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## recommended resources

### theodore payne foundation

located in sun valley - classes, books, & native plants for your garden

### hahamongna native plant nursery

located in pasadena, an excellent resource for native plants

### the arroyo seco foundation

located in pasadena, offers educational & volunteer opportunities

### california native plant society

located in the bay area, offers many educational resources

### usal outdoor research center

located in silver lake, classes, herb walks & other resources

### picturethis

plant identification app - info on uses as well as a poem for each plant

### california foraging by judith larner lowry

an excellent book & illustrated guide

please please please - always practice caution with plant identification! this mini booklet is not meant to replace a detailed plant guide with full-color images. never consume, handle, or topically apply any foraged item without full certainty of correct identification



# foraging in the arroyo seco

a very quick intro  
with resources to learn more

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### black sage | *salvia mellifera*

Traditionally, the seeds were parched & ground into a meal for baking, while seeds & stems were used for culinary purposes. Black sage is also an essential food source for bees, butterflies, and hummingbirds.

### blue elder | *sambucus cerulea*

In addition to the edible berries, there are many medicinal uses for blue elder. A poultice of crushed leaves can ease burns; an extraction of flowers was used to treat stomach and lung troubles. Berries are thought to boost immunity.

### california buckwheat | *erigonum fasciculatum*

The Tongva called this plant wilakal – the seeds would be consumed raw, or baked or boiled into breads or porridges. The leaves were made into a strong tea, and the roots were ground & dried to be used for headaches and stomach troubles.

### california poppy | *eschscholzia californica*

The state flower of California, Traditionally used as both an edible & a medicinal plant. Used as a tea or a tincture, it's used to treat anxiety, insomnia, aches, & pains.

### california sagebrush | *artemesia californica*

Known as cowboy cologne for its scent. Cahuilla used this plant to fight coughs & colds by chewing the leaves. Cahuilla and Tongva used it to ease cramps & labor. Ohlone used it as a pain reliever by applying to teeth or wounds.

### coast live oak | *quercus agrifolia*

An important dietary staple for California Native peoples – acorns were ground into meal and boiled into mush or baked into bread. The Spanish name gave rise to the names of Encino, Encinitas, Oakland, & Paso Robles

### common yarrow | *achillea millefolium*

Yarrow is known for its ability to slow/stop bleeding, and is something of a "medicine cabinet" plant – used to treat such diverse ailments as fever, common cold, hay fever, nausea, & stomach upset. Its scientific name is derived from the warrior Achilles, who reportedly carried it into battle to treat wounds

### lemonade berry | *rhus integrifolia*

Named for the tart coating of the berries, which can be used to make a lemonade-type drink. The berry leaves are rich in tannins, making them useful as a brown dye or mordant for natural dyeing. Oil extracted from seeds can be used to create candles.



calif. poppy



live oak



elder



yarrow



toyon berry



white sage



mugwort



black walnut

### matilija poppy | *romneya coulteri*

This beautiful & stately flower grows in dry canyons in chaparral and coastal sage scrub plant communities, sometimes in areas recently burned. Known as a "fire-follower" for this tendency.

### mugwort | *artemesia douglasiana*

Used medicinally to relieve joint pain, headaches, and abrasions. Ceremonial and spiritual purposes for many tribes – commonly used to ward off spirits of the dead, and smudged, smoked, or ingested as a tea to induce vivid dreams.

### mulefat | *baccharis salicifolia*

Common near water; used for fire-starting. The name comes from the gold rush era, when prospectors and cowboys would tie their mules to the shrub to enjoy.

### oregon grape | *mahonia aquifolium*

The state flower of Oregon; the tart berries were traditionally eaten raw or brewed into wine, used to treat indigestion. The inner bark & roots yield a yellow dye, while the berries can create multi-colored dyes, ranging from blue to pink.

### california black walnut | *juglans californica*

Black walnuts were used as a food source by the Chumash & Tongva, Additionally, the husks of the walnuts were used to create rich dyes; while the bark was used in basket-making, and the shells were used for games.

### toyon | *heteromeles arbutifolia*

Known for the bright red edible berries that decorate the watershed in the winter – where Hollywood gets its name. Toyon berries were eaten by the Gabrielinos and are an important food source for our native birds as well.

### poison oak | *toxicodendron diversilobum*

This plant does have its uses – though only with the utmost caution. Natives used the stems and shoots to make baskets, while the juice of the leaves or soot from burned branches was used as a black dye for basketry or tattoos.

### white sage | *salvia apiana*

A sacred herb to the Tongva, famous for smudging & ceremonial use. In addition to its spiritual value, the seed is an important ingredient in pinole, a staple food – as well as gruel and biscuits. The leaves and stems are edible as a delicious herb.