



### COAST BUCKWHEAT – *Eriogonum latifolium*

#### Pollinator bash!

Coast Buckwheat (*Eriogonum latifolium*) seems to bloom forever. Hundreds of flowers pack together to form tight, one inch in diameter balls at the end of long narrow stems. Native to California's Central Coast, Oregon and southern Washington, Coast Buckwheat has made friends with many coastal pollinators. When nectar is ripe and pollen resources are plentiful, small insects such as predatory wasps, bees and flies work over the blossoms alongside small blue and hairstreak butterflies – many of which, also feed on the plant as caterpillars. The silvery grey leaves and stems are covered with tiny hairs that Wool Carder bees (*Anthidium palliventre*) gather for lining their nests. Look for bare patches where hairs have been removed; a nest is almost certainly nearby! The flowers turn chocolate brown in late summer revealing seeds that feed small songbirds.

#### RESIDENT OR MIGRATORY

Resident

#### DIET

Caterpillars host plant for Green Hairstreak, Grey Hairstreak & Acmon Blue butterflies – *Eriogonum latifolium* (coast buckwheat)

#### ASSOCIATED PLANTS & ANIMALS

Broadleaf Stonecrop - *Sedum spathulifolium*, Wild Cucumber / Manroot - *Marah fabaceus*, Pink Sand Verbena - *Abronia umbellata*  
Seaside Daisy - *Erigeron glaucus*

#### NESTING INFORMATION

For example, a "wool-carder" bee (*Anthidium palliventre*), gathers plant hairs from beach buckwheat to line its nests.

#### ROUTE HIGHLIGHTS

- » The Presidio, Golden Gate Park, Stern Grove, Alamo Elementary School, Clement Street Commercial District, Geary Street Commercial District, Morning Star Montessori School, Irving Street Commercial District, Judah Street Commercial District, Noriega Street Commercial District, French School-Lyce Francais, Sunset Reservoir, Abraham Lincoln High School, McCoppin Square, Taraval Street Commercial District



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