

Native Plants/Native Peoples

(Your Name)

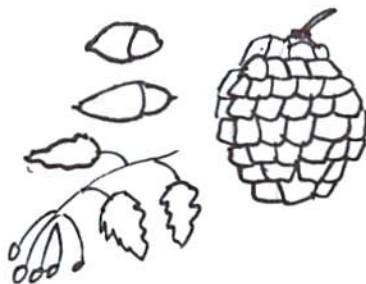
San Diego Botanic Garden
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The Kumeyaay lived in our area for the last 8-10,000 years. They used plants for food, for medicine, and to build their homes.



Housing
They made their houses from Tules reeds over a Willow frame. Their house is called a "ewaa".

Food
Acorns were ground up and washed to remove tannins. Roasted pine nuts and berries added flavor to the diet.



Gathering
Girls learned which plants to gather from their mothers and grandmothers. They learned to take only what was needed.



Medicine
They used many plants for medicine. Yerba Santa was used to make a tea for sore throats. Willow has the same chemicals as aspirin and was used for headaches.



Hunters
Young boys learned to hunt from their grandfathers. They learned to throw rabbit sticks and to make boats from Tules reed.

Baskets
Young Kumeyaay girls learned to make baskets from Juncus reeds and Deer grass.

