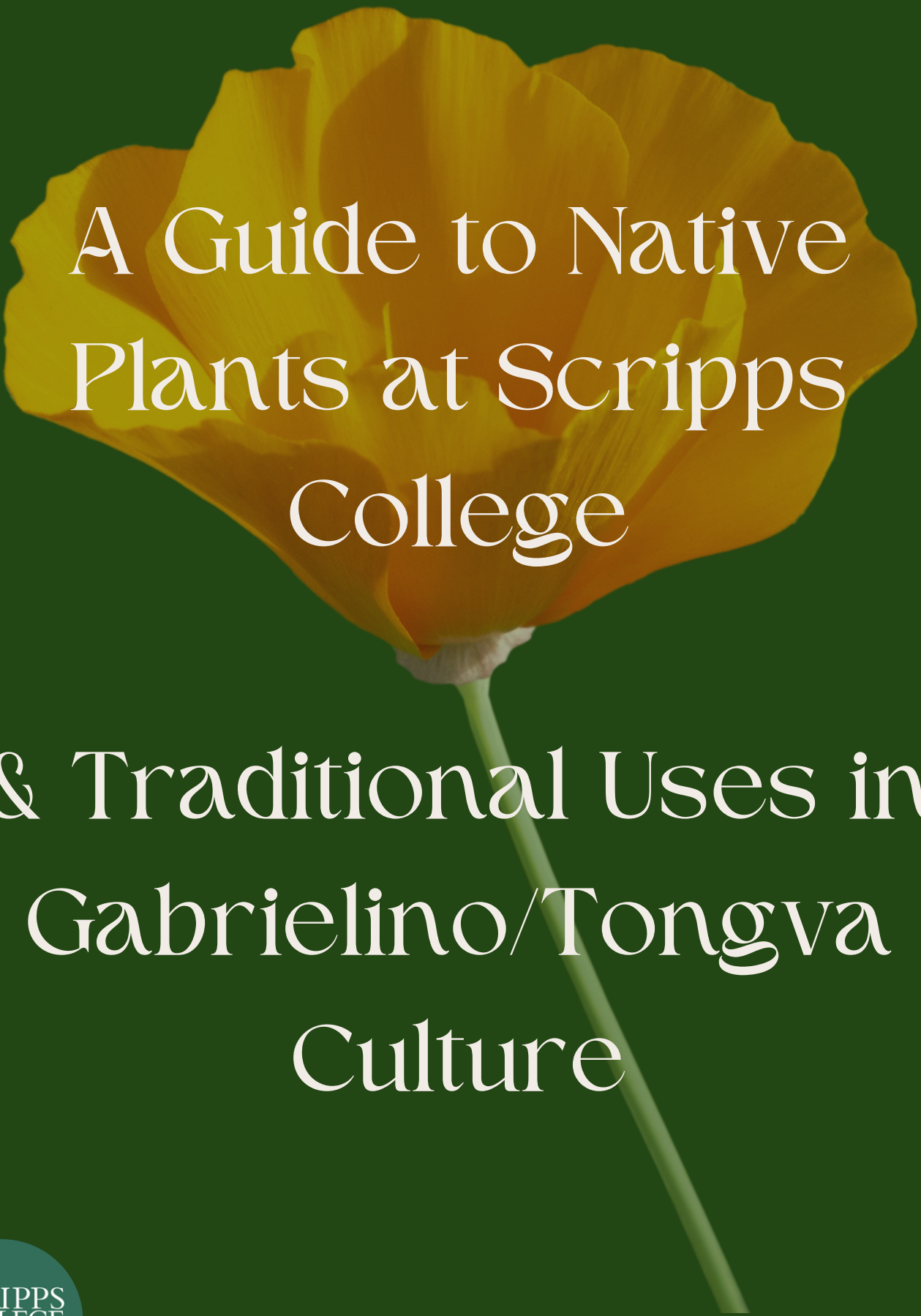




A Guide to Native Plants at Scripps College

& Traditional Uses in Gabrielino/Tongva Culture

We would like to respectfully acknowledge that Scripps College sits within the historic homeland of the Tongva people.

We acknowledge the painful history of genocide and colonization in our area. We acknowledge the strength and resilience of the Tongva people of the past, present, and future as the original caretakers of the land, water, and air, and we recognize our responsibility to be respectful stewards of the Scripps College campus. Today, this area and this campus are home to many Indigenous people from across the globe and we are proud that they are part of our community and institution.



“The Gabrielino/Tongva Nation
inhabited the Los Angeles Basin and four
Southern Channel Islands from time
immemorial. Our lands once consisted of
more than 1.5 million acres. Our ancestors
were proficient hunters, gatherers, and
fishermen, with a diet rich in local fauna
and flora. Noted for our craftsmanship in
basketry and pottery, we hold a profound
respect for nature.”

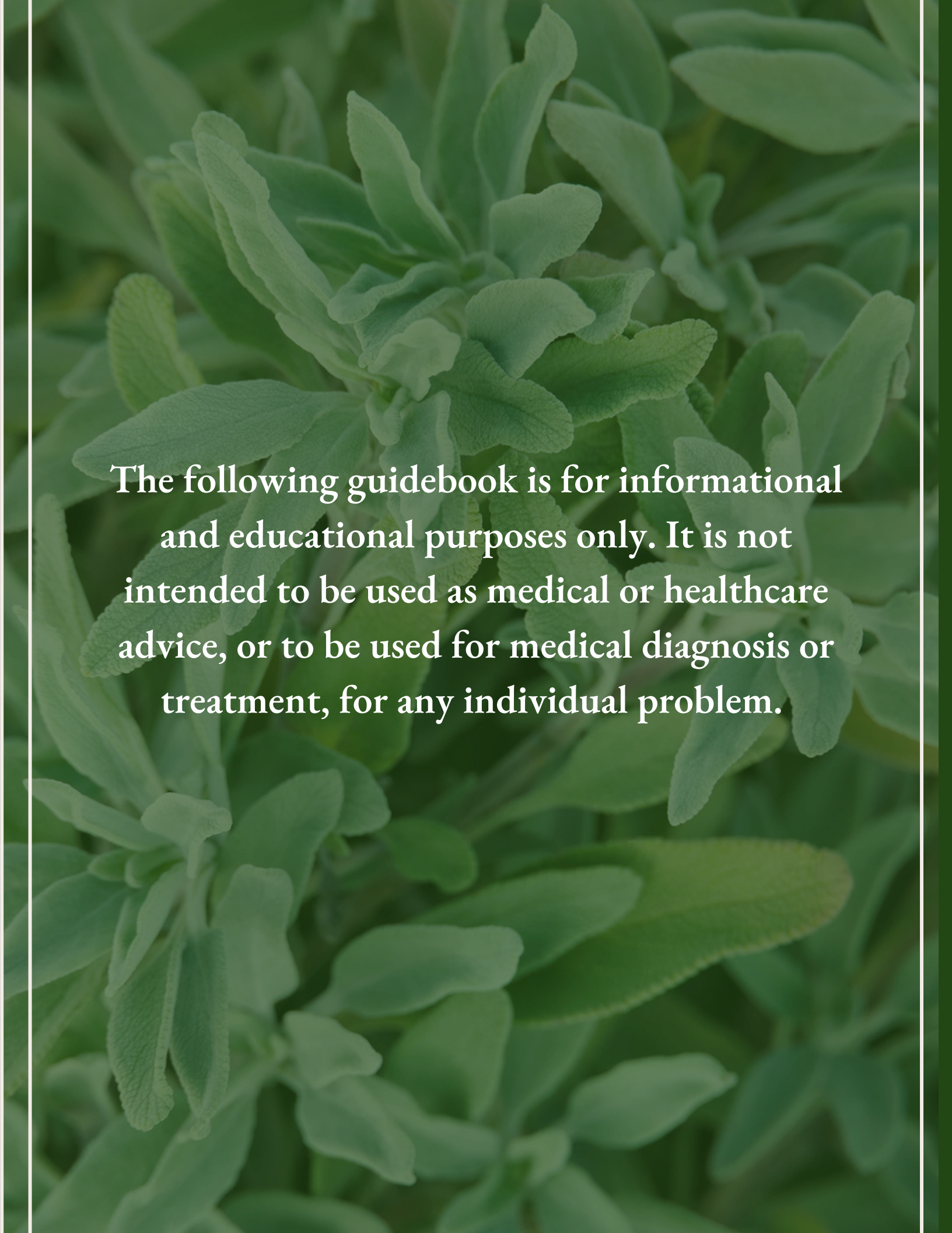
(gabrielinotongva.org)



Guidelines for Gathering

Jim Lowery & Mary Brooks (Tongva Nation)

1. Gather only what you need.
2. Pick selectively, for example a few leaves from each plant or a few plants from each area. Leave plants to regenerate.
3. Do not harvest plants from areas where airborne or waterborne pollutants collect on plants or in their tissues.
3. Think of your impact. Prune plants for their health as you gather, and spread around some of the plant's seeds. If plants are scarce, don't harvest them.
4. Respect the owners or caretakers of the land and ask permission.
5. Give thanks from the heart.



The following guidebook is for informational and educational purposes only. It is not intended to be used as medical or healthcare advice, or to be used for medical diagnosis or treatment, for any individual problem.

Evergreen Shrubs



Manzanita (Arctostaphylos) “Sobochesh”

Sobochesh berries eaten raw or dried and stored for winter. Pulp ground and dried and made into a cool drink. Blossoms steeped into a tea. Wood used for utensils. Leaves were dried and combined with native tobacco for spiritual ceremonies.



- Howard McMinn Manzanita (Arctostaphylos ‘Howard McMinn’) (Upper image).
- Sunset Manzanita (Arctostaphylos ‘Sunset’) (Left).
- Arctostaphylos ‘Pacific Mist’



California Lilac (Ceanothus) “Iwish”

Decoction from roots and bark treats nosebleeds, sore throats, tonsil problems, and sinusitis. The plant can be made into a wash to treat itches, sores, skin irritations. Seeds may be eaten.



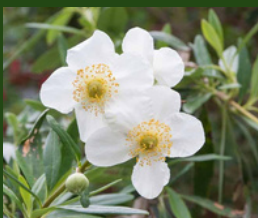
Coral Bells / Alum Root (Heuchera)

Root or leaf tea can treat intestinal or stomach ailments. Can be gargled for sore throats.



Toyon (Heteromeles arbutifolia) “Ashuwet”

Berries eaten fresh, roasted, or boiled. Tea from bark and leaves for stomach aches. Berries crushed for dye. Wood used for arrows and utensils.



Bush Anemone CA (Carpenteria californica)

Uses unknown.

Evergreen Shrubs



Desert Broom (*Baccharis sarothroides*)

Used to build brooms, roofing hatch, and create dye. Decoction made by cooking twigs is used to treat colds, sinus headache, and can be rubbed to heal sore muscles.



California Fuchsia (*Epilobium*)

Used as detergent for washing, decoctions or infusion used to ail kidney or bladder conditions and instant fevers. Dried or powdered leaves used to treat poison oak, cuts, or wounds.



California Buckwheat (*Eriogonum fasciculatum*) “Wilakal”

Leaves brewed into a strong tea to relieve headaches and stomach problems. A poultice from flowers and leaves soothe wounds. Shoots and seeds are edible. Seeds are ground and scattered during ceremonies.



Coyote Brush (*Baccharis pilularis*)

Tea from leaves treats stomach problems, heated leaves decrease swellings, branches used for arrow shafts.)



Santa Cruz Island Buckwheat (*Eriogonum arborescens*)

Uses unknown.

Evergreen Shrubs



Flannel Bush (*Fremontodendron californicum*) “Kwiashili”
Bark used to make tea to soothe the throat. Inner bark used to create detoxifying infusion to clean digestive system. Outerbark used for cordage. Leaves produce allergic reactions.



Chamise (*Adenostema fasciculatum*) “Hu’utah”
Tea from bark can cure skin infections, branches used to build huts for Shamans, branches also used for fires.



Evie Silktassel Bush (*Garrya elliptica* ‘Evie’)
Pain reliever for stomach cramps, can be used as a screen.



California Fuchsia (*Epilobium canum*)
Tea is made from the leaves for kidney and bladder ailments. Dried and powdered leaves are used to treat sores, cuts, wounds, and poison oak rashes.



Snapdragon (*Galvezia*)
Uses unknown.



Nevin's Barberry (*Berberis nevinii*)
Uses unknown.

Semi-Evergreen Shrubs



Matilija Poppy AKA Fried Egg Flower (*Romneya coulteri*)
Plant used to treat upset stomachs, skin, and gum problems.



White Sage (*Salvia apiana*) “Kasili”

Leaves used for purification and blessing ceremonies, spiritual cleansing, and smudging. Disperses bad luck. Medicinal and spiritual simultaneously when used for a tonic or cleanser. The use of white sage is a closed practice – it is for Indigenous people who are connected to the tradition.



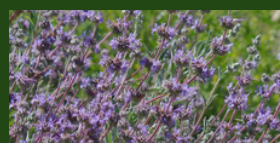
Purple Sage (*Salvia leucophylla*)

Leaves used to create a tea for colds and sore throats, use in foot soaks for arthritis pain.



Cleveland Sage (*Salvia* ‘*Clevelandii*’)

Used for ceremonial smudges and home fumigation. Leaves used to treat coughs and chest coast, heal poison oak. Can be used as a culinary herb.



- Allen Chickering Sage (*Salvia clevelandii* ‘Allen Chickering’)



Bee's Bliss Sage (*Salvia* ‘*Bee's Bliss*’)

Uses unknown; supportive to pollinators.

Evergreen Trees



Oak (*Quercus*) “Weht”

The acorns were dried, shelled, and grounded. Acorn meat “Chemeshkwar” was made into meal to be used for bread or to be boiled into soup.



- Coast Live Oak (*Quercus agrifolia*) (Pictured on the left)
- Engelmann Oak (*Quercus engelmannii*)
- Valley Oak (*Quercus lobata*)



Pacific Madrone (*Arbutus menziesii*)

Berries were eaten fresh, made into cider, or cooked and dried for later use. Berries were strung to make necklaces or decorations. The leaves were used treat cramps and stomachaches.



California Fan Palm (*Washingtonia filifera*)

Fruit was eaten fresh or dried in the sun. The seeds and flour were pounded into a meal. The leaves were used for clothing, sandals, thatching, ropemaking, and basketry materials.

Deciduous Trees



California Sycamore (*Platanus racemosa*)

The inner bark was used for food and medicinal tonic, leaves were used to wrap bread during baking, and limbs and branches were used in house construction.



Desert Willow (*Chilopsis linearis*)

Mature willow branches were the main source for house building. Bark was turned into fabric for clothing and cordage for nets.

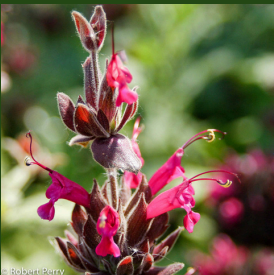
Other Deciduous Plants



California Bush Sunflower (*Encelia californica*), winter deciduous

Mashed and boiled to form a thick paste that was spread on aching joints; the paste was also dissolved in warm water as a soothing bath.

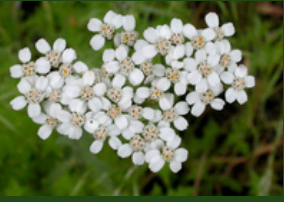
Herbaceous Shrubs



Hummingbird Sage (*Salvia spathacea*)

Used to make a decongesting tea.

Herbaceous Perennials



Yarrow (*Achillea millefolium*), “Paswat”

Roots, leaves, and flowers were brewed into a tea for stomachache, headache, and fevers. Lotion made for sore eyes.



Coyote Mint (*Monardella villosa*)

Decoction and salve used to support respiratory system. Infusion made of leaves to alleviate stomach aches. Poultice applied to cuts made on back to treat pneumonia.



Monkeyflower (*Mimulus aurantiacus*)

Leaves, stems, and flowers treat kidney and urinary problems, fevers, and diarrhea.



Western Columbine (*Aquilegia formosa*)

Eaten in small quantities, leaves prepared as infusions to treat coughs, colds, and sore throats. Plant can be boiled and used as an anti-lice hair wash. Crushed seeds used as perfume.



Seaside Daisy (*Erigeron glaucus*)

Uses unknown.



Hayes Iva or San Diego Marsh-elder (*Iva hayesiana*)

Uses unknown.

Herbaceous Perennials



Penstemon / Beardtongue (*Penstemon*)

Roots used to alleviate toothache. Poultice or wash made from leaves treated cuts and burns. Poultice from roots and flowers treated sores and swollen limbs.



Beach Strawberry (*Fragaria chiloensis*)

Eaten fresh, dried, or preserved into jams. Leaves were used to brew teas high in vitamin C. Roots were used for teas to relieve stomach disorders. Roots chewed to clean teeth.



California Sagebrush (*Artemisia californica*) “Pawots”

Wire-like branches used for basket making. Plant can be made into a bandage. Tea brewed to purify women on the first days of their cycle. Blossoms and leaves hung in sweathouses.

Herbaceous Subshrubs



Pitcher Sage (*Lepechinia fragrans*)

Tea from leaves made to treat colds. Seeds eaten after being ground and toasted.



De La mina Verbena (*Verbena lilacina* ‘De La Mina’)

Verbena may be able to relieve arthritis pain, bruises, itches, colds and respiratory problems, sore throats, kidney and liver problems, depression, and anxiety.

Grasses



Deergrass (*Muhlenbergia rigens*) “Su’ul”

The essential grass for basketmaking. Seeds ground into a meal. Fibers used as thread. Stalks often tied with feathers for ceremonies.



California Field Sedge (*Carex praegracilis*)

Used to make ropes, mats, and baskets.



Idaho Fescue (*Festuca idahoensis* ‘Tomaes Bay’)

Nutritious forage for livestock.



Slender Veldt Grass (*Pennisetum spathioltum*)

Nutritious forage for livestock.

Perennial/Annual Depending on Climate



California Poppy (*Escholzia californica*) “Mekachaa”

Poppy juice used to treat aching teeth; roots used for headaches and sores. A boiled tea of the flowers can kill lice.

Sources

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Thank you
for reading!