

Native Plants/ People Tour: Hunting and Harvesting

This area of the garden is like a big shopping center for food, tools, medicine and food. If you know where to look.

Homesite

Tule Reed - Discuss house EWAA and Boats w/ picture. Triangular

Shape packs together better than round (cylinder)

Juncus Reed - Basket weaving. (Reeds are round; sedges have edges)

Willow- Granary basket natural bug repellent; Seed Beater; willow bark skirt,

Cattail - original disposable diaper

Coast live oak

Discuss acorns for food and rabbit stick for hunting. (rock and rabbit skin) Have student demonstrate throwing rabbit stick

Chia seeds

Used as “walking “food”. Demonstrate reaction to water. Gel forms; swells, and makes you less hungry.

Sunflower seeds - food and oil (fat)

White Sage - Use as scent camouflage and for smudging (ceremonial)

Yerba Santa: Medicine for coughs (tea)

Barrel Cactus flowers as fire starter

Ceanothus- Used as soap. Demonstrate by vigorously rubbing flowers between hands with a little water.

On the Loop Trail

Torrey Pine - Discuss pine nuts as food; 5 needles in a bundle

Lemonade Berry - drink flavoring. Lemon flavor makes
mouth water, so not so thirsty

Black Sage - Seeds for food

Manzanita (Del Mar Manzanita endangered)

Chamise

Discuss fire prone and use as torch (flash light)

Use as arrow shaft

Yucca – (Quiver with arrows, sandal, string, needle and thread)

Discuss edible flowers; edible roasted stalk; Stalk use as
quiver.

Major source of cordage (string, rope) to make nets,
sandals; basket starts, needle and thread

Wild cucumber- Use for fish capture

Jojoba – Edible seeds and oil rich

Artemisia - Natural bug repellent for houses

Pack Rat Midden- Willow rat poker. Crush and cook whole
animal. Small mammals as source of calcium from their bones.