



# Sulphur Buckwheat

*Eriogonum umbellatum*  
Buckwheat Family



JUL-AUG



H 4"-16"



- Great for planting in rock gardens
- Integral to the life cycle of the Lupine Blue Butterfly (hosts caterpillars, but does not pollinate)
- Eriogonum is the Greek word for "wool knee" in reference to its woolly leaves and swollen joints