

Lone Star Wildflowers

A Guide to Texas Flowering Plants

LaShara J. Nieland and Willa F. Finley

The botany, ecology, and rich lore of Texas wildflowers, in easy-to-locate color groupings

EACH SPRING THROUGHOUT THE CELEBRATED HILL COUNTRY and well beyond, locals and visitors revel in the palettes and variety of Texas wildflowers. From the Panhandle canyonlands to the islands of South Texas, from the eastern Pineywoods to the farthest reaches of the arid Trans-Pecos, some 5,000 species dot Texas's 268,820 square miles. Now *Lone Star Wildflowers* offers easy identification through color grouping and a wealth of insight from the origin of scientific and common names to growth cycles, uses, history, and native lore.

Nieland and Finley have made countless forays with camera and notebook and have broadened their approach through years of research. In language accessible to every enthusiast, they offer wildflower lovers unparalleled enrichment.

In the field, by the roadside, or in the classroom, *Lone Star Wildflowers* reveals the science, ecology, and rich lore of Texas flowers with these helpful features:

- Nearly 500 full-color flower photographs, grouped according to the color spectrum and further arranged by family
- An "Exploring Further" section in each color category, showing details of seedpods, leaves, buds, and fruits
- Current and historical uses of each flower, including applications for landscaping, water conservation, traditional medicine, pharmaceuticals, and food
- Information about plant toxins and range management practices affecting livestock and wildlife
- Coverage of growth cycles throughout the seasons, depicting young plants, buds, mature seed heads, and fruits as well as flowers



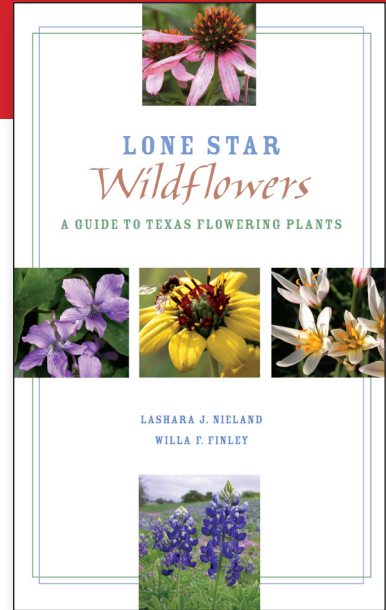
BLUE FLOWERS

Lupinus texensis,

Texas Bluebonnet

Each new flower has a white spot that turns red after it has been pollinated. The Navajo people believed that lupines were a cure for sterility and would help a man produce female children.

► Over for more flower lore



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From Lone Star Wildflowers

Do you know the lore of these Texas wildflowers?



RED FLOWERS

Gaillardia pulchella, **Indian Blanket**

According to an ancient Aztec legend, before the coming of Hernán Cortés the Indian blanket was pure yellow; the spilled blood of the Native Americans he conquered stained the center red.



WHITE FLOWERS

Mentzelia decapetala,
Tenpetal Blazingstar

Native Americans roasted and powdered the seeds of the Blazingstar to sprinkle on smallpox sores to prevent scarring.



YELLOW FLOWERS

Berlandiera lyrata, **Chocolate Daisy**

Native Americans used chocolate daisies to season food, especially meat dishes; the flower gives off an appealing chocolate aroma.



ORANGE FLOWERS

Asclepias tuberosa, **Butterfly milkweed**

The sap of butterfly-weed is not milky like that of other milkweeds, but like its relatives, it contains cardiac glycosides that are toxic because of their action on heart and uterine muscles.



PURPLE FLOWERS

Tradescantia hirsutiflora,
Hairy Spiderwort

The spiderwort, a common plant in many British gardens today, was among a number of New World species introduced to England in the 1600s by royal gardener John Tradescant.



PINK FLOWERS

Echinacea angustifolia,
Purple Coneflower

The purported anti-inflammatory and immune-stimulating properties of echinacea have given it an important position in the dietary supplement industry in the United States and Europe.

Willa F. Finley, a native of Floydada, Texas, has worked in agriculture research and in agribusiness in the Middle East, North Africa, and Central Africa. Now residing in Lubbock, Texas, she is senior researcher in agricultural economics for LMC International in Oxford, UK, and participates in development projects in Africa. Her photography has received international recognition.



LaShara J. Nieland, a native of Big Spring, Texas, taught honors biology in Abilene and Odessa, Texas, for twenty-seven years, sharing her love of nature with thousands of students. Now retired, she lives in Odessa with her husband, Andy. She continues to pursue her interest in wildflower photography.