespread in grasslands, common on disturbed soils. Blooms: March-October. Pollinator: bees and beetles.



Steven Ruley

Blue-Eyed Grass
(*Sisyrinchium bellum*) Varies 4-16 inches. Not a grass but an iris, not blue but purple with yellow "eyes"; the common name is quite confusing. Early settlers made tea from leaves to reduce fever. Blooms: February-May. Pollinator: bees.