

*A Must-Have California Native Plant!*

# Buckwheat

*Eriogonum species*



**Description:** **Buckweaths** are some of the most popular nectar sources for butterflies; they range in size from low-growing to large shrubs. Their flowers last for months.



**Light:** Full Sun



**56** species of butterflies and moths can lay eggs on these plants.



**Featured Butterfly:** The tiny **Lotus Hairstreak** has a 1” wingspan. Grow some buckwheat and you may see these tiny green butterflies fluttering in your garden from March to May!

**Keystone Plant:** This California native is a “must have” (host) plant for caterpillars, which, in turn, are the “must have” food for baby birds.

**Discover more at [BringingBacktheNatives.net](http://BringingBacktheNatives.net)**

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