



## Chinese Houses (Plantain Family)

*Collinsia heterophylla*, blooms April to May

Chinese Houses grows in open, brushy or wooded slopes in partial shade. You can find it on Mount Burdell, the loop trail at Olompali State park, and on Lucas Valley Road.

It is a host plant for Variable Checkerspot butterflies.

The seed of this attractive plant is obtainable in many plant nurseries.

Photo by William Follette © Creative Commons BY-NC

## Fairy Slipper (Orchid Family)

*Calypso bulbosa*, blooms in March

Also called Calypso Orchid, this plant is often found under Douglas Fir. You can find it on the Steep Ravine trail, near Rock Spring, and Laurel Dell.

This beautiful orchid is named for the Greek nymph Calypso. The species name, *bulbosa* refers to the little bulbs, or corms, it grows from.

Wild pigs on Mount Tamalpais devastated these orchids, rooting out their bulbs, before pigs were finally eliminated. Luckily, the plant remains abundant.

Photo by William Follette © Creative Commons BY-NC

## Sneezeweed (Sunflower Family)

*Helenium puberulum*, blooms May to July

Sneezeweed grows in marshy ground or in the moist beds of streams. You can see it on Muddy Hollow Trail at Point Reyes. This photo was taken at the base of Pirates Cove, south of Muir Beach.

Coastal Sneezeweed has purplish-red buds. Inland, they have chartreuse buds.

It gets its name because dried leaves used to be used to make snuff. Sneezing was supposed to rid the body of evil spirits.

Photo by Bruce Homer-Smith © Creative Commons BY-NC

## Miner's Lettuce (Montia Family)

*Claytonia perfoliata*, blooms March to May

Miners lettuce is widespread across Marin, growing in grassland, sand dunes, woods and vacant lots.

Miner's Lettuce color and leaf shape is variable. Some leaves are more diamond-shaped than round. Leaves turn red with age. Sometimes the flowers are pink instead of white.

Miwok Indians ate Miner's Lettuce as a salad green. Maidu Indians made a poultice with the leaves. It was eaten by miners in the Gold Rush to prevent scurvy.

Photo by William Follette © Creative Commons BY-NC