

Go Native
by Lynne Brosch

Sulfur Buckwheat (*Eriogonum umbellatum*) is a wonderful hardy native plant that is fairly low growing and is a good pollinator attractor. Sulfur buckwheat can tolerate a lot of sun and fairly dry conditions. Its seeds provide food for many small mammals and birds. Mature plants develop quickly and grow to 8 to 12 inches high and can be two feet in diameter. The plant likes well drained sandy to gravelly soil. It is well suited to our Tahoe climate and a good choice for gardeners. Native Americans found many medicinal uses for sulfur buckwheat and the yellowflowers can be used for dried flower arrangements.