



Indian Warrior (Broomrape Family)

Pedicularis densiflora, blooms January to April

Indian Warrior is found on woodland slopes. You can see it at Indian Valley Open Space and China Camp State Park.

Indian Warrior attaches itself to other plants, including Madrone, and draws some of its nutrients from them.

A special form, found on the San Geronimo Ridge has purple leaves and flower, because it is growing on serpentine soil.

Native Americans used Indian Warrior nectar.

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Footsteps of Spring (Parsley Family)

Sanicula arctopoides, blooms February to April

Footsteps of Spring is found in shallow or rocky soil on hills near the coast. You can see it on Middle Green Gulch Trail in the Marin Headlands, and at Chimney Rock at Point Reyes.

Arctopoides, the botanic name, means bear's foot.

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Purple Sanicle (Parsley Family)

Sanicula bipinnatifida, blooms March to May

Purple Sanicle, also known as Pin Cushions, is widespread, and found on open grassy slopes and meadows. You can see it at Mount Burdell, Bootjack, Rock Springs and Phoenix Lake.

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Seep Monkeyflower (Figwort Family)

Mimulus guttatus, blooms April to June

Seep Monkeyflower is found in wet places, such as springs, roadside ditches, pond edges and seeps at the bases of cliffs at the beach. You can see it in Marin Headlands and at the Chimney Rock parking lot.

Shoshone Indians used the leaves as a poultice for rope burns and wounds. Kawaiisu Indians used them to create a steam bath for sore chest or back.

The number and location of spots varies in different locations.

Bumblebees pollinate Seep Monkeyflower.

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