

Wildflowers of Marin

National Park Service
U.S. Department of the Interior

Marin Headlands
Golden Gate National Recreation Area



Cobweb Thistle



California Poppy



Franciscan Paintbrush



Silver Bush Lupine

Wildflower Checklist

Every year, thousands of wildflower enthusiasts converge upon the Marin Headlands to experience the park's spectacular floral display. Long recognized as a Bay Area botanical hotspot, the Marin Headland's ridges, valleys, meadows, and sand dunes are carpeted with blooms of every hue and color from late winter to late autumn.

Today, native flowers share the habitat with introduced species. These interlopers are evidence of the Headland's colorful past, botanical relicts from dairy ranches, military encampments, and even Lighthouse Keeper's gardens.

The National Park Service and park partner, Marin Headlands Native Plant Nursery, are striving to restore native plants to areas in the park where they historically thrived. One such plant, the rare silver bush lupine, is host species for the endangered mission blue butterfly.

This list describes the most frequently encountered flowers by color and approximate months of bloom. Non-native flowers are denoted by (*). Rare flowers are denoted by (✓).

Red/Pink Flowers

California Wild Rose (<i>Rosa californica</i>)	Mar.-Aug.
Chamisso Hedgenettle (<i>Stachys chamissonis</i>)	May-Aug.
Chasmanthe (<i>Chasmanthe floribunda</i>)*	Feb.-May
Checkerbloom; Wild Hollyhock (<i>Sidalcea malvaeflora</i>)	Mar.-May
Coast Rock Cress (<i>Arabis blepharophylla</i>)✓	Feb.-Mar.
Cobweb Thistle (<i>Cirsium occidentale</i>)✓	Mar.-May
Crimson Columbine (<i>Aquilegia formosa</i>)	Feb.-May
Everlasting Pea (<i>Lathyrus latifolius</i>)*	May-Aug.
Farewell to Spring; Summer's Darling (<i>Clarkia rubicunda</i>)	Jun.-July
Filaree; Stork's Bill (<i>Eriodium sp.</i>)*	Mar-May
Flowering Currant (<i>Ribes sanguineum</i>)	Jan.-Mar.
Franciscan Paintbrush (<i>Castilleja subinclusa ssp. franciscana</i>)✓	Feb.-Aug.
Fringe Cups (<i>Tellima grandiflora</i>)	Mar.-May
Iceplant; Sea Fig (<i>Carpobrotus chilensis</i>)*	Feb.-Aug.
Milk Thistle (<i>Silybum marianum</i>)*	Mar.-Aug.
Morning Glory (<i>Calystegia purpurata</i>)	Mar.-Aug.
Salmon Berry (<i>Rubus spectabilis</i>)	Mar.-May
Sea Rocket (<i>Cakile maritima</i>)*	Mar.-May
Seaside Daisy (<i>Erigeron glaucus</i>)	Mar.-Aug.
Shooting Stars (<i>Dodecatheon hendersonii</i>)	Feb-Mar.
Teasel (<i>Dipsacus fullonum</i>)*	Mar.-Aug.
Vetch (<i>Vicia sp.</i>)	Feb.-May
Wild Buckwheat (<i>Eriogonum latifolium</i>)	Jun.-Aug.

To learn about volunteer opportunities in this important project, phone 332-5193

Orange Flowers

California Poppy (<i>Eschscholzia californica</i>)	Jan.-Aug.
Harlequin Flower (<i>Sparaxis sp.</i>)*	Mar.-May
Scarlet Pimpernel (<i>Anagallis arvensis</i>)*	Mar.-May
Sticky or Bush Monkeyflower (<i>Mimulus aurantiacus</i>)	Mar.-Aug.

Brown/Green Flowers

Mission Bells (<i>Fritillaria affinis</i>)	Mar.-May
--	----------

White Flowers

Angelica (<i>Angelica hendersonii</i>)	May-Aug.
Baby Blue Eyes (<i>Nemophila menziesii ssp. atomaria</i>)	Mar.-May
Broadleaf Aster (<i>Aster radulinus</i>)	Jun.-Aug.
Calla Lily (<i>Zantedeschia aethiopica</i>)*	Jan.-Aug.
California Blackberry (<i>Rubus ursinus</i>)	Mar.-May
Cow Parsnip (<i>Heracleum lanatum</i>)	Mar.-May
Cudweed (<i>Gnaphalium sp.</i>)	May-Aug.
Douglas Iris (<i>Iris longipetala</i>)	Mar.-May
Fat False Solomon's Seal (<i>Smilacina racemosa</i>)	Mar-May
Franciscan Wallflower (<i>Erysimum franciscanum</i>)✓	Feb.-May

**White Flowers
continued**

Field Chickweed; Meadow Chickweed (<i>Cerastium arvense</i>)*	Mar.-May
Hog Fennel (<i>Lomatium sp.</i>)	Mar-May
Milkmaids; Toothwort (<i>Cardamine californica</i>)	Jan.-Mar.
Miner's Lettuce (<i>Claytonia perfoliata</i>)	Feb.-May
Pearly Everlasting (<i>Anaphalis margaritacea</i>)	May-Aug.
Poison Hemlock (<i>Conium maculatum</i>)*	Mar.-Aug.
Smith's Fairy Bells (<i>Disporum smithii</i>)	Mar.-May
Soap Plant; Amole (<i>Chlorogalum pomeridianum</i>)	Mar.-June
Star Lily; Zygadene (<i>Zigadenus micranthus var. fontanus</i>)	Feb.-May
Sweet Alyssum (<i>Lobularia maritima</i>)*	Mar.-Aug.
Thoroughwort (<i>Ageratina adenophorum</i>)*	Mar.-Aug.
White Nightshade (<i>Solanum americanum</i>)*	Feb.-Aug.
Whitewhorl lupine (<i>Lupinus microcarpus densiflorus</i>)	Mar.-May
Wild Cucumber; Manroot (<i>Marah fabaceus</i>)	Feb.-May
Wild Radish (<i>Raphanus sativus</i>)*	Mar.-Aug.
Windmill Pink (<i>Silene gallica</i>)*	May-Aug
Wild Onion (<i>Allium triquetrum</i>)*	Mar.-May
Wild Strawberry (<i>Fragaria virginiana</i>)	Mar.-May
Woodland Star (<i>Lithophragma sp.</i>)	Mar.-May
Yarrow (<i>Achillea millefolium</i>)	Mar.-Aug.

Yellow Flowers

Bird's Foot Trefoil (<i>Lotus corniculatus</i>)*	May-Jul.
Beach Sagewort (<i>Artemesia pycnocephala</i>)	Jun.-Aug.
Broomrape (<i>Orobanche uniflora</i>)	Mar.-May
California Buttercup (<i>Ranunculus californicus</i>)	Feb.-May
Coast Tarweed (<i>Madia sativa</i>)	Jun.-Aug.
Fennel; Anise (<i>Foeniculum vulgare</i>)*	Mar.-Aug.
Footsteps-of-Spring (<i>Sanicula arctopoides</i>)	Feb.-Mar.
Giant Seed Lomatium (<i>Lomatium macrocarpum</i>)	Mar.-May
Gold Fields (<i>Lasthenia californica</i>)	Mar.-May
Gumweed (<i>Grindelia hirsutula</i>)	Jun.-Aug.
Hairy Cat's Ear (<i>Hypochaeris radicata</i>)*	Mar.-Aug.
Ice Plant; Hottentot fig (<i>Carpobrotus edulis</i>)*	Mar.-Jun.
Live Forever (<i>Sedum spathulifolium</i>)	May-Aug.
Lizard Tail (<i>Eriophyllum staechadifolium</i>)	May-Aug.
Lotus (<i>Lotus sp.</i>)*	Mar.-May
Narrow-Leaf Mule Ears (<i>Wyethia angustifolia</i>)	Mar.-May
Pineapple Weed (<i>Matricaria matricarioides</i>)	Apr.-Aug.
Point Bonita Cabbage (<i>Brassica oleracea</i>)*	Jan.-May
Seep Spring; Monkeyflower; (<i>Mimulus guttatus</i>)	Mar.-May
Smooth Cat's Ear (<i>Hypochaeris glabra</i>)	Mar.-May
South African Capeweed (<i>Arctotheca calendula</i>)*	Mar.-May
Stonecrop (<i>Sedum radiatum</i>)*	Mar.-May
Sun Cup (<i>Camissonia ovata</i>)	Jan.-Mar.
Wild Mustard (<i>Brassica kaber</i>)*	Jan.-May
Wight's Indian Paintbrush (<i>Castilleja wightii</i>)	Mar.-Jun.

Violet/Blue Flowers

Blue Dicks (<i>Dichelostemma capitatum</i>)	Mar.-May
Blue-Eyed Grass (<i>Sisyrinchium bellum</i>)	Mar.-May
California Aster (<i>Aster chilensis</i>)	Jun.-Aug.
California Delphinium; Larkspur (<i>Delphinium californica</i>)	Mar.-May
Chinese Houses (<i>Collinsia heterophylla</i>)	Mar.-May
Forget-me-not (<i>Myosotis discolor</i>)*	Feb.-Jun.
Foxglove (<i>Digitalis purpurea</i>)*	Mar.-Aug.
Grape Hyacinth; Spanish Bluebells (<i>Muscari botryoides</i>)*	Apr.-May
Ground Iris (<i>Iris macrosiphon</i>)	Mar.-May
Harvest Brodiaea (<i>Brodiaea elegans</i>)	Mar.-May
Ithuriel's Spear (<i>Triteleia laxa</i>)	Mar.-May
Periwinkle (<i>Vinca major</i>)*	Jan.-Aug.
Purple Bush Lupine (<i>Lupinus arboreus</i>)	Mar.-May
Purple Sanicle (<i>Sanicula bipinnatifida</i>)	Mar.-May
Rock Phacelia (<i>Phacelia californica</i>)	Mar.-May
Selfheal (<i>Prunella vulgaris</i>)	Mar.-May
Silver Bush Lupine (<i>Lupinus albifrons</i>)	Mar.-May
Skunkweed (<i>Navarretia squarrosa</i>)	May-Aug.
Sky Lupine (<i>Lupinus nanus</i>)	Mar.-May
Tower of Jewels (<i>Echium sp.</i>)	Feb.-May
Western Hound's Tongue (<i>Cynoglossum grande</i>)	Feb.-Mar.
Wild Radish (<i>Raphanus sativus</i>)*	Mar-Aug.

Do Not Pick The Wildflowers

As you enjoy the wildflowers, please remember that you are in a national park. Natural and cultural resources are protected by law. Do not pick, collect, or remove any flower. By "taking only memories and leaving only footsteps", you will help preserve park resources for the enjoyment of future generations.