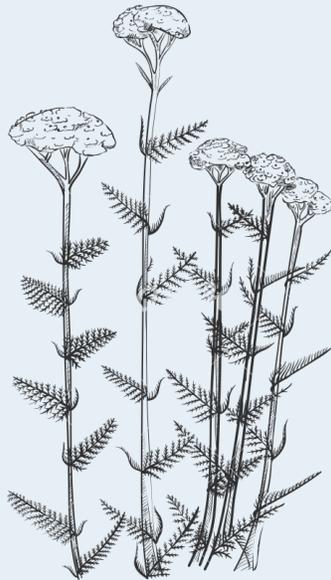


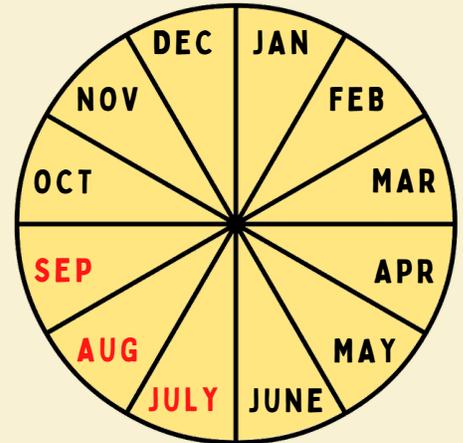
# **ETHNOBOTANY CARDS**

**NATIVE SAN FRANCISCO  
PLANTS & THEIR USES**



**YSP ENVIRONMENTAL  
EDUCATOR TEAM 2021-22**

# COAST BUCKWHEAT



**IN BLOOM:**  
MID TO LATE  
SUMMER

## COAST BUCKWHEAT

'ERIOGONUM  
LATIFOLIUM'

**FAMILY:**

SUNFLOWER

**LOCATIONS:**

BAYVIEW HILL, HERON'S  
HEAD, PIER 94, PALOU  
PHELPS, STARR KING

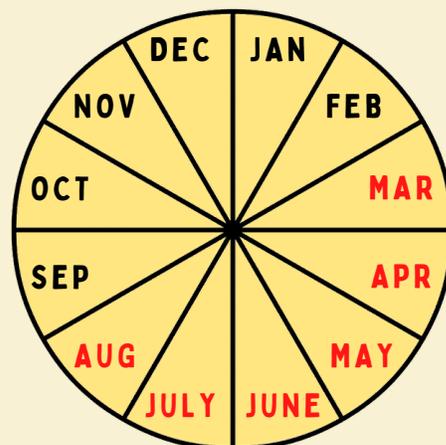
### ABOUT:

- ERIOGOBIUM IS GREEK FOR "WOOLY KNEES"
- HOST PLANT FOR ACMON BLUE AND GREEN HAIRSTREAK
- KNOWN FOR WHITE/PINKISH FLOWER THAT DENSELY CLUSTER

### USES:

- NATIVE PEOPLE MADE TEA FROM BOILED LEAVES STEMS & ROOTS. USED TO TREAT COLDS AND COUGHS
- SOME GRIND SEEDS TO EAT RAW OR USE IN PORRIDGE OR CAKES THAT COULD BE DRIED AND STORED

# STICKY MONKEY-FLOWER



**IN BLOOM:**  
SPRING TO LATE  
SUMMER

## STICKY MONKEY-FLOWER

'DIPLACUS  
AURANTIACUS'

**FAMILY:**

SUNFLOWER

**LOCATIONS:**

HERON'S HEAD, PIER  
94, INDIA BASIN

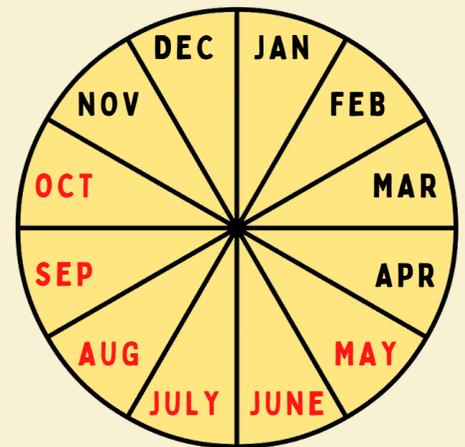
### ABOUT:

- THE RESIN OF THE LEAVES PROTECT SHRUB
- NAME WAS GIVEN BECAUSE OF THE STRANGE SHAPE OF FLOWERS, WHICH CAN LOOK LIKE GRINNING MONKEY FACES

### USES:

- ROOTS HAVE BEEN USED TO TREAT FEVER, DYSENTERY, DIARRHEA, AND CURTAIL HEMORRHAGES
- COAST MIWOK: PLACED CRUSHED LEAVES ON SORES AND BURNS
- POMO: BOILED LEAVES TO MAKE DECOCTION TO TREAT SORE, BLOODSHOT EYES HELPING THOSE LIVING IN SMOKY, POORLY VENTILATED DWELLINGS

# GUMWEED



**IN BLOOM:**  
**LATE SPRING TO**  
**FALL**

## GUMWEED

'GRINDELIA  
STRICTA'

**FAMILY:**

SUNFLOWER

**LOCATIONS:**

HERON'S HEAD, PIER  
94, INDIA BASIN

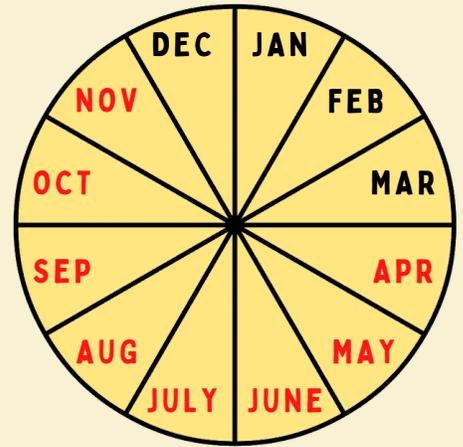
### ABOUT:

- ALSO KNOWN AS "MARSH GUMPLANT"
- HIGHLY VARIABLE SPECIES
- FOUND ON HIGHER OR DRYER GROUND W/IN SALTWATER WETLANDS
- KNOWN FOR GLOSSY, GUMMY LIQUID ON THE BUDS BEFORE THEY OPEN

### USES:

- GUMMY SUBSTANCE WAS ONCE USED TO MAKE CHEWING GUM AND ADHESIVES
- USED BY INDIGENOUS PEOPLE TO TREAT SKIN RASHES, BOILS, AND CUTS BECAUSE OF THE ANTI-INFLAMMATORY NATURE OF THE BUDS AND HEADS

# CEANOOTHUS



**IN BLOOM:**  
MID SPRING TO EARLY  
WINTER

## CEANOOTHUS

'CEANOOTHUS SPP.'

### ABOUT:

- 'CEANOOTHUS' IS A LARGE GENUS INCLUDING OVER 50 SPECIES OF DIVERSE SHRUBS AND SMALL TREES
- COMMON NAMES: CALIFORNIA LILAC, WILD LILAC, AND SOAP BUSH
- KNOWN FOR BLUE FLOWERS, THOUGH THERE ARE SOME WHITE AND PINK SPECIES, AND THICK SHINY, DARK GREEN LEAVES

### FAMILY:

BUCKTHORN

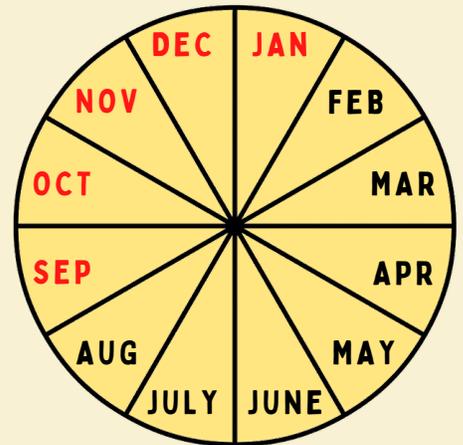
### LOCATIONS:

HERON'S HEAD

### USES:

- INDIGENOUS PEOPLE USED FRESH OR DRIED FLOWERS AS SOAP. MIXING FLOWERS WITH WATER PRODUCES A FINE LATHER WHEN RUBBED BRISKLY
- DRIED LEAVES WERE USED AS SUBSTITUTE FOR BLACK TEA
- MIWOK: CEANOOTHUS BRANCHES WERE USED TO MAKE BASKETS

# COYOTE BRUSH



**IN BLOOM:  
FALL TO WINTER**

## COYOTE BRUSH

'BACCHARIS  
PILULARIS'

**FAMILY:**

**SUNFLOWER**

**LOCATIONS:**

**BAYVIEW HILL, HERON'S  
HEAD, PIER 94, PALOU  
PHELPS, STARR KING**

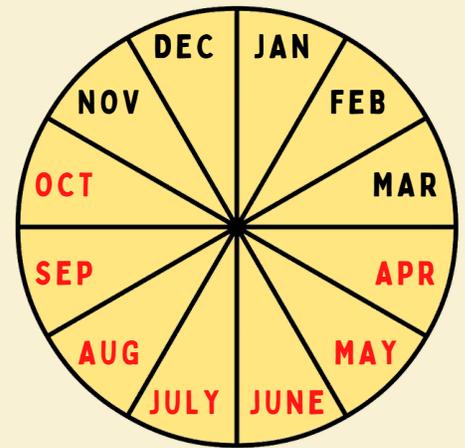
### ABOUT:

- SHAPE DEPENDS ON HABITAT:
  - LOW SHRUBS - WINDY AREAS EXPOSED TO MOIST, SALTY AIR (SAND DUNES AND RIDGES)
  - LARGE, ROUNDISH SHRUB - WELL PROTECTED AREAS (GRASSLANDS AND WOODLANDS)

### USES:

- INDIGENOUS PEOPLE APPLIED BOILED LEAVES TO SKIN AS REMEDY FOR POISON OAK RASH
- STRAIGHT BRANCHES WERE USED FOR ARROW SHAFTS AND CONSTRUCTION
- GROWN ALONG CREEKS TO STABILIZE BANKS AND CONTROL EROSION

# CALIFORNIA SAGEBRUSH



**IN BLOOM:**  
SPRING TO LATE  
SUMMER/FALL

## CALIFORNIA SAGEBRUSH

'ARTEMESIA  
CALIFORNICA'

**FAMILY:**

SUNFLOWER

**LOCATIONS:**

BAYVIEW HILL, HERON'S  
HEAD, STARR KING

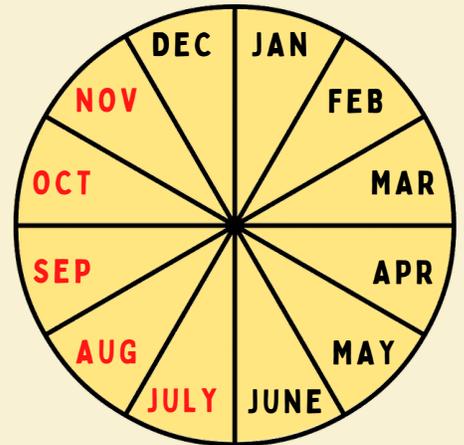
### ABOUT:

- NOT A TRUE SAGE - PART OF SUNFLOWER FAMILY
- KNOWN FOR HAIRY AND LIGHT GREEN/GRAY LEAVES AND AROMATIC AND PUNGENT CHARACTERISTICS

### USES:

- PUNGENT SMELL MAKES IT EFFECTIVE AS AN INSECT REPELLANT
- SOME NATIVE GROUPS WORE NECKLACES OF STEMS TO WARD OFF BAD SPIRITS
- USED IN PUBERTY RIGHTS OF NATIVE GIRLS - SMOKE PERFUMED THE SKIN AND CLOTHES OF THE GIRLS FOR CEREMONIES
- TEA OF LEAVES AND STEMS WERE ALSO USED AT BEGINNING OF MENSTRUAL PERIODS AND AFTER GIVING BIRTH

# PICKLEWEED



**IN BLOOM:**  
MID SUMMER TO LATE  
FALL

## PICKLEWEED

'SALICORNIA  
VIRGINICA'

### ABOUT:

- SUCCULENT: WAXY OUTSIDE AND WATERY INSIDE
- GROWS IN LOW TO MID TIDE ZONES OF BRACKISH MARSHES (WHERE SALT AND FRESH WATER MEET)
- TO EXCRETE SALT, PLANT PUSHES SALT INTO TIPS OF LEAVES, WHICH BREAK OFF

### FAMILY:

GOOSEFOOT

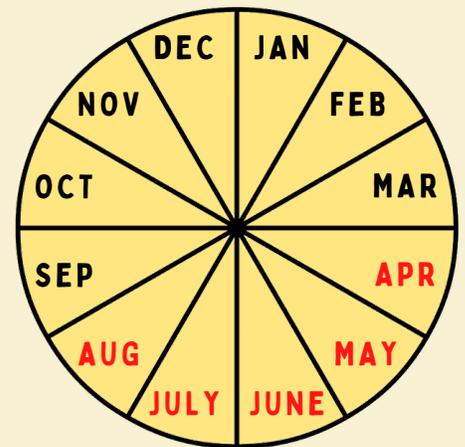
### LOCATIONS:

HERON'S HEAD, PIER  
94, INDIA BASIN

### USES:

- INDIGENOUS PEOPLE USED THE PLANT TO FLAVOR THEIR FOOD - SALT/PICKLE-LIKE TASTE
- SOME MARKETS STILL SELL PICKLEWEED AS A VEGETABLE, LABELED AS THE 'SEA BEAN'

# COMMON YARROW



**IN BLOOM:**  
SPRING TO SUMMER

## COMMON YARROW

'ACHILLEA MILLEFOLIUM'

### ABOUT:

- DECIDUOUS PLANT - FLOWERS NOT VISIBLE FOR PARTS OF THE YEAR
- GREAT POLLEN SOURCE FOR VARIETY OF INSECTS
- GROWS IN EVERY PLANT COMMUNITY EXCEPT TIDAL MARSH

### FAMILY:

SUNFLOWER

### LOCATIONS:

BAYVIEW HILL, HERON'S HEAD, PIER 94, PALOU PHELPS, STARR KING

### USES:

- LEAVES AND ROOTS CHEWED FOR TOOTH AND GUM ACHES
- HEMOSTATIC PROPERTIES - CONTROL BLEEDING AND STIMULATE CLOTTING
- ANTI-INFLAMMATORY COMPOUNDS - REDUCE INFLAMMATION AND PAIN