

The first twenty plants in the guide are identified by markers in the East Shepherd Canyon restoration area.

1. California Sagebrush



Asteraceae – Sunflower Family – *Artemisia californica*

This shrub is native to California and Baja California. Sagebrushes are very common across the western United States; California Sagebrush is very abundant in coast sage scrub and chaparral habitats in Central and Southern California. It is a large shrub with silver-green, fragrant leaves that can grow up to 5 feet high. Sagebrushes are not true Sages, but are called Sagebrush because they smell like Sage. Many people think California Sagebrush has a very pleasant odor. Cowboys used to ride through California Sagebrush and would come home with the smell of it on their clothes, which gave rise to its nickname, "Cowboy Cologne". It blooms from April to October, and its flowers are small and yellow. It likes full sun and little or no water. Although it doesn't seem to care if it is growing in clay or sandy soil, this plant hates being wet in the summer. California Sagebrush relies on fire for germination of its seeds. Animals don't usually eat this plant, probably because the aromatic compounds in the leaves make it bitter tasting. It is a nesting habitat for many birds, including the endangered California gnatcatcher. California quail also love it. Native Americans in California used the leaves of California Sagebrush for a number of medicinal treatments, including as a poultice for toothaches and wounds, and to ease the pain of labor. They also applied it as a poultice to their backs to treat asthma.

2. White Sage



Lamiaceae - Mint Family - *Salvia apiana*

White Sage is a shrub native to California, and is common all over San Diego County, except in the mountains. It has small, white flowers from April to July. If you rub the leaf between your fingers, it gives off a pleasant fragrance. The fresh stalks are edible, and you could potentially eat it to survive in the wild. Kumeyaay Indians would peel the young shoots and eat them raw, and they would grind the seeds and toast them to make a cereal. Kumeyaay Indians would also use it for medicinal purposes. They would dry the leaves and crumble them in hot water to make tea to help with coughs and colds, and they would use the plant as an antiseptic. It was also considered sacred and was used in ceremonies for purification. Native bees, butterflies, and hummingbirds use the pollen and nectar from this plant.

3. Fuchsia-Flowered Gooseberry



Grossulariaceae Family – Gooseberry Family – *Ribes speciosum*

Fuchsia-flowered Gooseberry is a native California evergreen shrub that grows from 3 to 6 feet tall. You can tell it is a Gooseberry by its spiny stems, which are visible on the picture on the right. It can be found in shaded canyons and woodlands from Northern Baja to Northern California. Fuchsia-flowered Gooseberry has pink, tubular flowers that grow in groups of 1 to 4 and hang underneath its branches. It blooms from January through May. Its berries range in color from red to orange and have a gem-like appearance. The small berries are not considered good to eat. It should not to be confused with California Fuchsia, which also has bright pink flowers. California Fuchsia is a smaller plant which usually only reaches 2 feet in height; it also does not have spines on its stems like Fuchsia-flowered Gooseberry does. Small birds, bees and butterflies all utilize this shrub. Hummingbirds use the Fuchsia-flowered Gooseberry as a place to build nests, and it is used as a host plant by the Tailed Copper, Hoary Comma, and Oreas Comma butterflies.

4. Coast Live Oak



Fagaceae – Oak Family – *Quercus agrifolia*

The Coast Live Oak is native to Southern California, and it is the most common large tree in San Diego County. It can grow as tall as 75 feet. The Coast Live Oak can be found growing in canyons, woodlands, and valleys below 5,000 feet, and is moderately drought tolerant. Its wide branches and leaves are deep green, smooth, and have an oval, cupped shape. It blooms between the months of February to April. Once the Coast Live Oak reaches maturity at 1 year, it will produce acorns approximately every 2 to 3 years. Its acorns are an important source of food for deer, birds, and small mammals, and the tree itself proves cover and shade for a variety of animals. Coast Live Oak acorns were an important food source for local Kumeyaay Indians. Men, women, and children would all help to gather the acorns during a two-week period in the fall. Then the women would pour water over the acorns until a toxic chemical called tannic acid was washed away, dry them, and grind them between rocks into a flour. Shawee is a traditional dish made from acorn flour, it is still eaten by the Kumeyaay today. Many butterflies use the Coast Live Oak as a host plant, including California Sister, Propertius Duskywing, Mournful Duskywing, and Gold-Hunter's Hairstreak. It can be attacked by pests such as the Shot Hole borer and the Glassy-Winged sharpshooter, which can carry Pierce's Disease bacterium, and by a fungus that can cause Sudden Oak Death.

5. **California Honeysuckle**



Flower photo by Walter Siegmund

Caprifoliaceae – Honeysuckle Family - *Lonicera hispidula*

The California or Pink Honeysuckle is a native vine or shrub that is found at low elevations in California and the western United States. This plant prefers to grow in moist, shady places, like stream banks and slopes, though it is also drought tolerant and can handle drier soil. Its long branches grow in a spreading, trailing fashion. It blooms from April to July, and has large, bright pink flowers. Bumblebees and hummingbirds feed on the pollen and nectar of the flowers. California Honeysuckle produces red berries that are relished by birds. The berries are considered edible for humans, but have a bitter taste. The stems and branches of this plant are hollow and sturdy, and the Pomo tribe used them to make smoking pipes.