

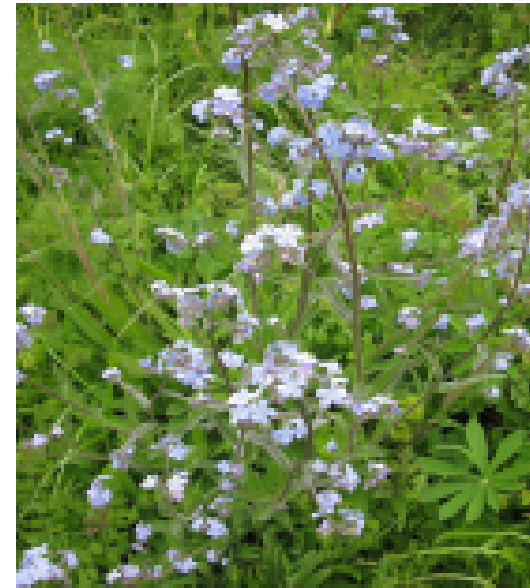
# WSF Wildflower Guide Chilcotin Mountains: Purple & Blue Flowers



Mountain forget-me-not

*Myosotis alpestris*

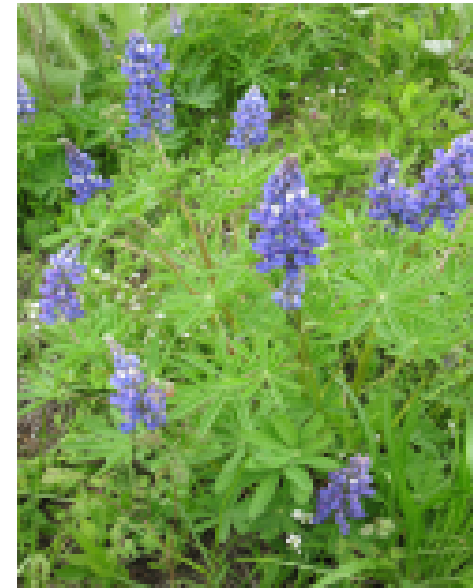
Small, high-elevation flower; the state flower of Alaska.



Blue stickseed

*Hackelia micrantha*

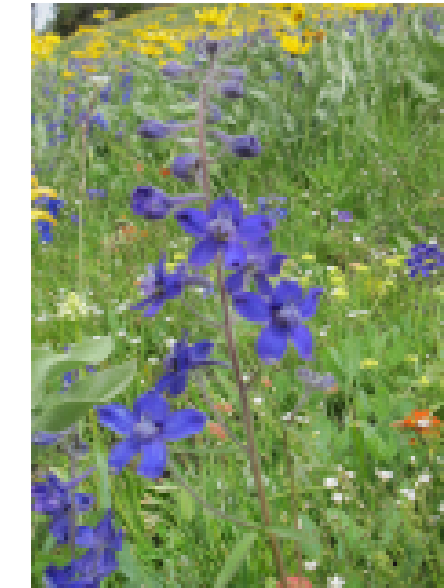
Mid-elevation, resembles forget-me-not but much larger.



Arctic lupine

*Lupinus arcticus*

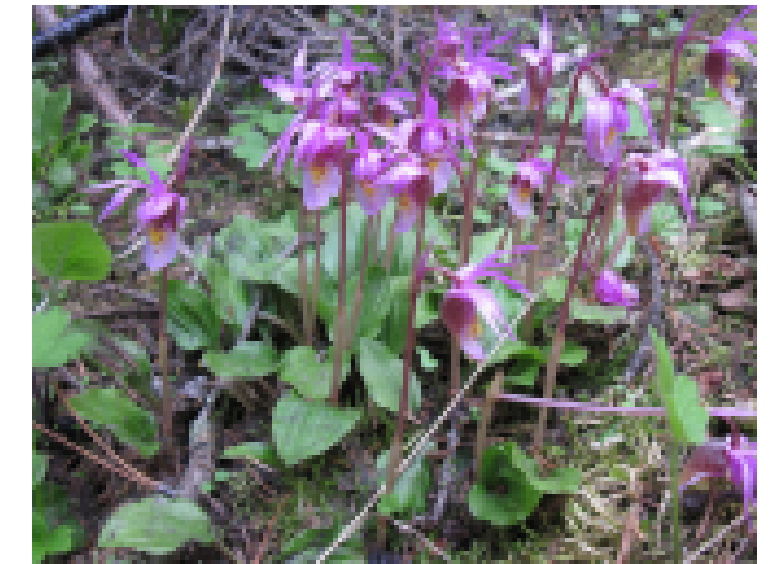
Forms large colonies in meadows. A favourite marmot food; 10,000 year old seeds were found in ancient lemming burrows. Dwarf mountain lupine is similar but less than 10cm tall.



Upland larkspur

*Delphinium nuttallianum*

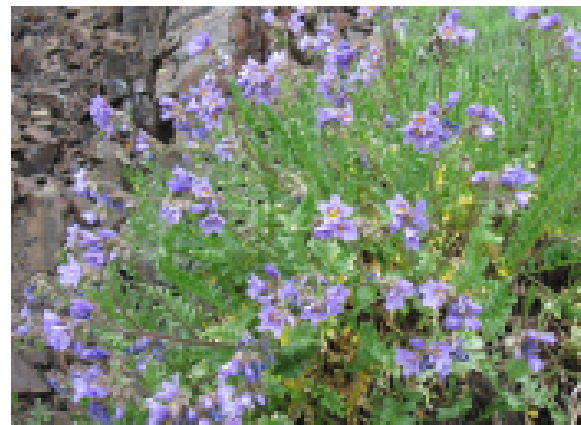
In meadows. The showy part of the flower is 5 sepals; the petals are smaller, in the middle. Highly toxic to humans and cattle, but not so much to sheep or horses.



Fairyslipper

*Calypto bulbosa*

Aromatic orchid found in forests, growing in association with specific fungi. The bulbs are attached by delicate roots. Picking or trampling kills them. Native people ate the corns.



Showy Jacob's-ladder

*Polemonium pulcherrimum*

Mid-elevations; dwarf plants grow in the alpine. The name refers to the ladder-like leaves, from Jacob's dream of a ladder ascending to heaven. Also called skunk-weed due to the smell of the crushed leaves.



Shrubby penstemon

*Penstemon fruticosus*

On dry, rocky hillsides and roadsides. Natives used it to colour basket materials, to flavour root vegetables, as a purgative, and to treat ulcers, sores, eye injuries, rheumatism and arthritis.



Silky phacelia

*Phacelia sericea*

High elevation, attractive plant with silvery leaves caused by dense silky silver hairs. Flowers look fuzzy because of their protruding styles and stamens.



Nodding onion

*Allium cernuum*

A substitute for chives or green onions; the bulbs and leaves are edible. Natives ate them fresh and dried and used the crushed bulb as disinfectant and as a poultice for insect bites.



Leafy aster

*Aster foliaceus*

Native people boiled the whole plant and used it to wash sores on horses' backs and as a stomach remedy