

## California Poppies

The California Poppy or *Escholtzia californica* is native to the San Francisco Bay Area and can be found in abundance at Lands End from spring through midsummer. The poppy's seeds and leaves were used by Native Americans for food and medicine.

Late 19th century and early 20th century visitors to the beach made picking and gathering poppies part of their weekend recreation. The California poppy is the State flower of California.



Poppies in bloom at Lands End.