

Bushy Lake Plant Field Guide, By Elizabeth Blue

Grasses:

Creeping Wild Rye (*Elymus triticoides*): EXPERIMENTAL PLANT Native grass to California that is important in chaparral, wetland, and woodland habitat restoration. It is about 1.3 meters in max height with slender blue-green leaves. It is good for stabilizing soils and provides high quality waterfowl and upland game nesting habitat. Native Americans used it to make bread, cakes, porridge, and cereal.



Santa Barbara Sedge (*Carex barbarae*): EXPERIMENTAL PLANT Native to California in wet and seasonally wet habitat. Produces angled, hairless stems up to 1m tall or slightly taller, but not in clumps. Native Americans including Maidu and Pomo used it in basketry and as sewing fiber.



Bermuda grass (*Cynodon dactylon*): Invasive species in California. It has short grey-green colored leaves with flattened stems that are usually tinged purple. Introduced in the central Valley in areas that did not support agriculture for cattle to graze on.



Black Mustard (*Brassica nigra*): Nonnative in California originally from Europe. Small black seeds are used as a spice.



Cattail (spp.) (*Typha* spp.): Native to California found in variety of wetland habitats. Used as source for food, medicine, bows, and toys. Several different varieties can be found possibly.



Horseweed (*Conzya canadensis*): Native to California and considered a weed. Can have flowers crushed and inserted into nostrils to cause sneezing and this relieve rhinitis. Preferable material in hand drill method of making friction fire.



Milk Thistle (*Silybum marianum*): Nonnative to California originally from Southern Europe through Asia. Currently developed into pills to treat liver, promote bile flow, and heat and relieve toxic material as herbal remedy. Roots can be eaten raw or cooked. Young shoots boiled and buttered. Spiny bracts of flower head eaten like artichokes. Leaves pickled or left raw and used as spinach substitute. Plant is toxic to cattle and sheep.



Mugwort (*Artemisia douglasiana*): Native to California often found in ditches and stream banks. Seeds are foraged by variety of native birds. Leaves used as nesting material for native bees. Native American tribes used it as medicinal plant to relieve joint pain, headaches, irregular menstruation for women, abortifacient (cause a miscarriage) and treat abrasions and rashes (including poison ivy). It carries ceremonial and spiritual purposes for many tribes. It was carried to ward off spirits of the dead. It was smoked or drunk as tea to induce vivid dreams. Used in habitat restoration.



Poison Hemlock (*Conium maculatum*): Nonnative to California from Europe and North Africa. HIGHLY POISONOUS BIENNIAL PLANT. Grows in damp or dry areas. Used as food plant by some butterflies and moths. ALL PLANT PARTS ARE POISONOUS.



Prickly Lettuce (*Lactuca serriola*): Nonnative to California from Europe, Asia, and north Africa. Member of dandelion tribe. Known as compass plant because in the sun it will twist its upper leaves round to hold their margins upright. Can be eaten as salad with bitter taste. Varied use based on culture.



Tall Whitetop (*Lepidium latifolium*): Nonnative to California from Europe, Mediterranean, and Asia. Dried stems are sometimes used in flower arrangements. Most invasive in wetland and riparian habitat. Leaves, shoots, and fruits are all edible.



Vetch (*Vicia*): Nonnative to California from Europe, North America, South America, Asia, and Africa. About 140 different species. Native Americans used pods, seeds, and leaves as food. Poultice of leaves used to treat spider bites. Infusion of plant used as eyewash and of the top used as wash in sweat houses. Used as panacea, aphrodisiac, good luck charm, and to increase a horse's endurance.



Yellow Star Thistle (*Centaurea solstitialis*): Nonnative to California from Mediterranean inhabiting highly disturbed habitats. It has become invasive species and noxious weed by eliminating and preventing other plant species from growing. Major nectar source for central valley and foothill butterflies. Plays crucial role in restoring soil.



Trees and Shrubs:

Arroyo Willow (*Salix lasiolepis*): Native deciduous tree in California. It has smooth bark and dark green on top and glaucous (dull grayish-green or blue) below on leaves. Native American used it as a traditional medical plant with mixtures of leaves, bark, or flowers to treat several diseases. The inner bark was used to make rope, shoots were used in coiled and twined basketry, and branches were used to make acorn storage baskets.



Black Walnut (*Juglans nigra*): Native deciduous tree in California. Popular and versatile food for Native Americans. Ate it fresh and raw or turned into a powder for pemmican, soups, and baked goods. It was used to treat a number of ailments in both humans and animals. Example: juice from green walnut husks used to clean maggots out of wounds and rid dogs of worms. Aging men would sometimes create a hair dye with the dark brown dye in the husks.



Box Elder (*Acer negundo*): Native tree to California that is fast-growing and short-lived. It can sometimes grow multiple trunks in impenetrable thickets. It often grows on flood plains in riparian habitat. Native American tribes use it to make spiritual medicines, spiritual instruments, musical instruments, decoration, and a source of sugar.



California Rose (*Rose californica*): Native to California that grows most abundantly near water sources and can survive drought. Flowers are generally flat with five petals ranging in shades of pink from almost white to deep magenta. Rose hips can be used to make a tea or eaten raw for high vitamin content. Roots were used to make a tea to treat colds. Animals forage the rose hips that remain during the winter as a source of food.



Cottonwood (*Populus fremontii*): Native to California found in riparian areas. Can grow between 12m and 35m in height. Native Americans used it in medicine, basket weaving, tool making, and musical instruments. The inner bark contains vitamin C. The bark and leaves could be used to reduce inflammation or treat wounds when mixed in poultices.



Coyote Brush (*Baccharis pilularis*): Native to California found variety of habitats but does not grow in shaded areas. Plants are drought tolerant and deer-resistant. It is a dioecious plant with each plant being either male (stubby, short, flattish creamy white flowers) or female (long, whitish green, glistening flowers). It provides shelter for wildlife and nectar for bees, butterflies, and other insects. One of the first plants to appear after a fire. Native Americans used warm leaves to reduce swelling. Wood is used to make arrow shafts and building houses.



Elderberry (*Sambucus Mexicana*): Native to California and habitat for threatened Valley Elderberry Longhorn Beetle. Elderberries can be eaten when cooked and are rich source of vitamin C. leaves, twigs, branches, seeds, and roots contain cyanide-inducing glycoside. Berries are valuable food source for many birds and larva of insects. Sacred in some European cultures.



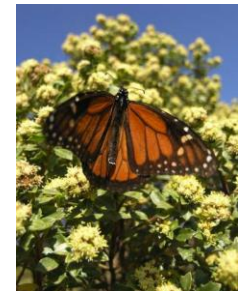
Elm (*Ulmus laevis*): Nonnative from Europe growing in riparian areas. Not favored by vector bark beetle. Not very useful as building material or as firewood but is often planted in towns or along roadsides due to its tolerance for soil compaction, air pollution, and de-icing slats.



Goodding's Willow (*Salix gooddingii*): Native to California as common riparian species. Willows are important medicinal plant.



Milkweed (*Asclepias spp.*): 15 variations are native to California. Important nectar source for bees, wasps, monarch butterfly larva, and other insects. Milkweed filaments collected to be used in filling for hypoallergenic pillows. Native Americans used it as source for sweetener. If animal consumes more than 10% of their body weight, it become toxic and can cause death. It can cause mild dermatitis.



Oregon Ash (*Fraxinus latifolia*): Native to California preferring damp, loose soils. Seeds are eaten by birds and squirrels. Wood is mostly used as firewood. Planted as ornamental and street tree in many cities.



Sandbar Willow (*Salix exigua*): Native to California. Native Americans used branches as flexible poles and building materials. Smaller twigs were used to make baskets. Bark was made into cord and string. The bark and leaves had several medical uses including coughs and sore throats.



Vines:

California Wild Grape (*Vitis californica*): Native to California growing along streams and rivers and can withstand dry periods. It is a deciduous vine that can grow up to 10m covering the ground and climbing up other plants. Grapes turn purple in autumn when edible. Used for making wine.



California Manroot (*Marah fabaceus*): Native to California growing along streams or marshes. It has hard tuberous roots which can weigh over 100kg. Fruit of plant is not edible since it can cause vomiting and diarrhea. Native Americans crushed the tubers before thrown them into the river and killing the fish through a saponin-like glucoside. The large tuber can also be processed to create a soap-like extract. Leaves can be used as a vegetable but tastes bitter.



California Blackberry (*Rubus ursinus*): Native to California with prickly branches that can take root and spread the plant further. It is a notable pollinator and nesting material for native bees. Songbirds, deer, larva for several butterfly species, and other large and small mammals eat the berries. Native Americans used berries fresh or dried as food and as traditional medical plant.



Himalayan Blackberry (*Rubus armeniacus*): Nonnative to California from Armenia and Northern Iran. Has large and sweet berries.



Poison oak (*Toxicoendron diversilobum*): Native to California growing in forests, woodlands, grasslands, and chaparral. It causes itching and allergic rashes for many people after contact by touch or smoke inhalation. Black-tailed deer, mule deer, California ground squirrels, western grey squirrels, and other animals feed on leaves of plant. Birds use seeds as food and parts of plant for shelter. Native Americans used stems and shoots to make baskets, sap to cure ringworm, and poultice of fresh leaves applied to rattlesnake bites. Juice or soot was used as black dye for sedge basket elements, tattoos, and skin darkening. Mixture of dried roots or buds in early spring served as immunity from plant poisons after digestion. Can be used in early stage succession after fire as nurse plant for other species.

