



## Parsnip-flowered Buckwheat

*Eriogonum heracleoides*  
Buckwheat Family



- Great for planting in rock gardens
- Roots and stems of this plant were used to treat colds and tuberculosis
- Attracts predatory or parasitoid insects that prey upon pest insects
- *heracleoides* is derived from Hercules, who may have used it as an anti-bacterial medicine