

Along the El Camino Real Trail

Wildflowers of Milam County, Texas



Mexican Hat -Upright Prairie Coneflower *Ratibida columnifera*
Spring-fall flowers. All soil types. Perennial. Pollinated by bees, butterflies, insects. Seeds eaten by birds. Uses: Tea, astringent, sore throat, poison ivy, snake bite; edible leaves, flowers.



Partridge Pea *Chamaecrista fasciculata*
Summer-fall flowers. Sandy, loam soils. Annual. Pollinated by bees, butterflies. Seeds eaten by game birds, songbirds.



Pink Ladies *Oenothera speciosa*
Spring-summer flowers. Sandy loam, clayey soils. Perennial. Uses: Yellow dye; edible young leaves.



Sand Palafoxia *Palafoxia hookeriana*
Late summer-fall flowers. Sandy soil. Annual.



Scrambled Eggs *Corydalis micrantha*
Late winter-spring flowers. Sandy, clayey soil. Annual. Uses: Intestinal ailments, sore throat, lotion for backache, hand sores; potentially toxic.



Snow-on-the-prairie *Euphorbia bicolor*
Summer-fall flowers. Hard clay soil. Can form extensive colonies over many acres, often seeming to blanket the fields with snow, hence the origin of its name.



Spotted Horsemint *Monarda punctata*
Summer flowers. Sandy soil. Perennial. Pollinated by butterflies, bees, hummingbirds. Uses: Aches, fevers, digestive and respiratory issues; edible leaves, tea.



Texas Bluebonnet *Lupinus texensis*
Spring flowers. Sandy, blackland soils. Annual. Pollinated by bees, butterflies. Larval host.



Texas Bull Nettle *Cnidoscolus texanus*
Spring-summer flowers. Sandy, clayey soils. Perennial. Seeds eaten by birds. Uses: Seeds eaten by indigenous people.



Texas Prickly Pear *Opuntia engelmannii*
Summer flowers. Sandy or sandy loam soils. Perennial. Pollinated by native bees. Uses: Tunas (fruit) were roasted by indigenous people.



Texas Thistle *Cirsium texanum*
Summer flowers. Sandy, clayey soils. Perennial or biennial. Pollinated by butterflies and insects. Use: Yellow dye.



Texas Toadflax *Nuttallanthus texanus*
Spring flowers. Sandy soil. Annual. Pollinated by moths, bees, butterflies. Uses: Leaves anti-hemorrhoidal, diuretic, laxative.



White Prickly Poppy *Argemone albiflora*
Spring-fall flowers. Sandy, gravelly soil. Annual or biennial. Pollinated by bees and small insects. Seeds eaten by quail, dove, songbirds. External use only; seeds (external use only): lice, boils, burns, wounds. Latex, purgative. Mildly toxic.



Whitemouth Dayflower *Commelina erecta*
Spring-fall flowers. Sandy, clayey soils. Perennial. Pollinated by bees. Seeds eaten by dove, quail, songbirds. Use: Edible, fleshy root.



Winecup Mallow *Callirhoe involucrata*
Spring flowers. Sandy, rocky soil. Perennial. Pollinated by butterflies, native bees. Larval host. Uses: Aches, colds, pain, dye.

Dedicated to Katherine Bedrich and Dr. Lucile Estell.

Disclaimer

The El Camino Real Chapter of the Texas Master Naturalist program warns you not to eat or use for medicinal purposes any plant mentioned in this brochure before you consult your health care provider to determine if it is safe for the intended use. txmn.org/elcaminoreal



T E X A S



EL CAMINO REAL CHAPTER

Introduction

During the spring and summer of 1716, Captain Domingo Ramon led an expedition into the new Spanish frontier to establish a road from Mexico to what is now East Texas.

The El Camino Real Chapter of the Texas Master Naturalist program in Milam County organized a group project with interest in the identification of wildflowers along the Ramon's Road segment of the El Camino Real de los Tejas National Historic Trail as it crosses our county.

The ecosystem, soils, and plant species change as you travel in Milam County, from Blackland Prairie in the west to the sandier soils of the Post Oak Savannah in the east. We hope that our guide to the wildflowers will enrich your travel and observation of historical resources on the trail in Milam County.



American Beautyberry

Callicarpa americana

Spring flowers; Fall berries. Well-drained sandy soil; partial shade. Perennial shrub. Browsed by deer, birds. Berries are edible after turning dark magenta in fall. Entire plant has many uses from fevers to stomach aches.



American Pokeweed

Phytolacca americana

Summer berries. Rich, moist soil. Annual. Berries eaten by deer, songbirds, quail, dove, turkey. Uses: Spring tonic, anti-inflammatory, external boils, high potassium, dye, ink. All parts toxic.



Black-eyed Susan

Rudbeckia hirta

Summer-fall flowers. Various, esp. sandy soils. Annual. Pollinated by bees, butterflies, insects. Seeds eaten by birds. Larval host for butterflies. Uses: Earache, tonic, parasites, snake bite; greenish yellow dye.



Blue Larkspur

Delphinium carolinianum

Spring flowers. Prairies, rocky glades. Perennial. Seeds ground for anti-lice lotion; toxic.

Photos by Ann Collins, Linda Jo Conn, Joyce Conner, or Sue Ann Kendall.



Camphorweed

Heterotheca subaxillaris

Late summer-fall flowers. Sandy soil. Annual. Pollinated by insects.



Cowpen Daisy

Verbesina encelioides

Spring-fall flowers. Sandy soil. Annual. Uses: Skin ailments, spider bites.



Drummond's Phlox

Phlox drummondii

Spring flowers. Deep sandy soil. Annual. Pollinated by insects. Many color variations.



Engelmann Daisy

Engelmannia peristenia

Spring-summer flowers. Sandy, blackland soils. Perennial. Nectar source. Seeds eaten by birds. Use: Yellow dye.



Green Antelopehorn

Asclepias viridis Spring-summer flowers.

Rocky, sandy, clayey soils. Perennial. Important host plant for Monarch butterfly larva. Use: Sap used to remove warts.



Indian Blanket

Gaillardia pulchella

Spring-summer flowers. Sandy, clayey soils. Annual. Browsed by deer late winter; high protein.



Texas Paintbrush

Castilleja indivisa

Spring-summer flowers. Annual. Pollinated by butterflies, hummingbirds, insects.



Lindheimer's Doveweed

Croton lindheimeri

Summer flowers. Sandy soil. Annual. Pollinated by butterflies. Seeds eaten by birds, dove, quail.



Maroon Blanket Flower

Gaillardia amblyodon

Summer flowers. Sandy soil, open and sunny. Annual. Pollinated by butterflies, bees. Endemic to Texas. Potent toxic chemicals.



Meadow Pink

Sabatia campestris

Spring-mid-summer flowers. Sandy, clayey soils. Annual; self-pollinating. Uses: Anti-periodic, tonic.