



Sulphur Buckwheat

Eriogonum umbellatum
Buckwheat Family



- Great for planting in rock gardens
- Integral to the life cycle of the Lupine Blue Butterfly (hosts caterpillars, but does not pollinate)
- Important food source for many birds and small mammals
- *Eriogonum* is the Greek word for "wool knee" in reference to its woolly leaves and swollen joints found in this genus