Bee Plant (Figwort Family)
Scrophularia californica, blooms April to Augus

Bee Plants grow in moist places. You can find them on the Palomarin Trail at Point Reyes, and on the trail to McClures Beach.

Bee Plant has a sweet nectar that Native American children liked to suck. Miwok Indians made a poultice from this plant to treat skin irritation and sores.

Caterpillars of the Variable Checkerspot butterfly use Bee Plant for food.

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Chick Lupine (Pea Family)
Lupinus microcarpus, blooms April to May

Also called Small-seeded Lupine or Gully Lupine, this plant grows on well drained grassy slopes. You can find it on Ring Mountain.

Colors on the flower vary from white to pink to bluish-purple. You can also find yellow or yellow/orange individuals.

Flowers are found all around the stem, but when flowers go to seed, all the seedpods migrate to one side of the stem. The word for a one-sided feature of a plant, like the seedpods, is "secund".

Caterpillars of Silvery Blue Butterflies use this plant for food.

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Fat Solomon (Butcher's-broom Family)
Maianthemum racemosum, blooms March to May

Also called Large False Solomon's Seal, Branched Solomon's Seal, and False Spikenard, this plant grows on moist wooded slopes, often near the coast. You can find it in Steep Ravine, near the bottom.

Fat Solomon flowers are fragrant.

Chippewa and Ojibwa Indians used Fat Solomon as a pain killer.

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Wakerobin (Melanthiaceae Family)
Trillium chloropetalum, blooms February to April

Also called Redwood Wakerobin or Western Trillium, this plant grows in the moist shady slopes of canyons under Redwoods or Douglas Firs. You can find it in Cataract Gulch, and near the bottom of Steep Ravine.

Native Americans called this plant The Birth Root, because the roots were used to ease the pain of childbirth. It was also used to make a love potion.

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