



Photo: by Linda Foote, taken at Mission Trails Regional Park

Common Name: Flat Top-Buckwheat
Scientific Name: *Eriogonum fasciculatum*
Kumeyaay Name: Hamill

Description: This plant has short, thin, leather-like green leaves. It is often covered in white or light pink flowers. When the flowers dry, they are sort of a brown or rust color and last for a long time. The plant has long thin branches.

The Kumeyaay boiled the flowers or roots of the buckwheat plant to make a tea that was good to help stomach aches. It also helped babies who had diarrhea. Sometimes the tops were eaten for food. (From *Delfina Cuero* by Florence Shipek, Ballena Press, Menlo Park, CA, 1991)

You can read about this plant in *Indians of the Oaks* on page:

By Nick