



## Shooting Stars (Primula Family)

*Dodecatheon hendersonii*, blooms January to March

Also known as Mosquito Bills, this plant is widespread in moist grassy places in open woods or brush. You can see it on Ring Mountain.

After the flower has been pollinated, it points up. This lets bees know which flowers still need pollinating.

Pomo Indians dangled Shooting Stars above a baby's cradle, much as we dangle a mobile above a crib.

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## Fiddleneck (Borage Family)

*Amsinckia intermedia*, blooms February to June

Fiddleneck grows at the edge of brush and in grassy fields. You can find it at the entrance to Elliot Nature Preserve at the end of Cascade Drive in Fairfax, on Ring Mountain, and in Mount Burdell Open Space.

There are three species of Fiddleneck in Marin; one is rare.

Fiddleneck provides food for the caterpillars of Painted Lady butterflies.

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## Cow Parsnip (Parsley Family)

*Heracleum maximum*, blooms March to August

Cow Parsnip is found in moist places next to roads and at the edges of woodlands. You can find it at the Limantour end of Muddy Hollow Trail.

Cow Parsnip is a big plant – it can grow to be 10 feet tall. Because of its size, the scientific name recalls Hercules.

Miwok Indians boiled the roots to make cough medicine. Kashaya Pomo Indians in Sonoma County ate new shoots, boiled or raw.

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## Checkerbloom (Mallow Family)

*Sidalcea malviflora*, blooms May to August

Also known as Wild Hollyhock and Checkermallow, this plant is widespread, and is found in grasslands. You can see it on Ring Mountain and at Chimney Rock.

A rare species of Checkerbloom, the Point Reyes Checkerbloom, grows in marshes.

Checkerbloom provides food for caterpillars of West Coast Lady, Common Checkered Skipper, and Painted Lady butterflies.

Native Americans parched Checkerbloom seeds with hot coals, and then ground them into flour for pinole.

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