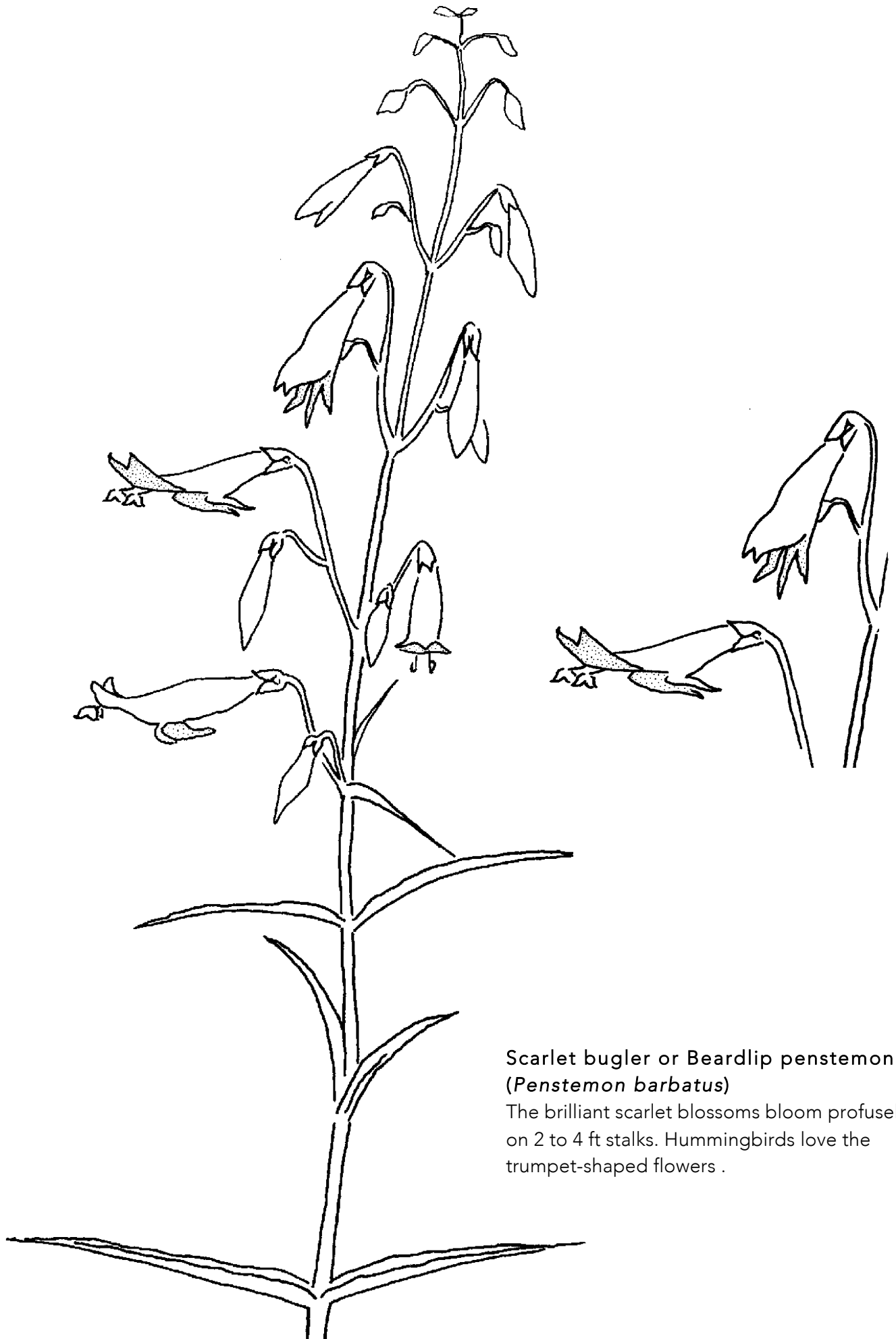


Common Hop
(*Humulus lupulus* var. *neomexicanus*)

The palmate leaves of the hop have three to seven sharp lobes with deep notches like the palm of a hand. The pale green, papery fruits of this plant appear in late summer and ripen to a deep amber in the autumn.

Besides being a key ingredient in malt beverages, hops are a sedative. Both King George III and Abraham Lincoln used pillows filled with wild hops to help them sleep.



Scarlet bugler or Beardlip penstemon
(*Penstemon barbatus*)
The brilliant scarlet blossoms bloom profusely
on 2 to 4 ft stalks. Hummingbirds love the
trumpet-shaped flowers .



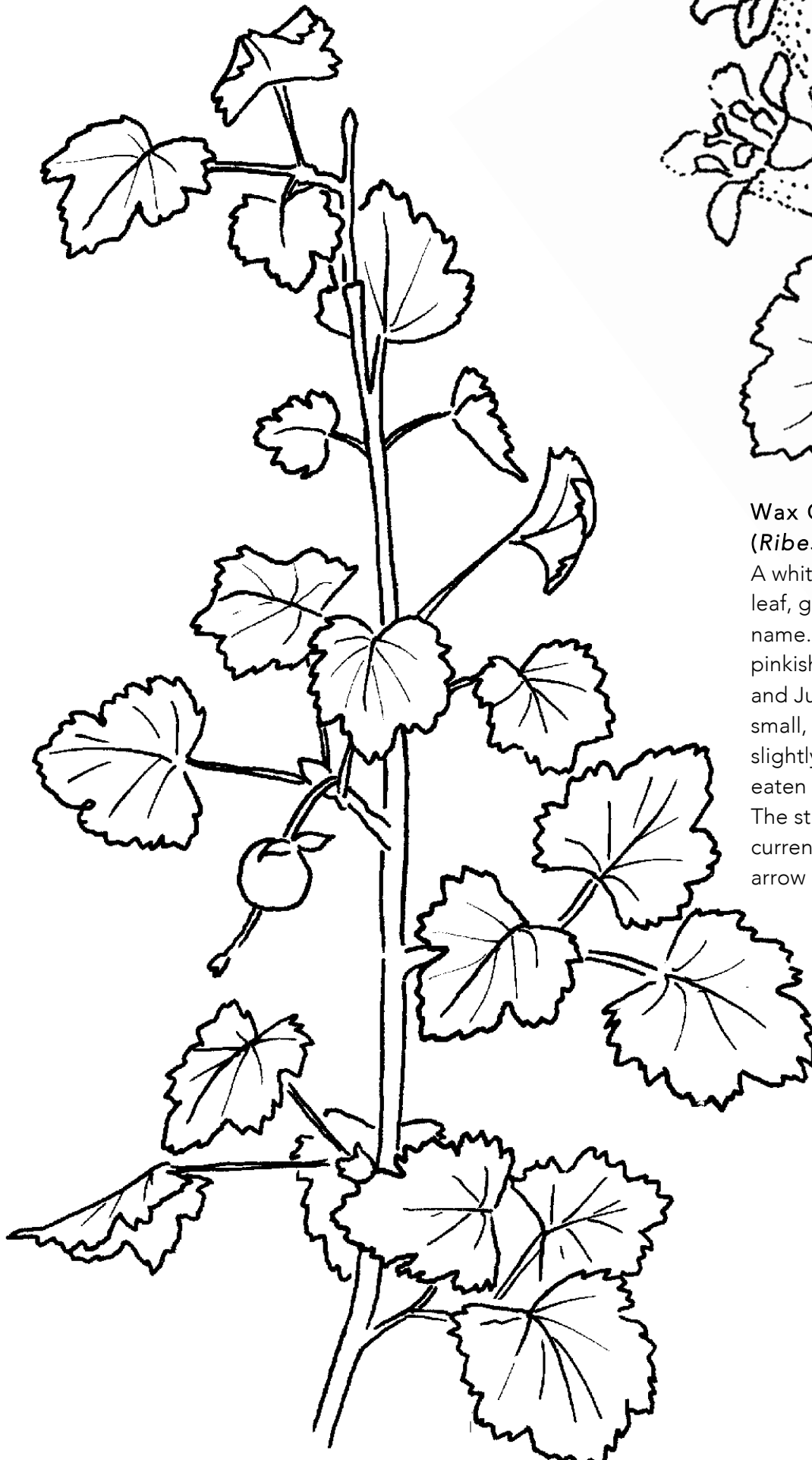
Purple cranesbills
(*Geranium caespitosum*)

This sprawling plant has sharply lobed leaves and delicate, five-petaled purple flowers.



Goatsbeard
(*Tragopogon dubius*)

Similar in appearance to dandelions, this non-native flower can be distinguished by the green spikes behind the pale yellow flowers and grayish green stems. Goatsbeard flowers mature into puffballs, formed by the white, parachute-like attachments on each seed.



Wax Currant
(*Ribes cereum*)

A white, waxy substance covers each leaf, giving this plant its common name. Small, trumpet-shaped, pinkish-white flowers bloom in May and June. They are followed by small, opaque, red berries with a slightly sweet flavor, which can be eaten raw or made into jelly or wine. The straight, woody stems of wax currant have been used to make arrow shafts.



Manyflower puccoon
(*Lithospermum multiflorum*)

Open yellow, tubular flowers top one- to two-foot-high stems with linear leaves. The seeds were used as food and the root creates a purple dye.



Beebalm
(*Monarda menthifolia*)

The pink flowers bloom in clusters on the tops of long stems, but it's the fragrance of the narrow leaves that really make this plant stand out. The leaves have a minty scent and are used in tea and cooking.



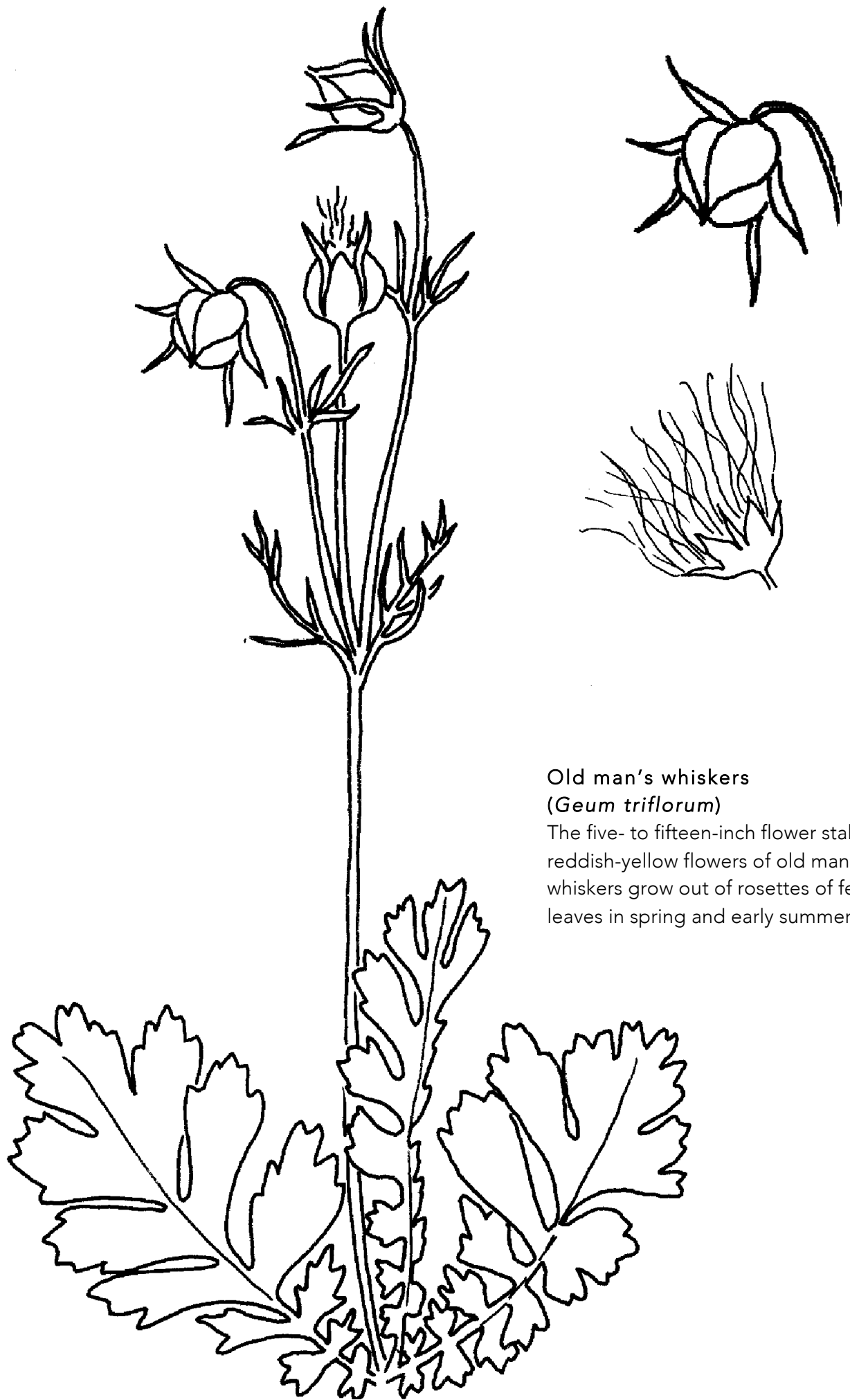
Sunflower
(*Helianthus annus*)

The eye-catching yellow petals of the sunflower surround brown disk flowers, producing nutrient rich seeds that feed animals and people. About 4,000 years ago, pre-Columbian farmers bred wild, weedy sunflowers into a cultivar of few branches and massive flowers packed with 100's to 1,000's of seeds. Sunflowers are also used to dye fibers for baskets and weaving, ground into flour, and used for the oil.



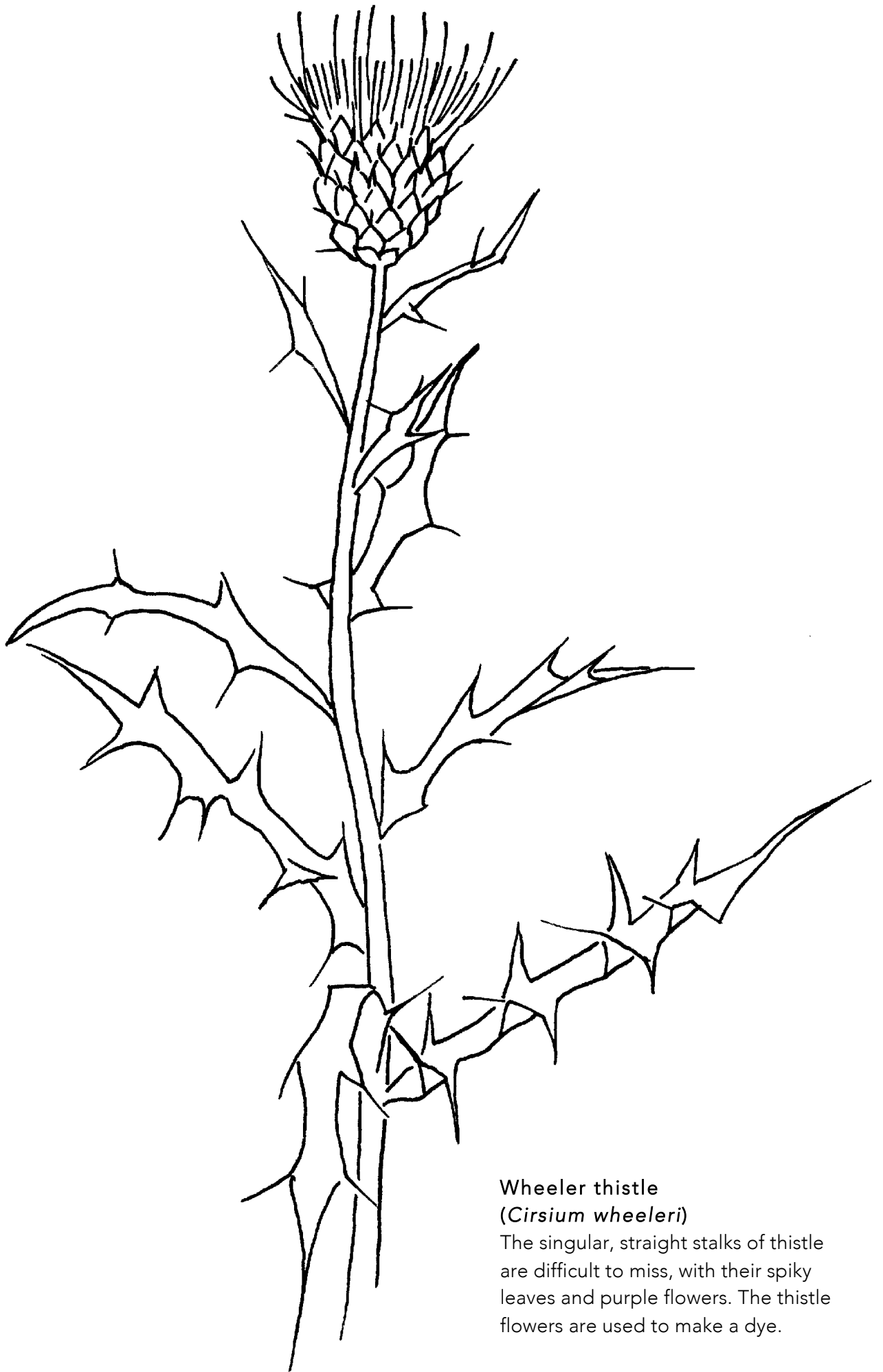
Antelope horns milkweed
(*Asclepias asperula*)

Showy clumps of white flowers bloom atop 1-2 ft stems, which are covered with minute hairs. As the green seed follicles grow they lengthen and curve, resembling antelope horns. Milkweed provide food for Monarch butterfly caterpillars.



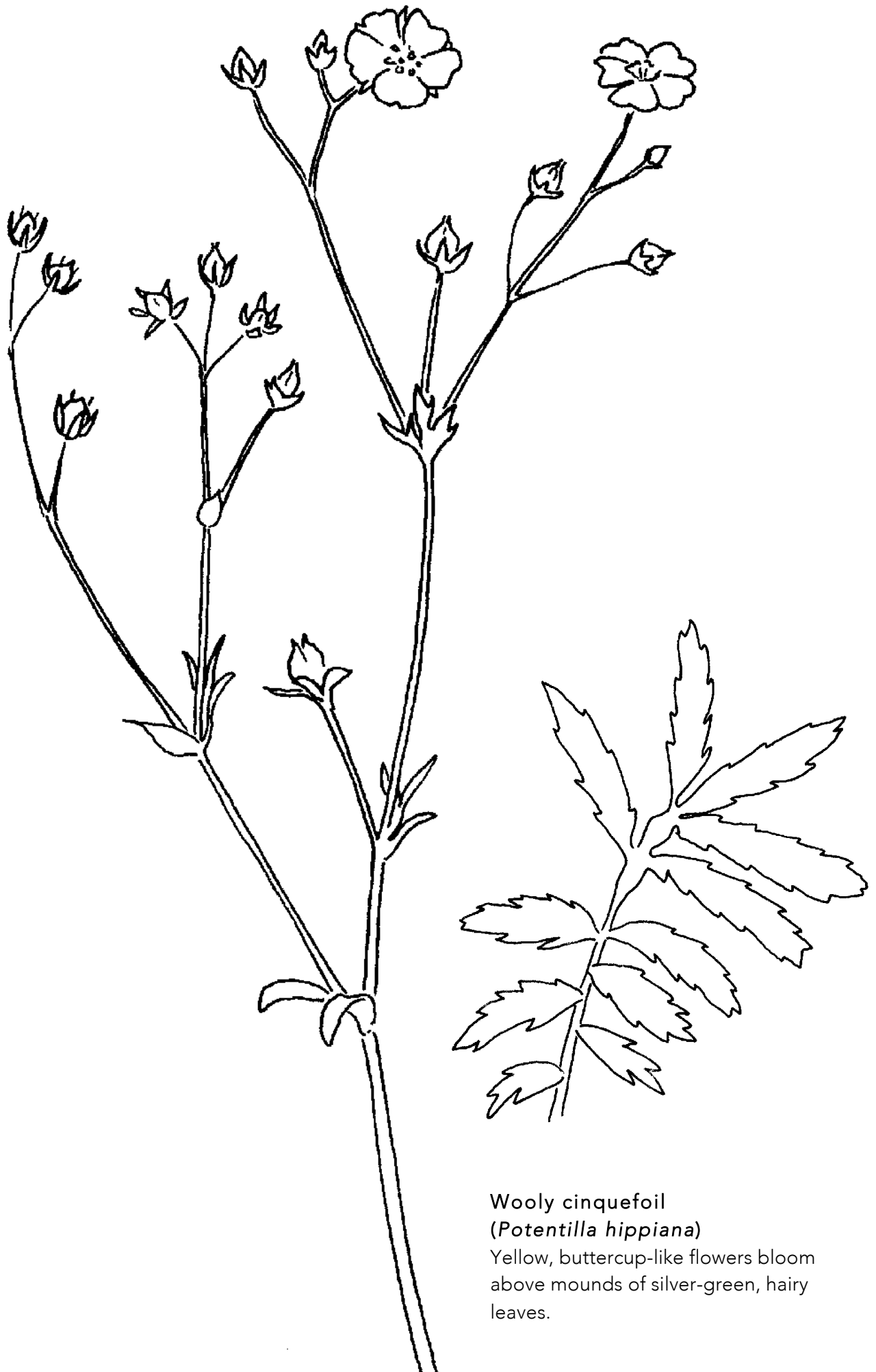
Old man's whiskers
(*Geum triflorum*)

The five- to fifteen-inch flower stalks and reddish-yellow flowers of old man's whiskers grow out of rosettes of feathery leaves in spring and early summer.



Wheeler thistle
(*Cirsium wheeleri*)

The singular, straight stalks of thistle are difficult to miss, with their spiky leaves and purple flowers. The thistle flowers are used to make a dye.



Woolly cinquefoil
(*Potentilla hippiana*)

Yellow, buttercup-like flowers bloom above mounds of silver-green, hairy leaves.



Arizona Wild Rose
(*Rosa arizonica*)

The wild rose resembles garden variety roses, but stems of the wild rose are thinner, leaves are smaller, and flowers have only five pink or white petals. After blooming in June and July, each flower ripens into a rose hip, a marble-sized fruit that begins with a green color and matures after the first frost of autumn into a brilliant red. Rose hips are edible either straight or made into jelly and are a good source of vitamin C.



Evening primrose
(*Oenothera pallida*)

As its name implies, this flower blooms at night, unfurling white blossoms in the early evening. They emit a sweet scent to attract hawkmoths. The flowers close again in the morning to conserve moisture.



Desert paintbrush
(Castilleja chromosa)

What appear to be bright red, nearly iridescent, flowers are actually modified leaves, or bracts. The stems are reddish-purple, and the leaves, while green in moist conditions, may also be purplish. The actual flower is narrow and tubular, adapted for the long bills of hummingbirds.



Little-leaf pussytoes
(*Antennaria parvifolia*)

This low-growing perennial forms mats of small, narrow, gray-green leaves. In the summer stalks emerge from the rosettes, reaching up 4 to 6 inches before blossoming with fuzzy, pale pink flowers that resemble the underside of a cat paw. These flowers attract butterflies and are host to larval Painted Lady butterflies.



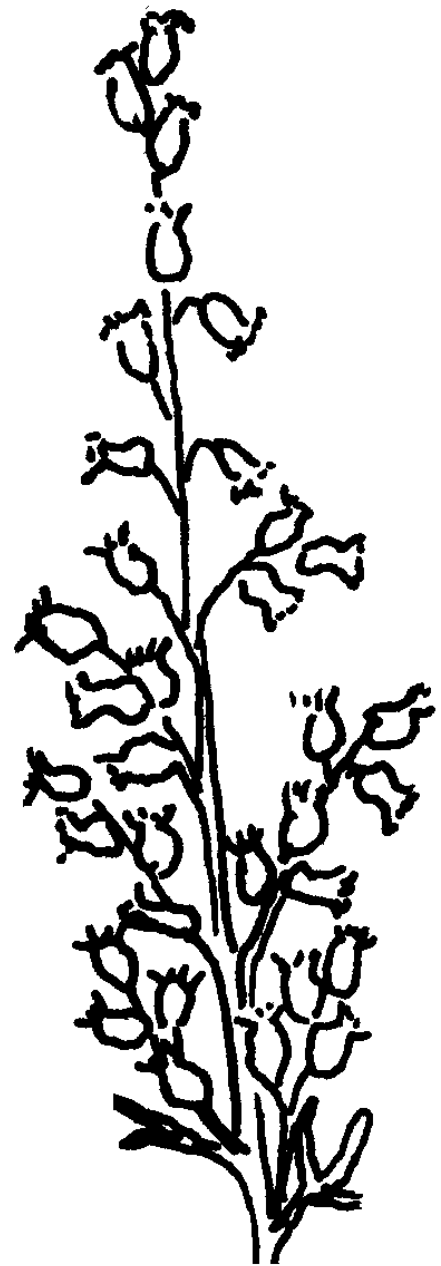
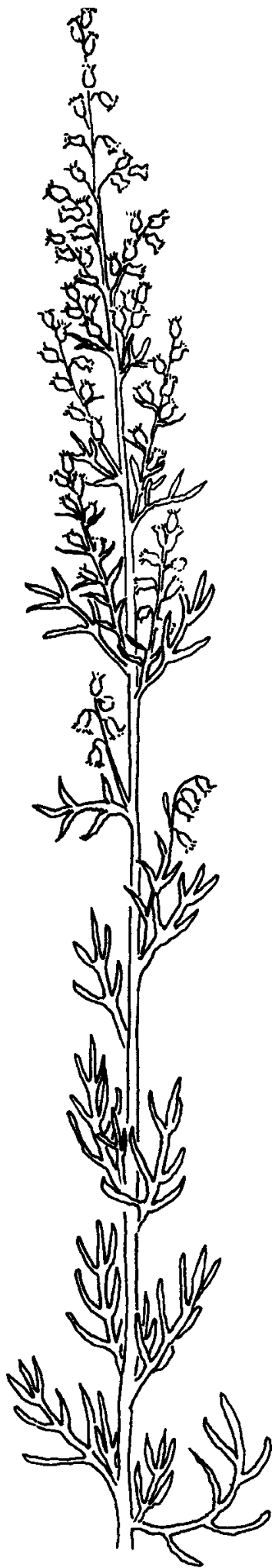
Spreading fleabane
(*Erigeron divergens*)

These dime-sized, many-rayed white flowers have yellow centers, resembling tiny daisies. The flowers bloom at the tip of the many slender stems, which are covered in short, grayish hairs.



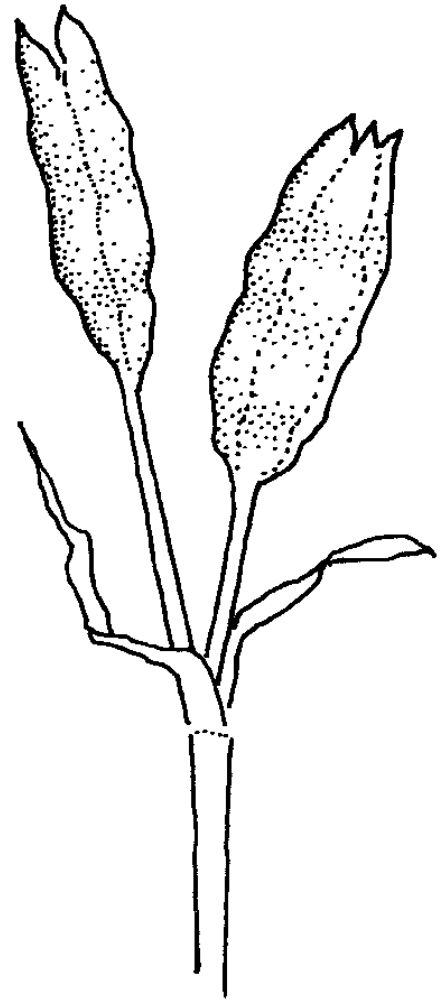
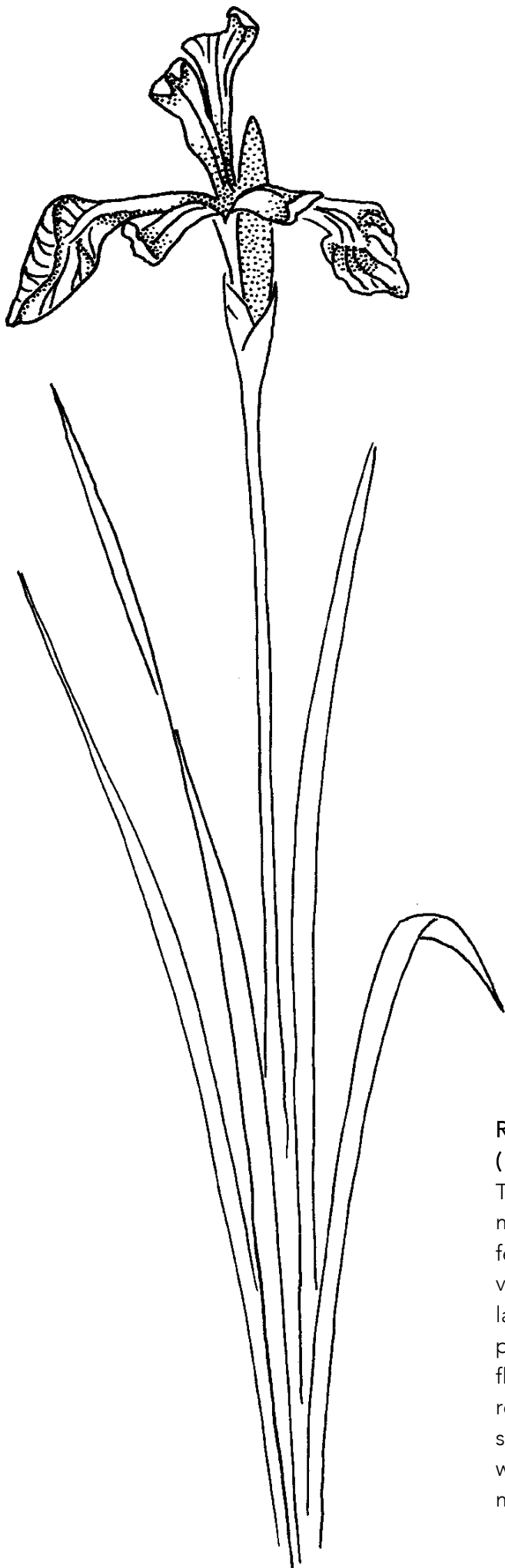
Goldenrod
(*Solidago sp.*)

The singular thin stalks of goldenrod with their regularly spaced, elongated oval leaves, reach six to eighteen inches in height. These plants make themselves known in late summer with brilliant mustard yellow clusters of flowers atop their stalks, which yield a dye.



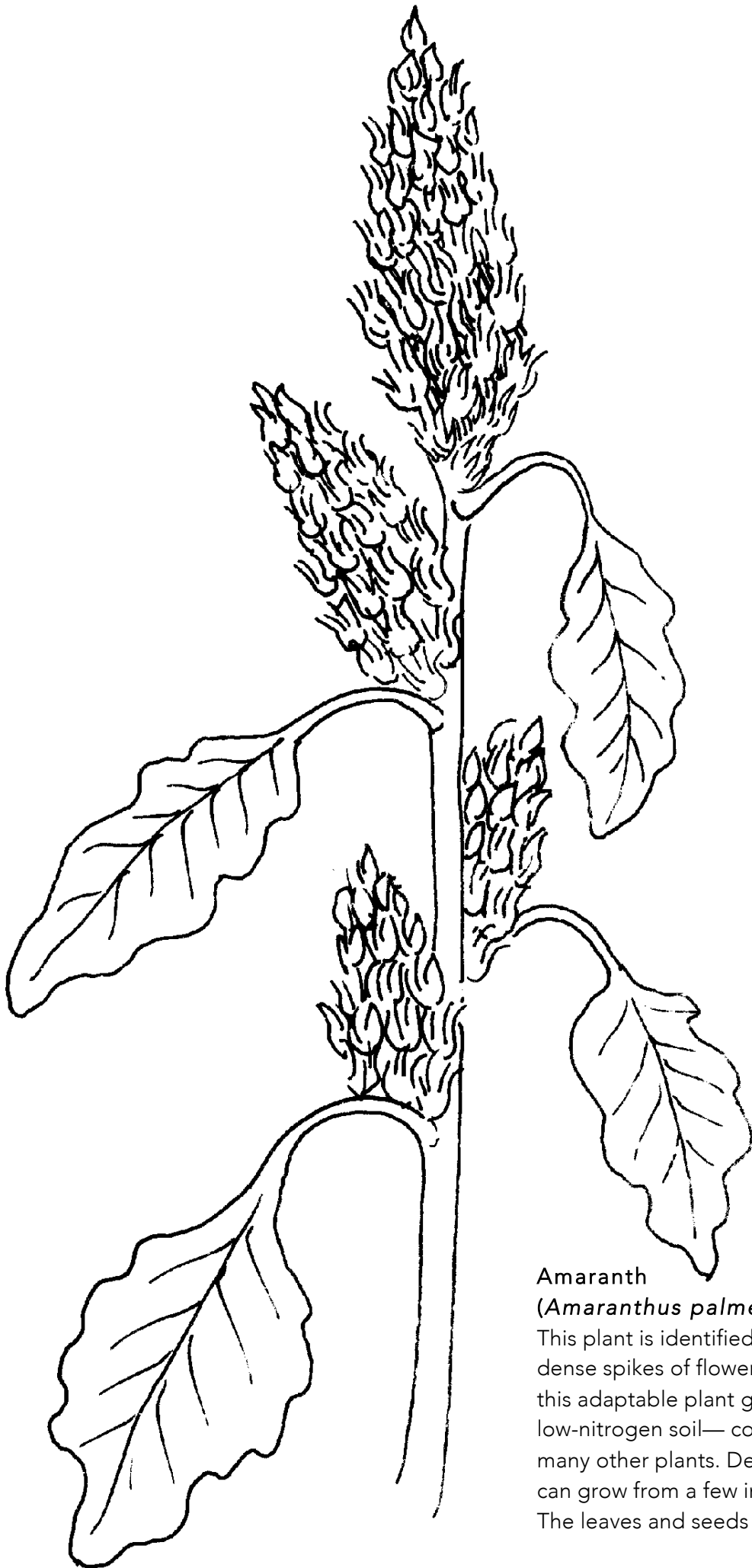
Carruth's sagebrush
(*Artemisia carruthii*)

Resembling tiny golden bells, these flowers grow on unleafed branches, while other branches wear blue-gray leaves. This sage can reach two feet in height and, as with all sages, is valued for its aromatic properties. The silvery stems and leaves release a wonderful scent when rubbed or crushed and can be used to season food.



Rocky Mountain Iris
(*Iris missouriensis*)

The Rocky Mountain iris is common to moist mountain areas between 6,000 and 9,500 feet in elevation. This is a slightly smaller version of a garden iris, with clusters of tall, lance-like blades, sturdy flower stalks, and pale blue flowers in May and June. The flowers mature into seed pods that dry and remain on the dried stalks. The pods make a sound like a rattlesnake when shaken by the wind or brushed by walkers. A green dye is made from the iris.



Amaranth
(*Amaranthus palmeri*)

This plant is identified by the thick stalk and dense spikes of flowers. Also called pigweed, this adaptable plant grows best in alkaline and low-nitrogen soil— conditions unsuitable for many other plants. Depending on conditions, it can grow from a few inches to six feet in height. The leaves and seeds are both edible.



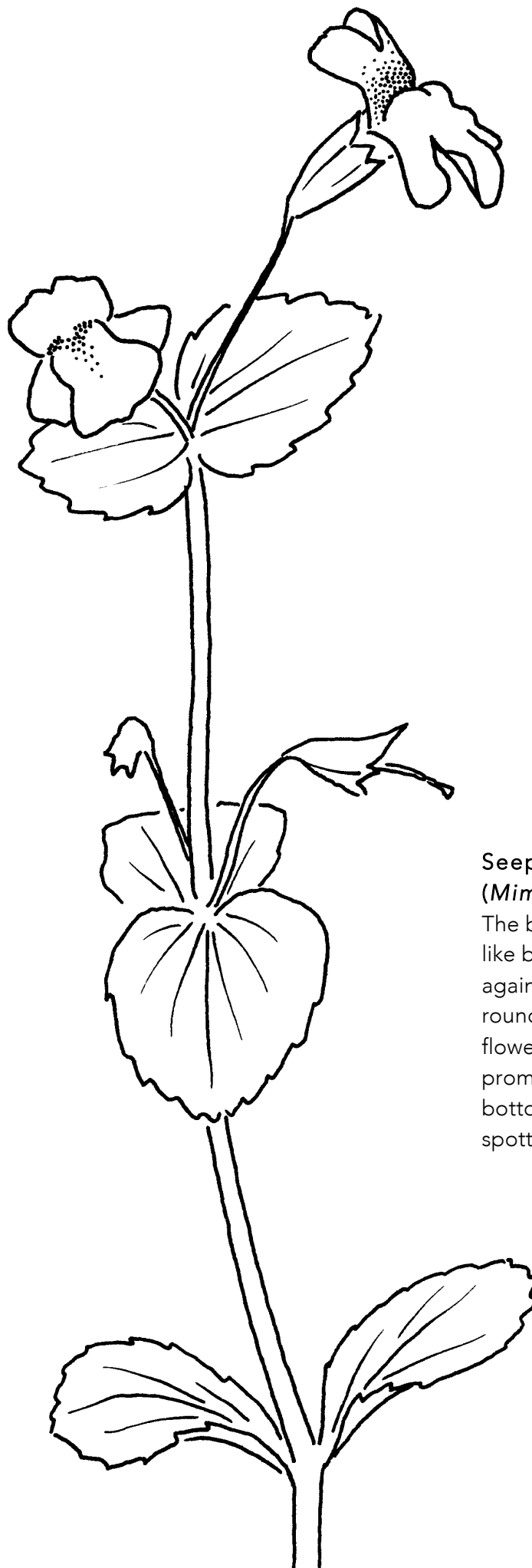
**New Mexico checker mallow
(*Sidalcea neomexicana*)**

Delicate pink cup-shaped flowers line the stalk of this member of the mallow family. The stalk emerges from wide tufts of dark-green, lobed leaves.



Common yarrow
(*Achillea millefolium*)

White flower clusters spread above feathery leaves. Yarrow grow to 3 feet tall with no branching except near the top. Yarrow has a pleasing fragrance and the leaves were used in tea.



**Seep monkeyflower
(*Mimulus guttatus*)**

The bright yellow, snapdragon-like blossoms top 2-3 ft stems set against the light green of broadly rounded and toothed leaves. The flowers resemble monkey faces, prompting the name, and the bottom lobe of the flower is spotted with purple.



Meadow-rue
(*Thalictrum fendleri*)

The delicate leaves of this plant almost appear to float, as the petioles that support the blade are so thin. Leaves of this plant are **compound**; three of the oval leaflets together make one leaf. Small green, inconspicuous flowers bloom in May and June.

