



## SULPHUR-FLOWER BUCKWHEAT

*Low Growth, High Impact*

## Environmental Message

June 2025

**Did you know?** Sulphur-flower buckwheat (*Eriogonum umbellatum*) is a vibrant native wildflower known for its eye-catching yellow blooms, which can range from pale sulfur to bright gold. Not only does this plant thrive in harsh environments like rocky slopes and dry soils, but it is also drought-tolerant and provides critical forage for pollinators during the late summer months when other nectar sources may be scarce.



**Human and Wildlife Uses.** For wildlife, sulphur-flower buckwheat is a vital resource. Its flowers provide nectar for a wide array of pollinators, while its seeds are eaten by birds and small mammals. Additionally, its dense, mat-like growth offers shelter for ground-nesting insects and small animals. Indigenous peoples have used sulphur-flower buckwheat in traditional medicine to treat colds, stomach aches, and other ailments. Today, it's often planted in native gardens and restoration projects to support biodiversity and stabilize soils.

**Wire/Pipe Zone and Border Zone Compatible.** Sulphur-flower buckwheat is an excellent choice for electric or gas utility rights-of-way (ROW). This herbaceous plant stays 1–2 feet tall, making it inherently compatible with utility infrastructure. Sulphur-flower buckwheat prevents soil erosion and competes with invasive species which adds to its value in ROW habitats. Its long flowering season and role as a keystone species in supporting pollinators make it a natural fit for ROW aiming to balance operational needs with ecological goals.

### Distribution Map



### References/Works Cited

Gucker, C. and N. Shaw. (2019). Sulphur-flower buckwheat (*Eriogonum umbellatum*) Torr. In: Gucker, C. and N. Shaw, eds. Western forbs: Biology, ecology, and use in restoration. Reno, NV: Great Basin Fire Science Exchange. Online: <https://westernforbs.org/species/sulphur-flower-buckwheat-eriogonum-umbellatum>

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