

Foothil Flora

A Guide to Plants of the Salt Lake Valley Foothills



Poison Ivy

Toxicodendron rydbergii

Deceptively attractive, especially in the autumn when leaves turn brilliant shades of red, Poison Ivy is more common than you may think in this area. Be especially cautious in shady, damp areas.



Curly Dock

Rumex crispus

This unmistakably tall and showy weed grows a meter-long stalk every summer. Look for herbivorous metallic blue-green beetles at its base in early summer.



Long-stalk Spring Parsley

Cymopterus longipes

One of the foothills' first bloomers, these hardy low-growing, native plants offer bright spots of yellow in the spring. After flowering, its stem grows tall, lifting the leaves off the ground.



Death Camas

Zigadenus paniculatus

Known in Utah history as a plant confused with the edible Sego Lily, this POISONOUS bulb produces beautiful white-yellow flowers in early spring.



Browse Milkvetch

Astragalus cibarius

This lovely, native low-growing relative of beans and peas is another of spring's gifts. It produces pale-pink and white flowers followed by inflated pods.



Rubber Rabbitbrush

Chrysothamnus nauseosus

The brightest of our late season bloomers, Rubber Rabbitbrush provides forage for deer, is a late summer/autumn pollinator food source, and also provides habitat for small mammals and birds.



Spreading Fleabane

Erigeron divergens

This bright, fuzzy native is common in our area and tends to grow in patches. The oils from some *Erigeron* species have been used to deter fleas on pets, hence the name.



Blue Flax

Linum lewisii

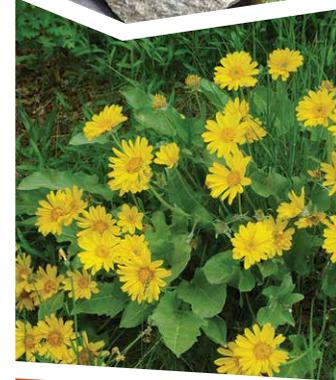
Besides being a beauty, this multi-use plant is food for mammals, pollinators, and birds. It also has some medicinal qualities and is often planted in fire-suppressing seed mixes.



Redstem Stork's Bill

Erodium cicutarium

A close look at this little invasive weed and you can see how it gets its name from its beak-like seed-pod. As the seed pod dries, its seeds are launched outward with a spring mechanism.



Arrowleaf Balsamroot

Balsamorhiza sagittata

One of the brightest and the hardiest of our native perennials, these clumps of bloomers attract pollinators of all sorts. Look for beetles, spiders, flies, and bees that all make home of this temporary desert oasis.

Would you like to learn more?

Plants are constantly changing, especially in our vibrant desert. Many resources exist to help you learn more about them.

- ▶ Book: *Wildflowers of the Cottonwood Canyons* by the Cottonwood Canyons Foundation
- ▶ Websites: unps.org (Utah Native Plant Society) & fs.fed.us/wildflowers (Forest Service Wildflower Page)
- ▶ App: [iNaturalist](https://www.inaturalist.org/)

