



# The Shooting Star

SIERRA FOOTHILLS CHAPTER

CALIFORNIA NATIVE PLANT SOCIETY

JUNE 2015

Page 1



Monarch caterpillar on purple milkweed (*Asclepias cordifolia*)



Field trip attendees viewing native plants

West Side Railroad Grade Field Trip, April 19th

Photos: Jennie Haas

## CNPS NATIVE PLANT DEMO GARDEN WILDFLOWER SEED SAVING AND WORKDAY

The wildflowers in our demo garden didn't seem to mind less rain this winter. They put on quite a show. Hope you stopped by to enjoy them. The poppies are still putting on a nice display of color; they seem to always be in different stages of growth. This is why June 7<sup>th</sup> should be a perfect time to have a workday and save some wildflower seeds while we are cleaning up the area.

We have planted over 30 varieties of plants in the garden. Come with your questions on growing natives. We will meet at the garden on Sunday at Noon. Bring your gloves, small paper bags for

seed collecting, and tools for cleaning up dried plants. Please come join us as I'm sure it will be a fun day of learning.

The garden is located at the Sonora Dog Park and is open to the public. Easy to get to: on Greenley turn right on Cabezut Road; take 2<sup>nd</sup> left onto Covey Circle. Sonora Sunrise Rotary Dog Park is on your right just past the Quail Hollow Storage Unit. Hope you can make it. Don't forget hats, sunscreen and plenty of water.

-- Stephanie Garcia

**Submit newsletter articles, native plant happenings, and native plant photos! Deadline is the 10th of each**

## Upcoming Events



**May 30th** - Hammill Canyon/Herring Creek Road Field Trip

**May 30th** - Rare plant meadow restoration with CSERC

**June 7th** - Wildflower seed saving at Demo Garden

**June 20th** - Pilot Peak Field Trip

If you change your mailing or e-mail address, be sure to send a note to Jennie Haas. This will keep your newsletter on time!

**Jennie Haas**  
19287 James Circle  
Groveland, CA 95321  
jhaas953@gmail.com

**California Native Plant Society**  
2707 K. St. Suite 1  
Sacramento, CA 95816  
www.cnps.org

**Sierra Foothills Chapter**  
[www.sierrafoothillscnps.org](http://www.sierrafoothillscnps.org)

*Dedicated to the Preservation of California Native Flora.*

## Field Trips

The April 25<sup>th</sup> Abernathy Lava Caps field trip and the May 9<sup>th</sup> Calaveras Big Trees field trip were cancelled due to rain and snow. The weather was much more favorable on April 19<sup>th</sup> for the Westside Railroad Grade Trail field trip. With temperatures in the high 70s, 13 members and guests enjoyed a number of nice plants in bloom, including chia (*Salvia columbariae*), elegant Clarkia (*Clarkia unguiculata*), and blue top Gilia (*Gilia capitata*). The highlights of the day were the exquisite, green-flowered wood rein-orchid (*Piperia elongata*) and a purple milkweed (*Asclepias cordifolia*) with about a dozen monarch butterfly caterpillars busily munching away at the plant.

For all field trips: bring lunch, water, sunscreen and appropriate clothing and footwear. Hiking level varies with each trip. Your trip will be enhanced by bringing field guides and magnifying lenses, although these are optional. Carpooling is encouraged. Call ahead if the weather looks iffy. Check [http://www.twitter.com/SIE\\_CNPS](http://www.twitter.com/SIE_CNPS) for updates. Our field trips are open to everyone. Bring a friend or two. It is Chapter policy that pets are not allowed on our field trips. We appreciate everyone's adherence to this policy.

If you would like to be on our field trip alerts e-mail list, send an e-mail to Jennie at [jhaas953@gmail.com](mailto:jhaas953@gmail.com).

**May 30 – Hammill Canyon/Herring Creek Road.** Leader: Jennie Haas. Hiking level: moderate (some rough ground and a small amount of cross-country hiking). This area contains diverse habitats and a 2,400 foot elevation gain along the road from Highway 108 to the top of the loop in Hammill Canyon. There is a great diversity of plants. We're hoping to see the Peony in bloom at this early date. Meet at 9:00a.m. in the parking lot between the Sonora KFC restaurant and Kohl's, on Mono Way. For more information, contact Jennie at (209) 962-4759, [jhaas953@gmail.com](mailto:jhaas953@gmail.com).

**June 20 – Pilot Peak.** Leader: Barry and Judy Breckling. Hiking level: moderate (about 3 miles with 700-foot elevation gain). Much of the Pilot Peak area burned in the Rim fire, so we should see some interesting plants. We'll see how the tiny, rare Yosemite Woolly Sunflower, *Eriophyllum nubigenum*, has fared after the fire. Meet at 9:00 a.m. in the Groveland Library parking lot (next to Mary Lavaroni Park on Main Street, Highway 120). For more information, contact Barry and Judy at (209) 878-3041, [breckling@garlic.com](mailto:breckling@garlic.com).



Wood rein-orchid (*Piperia elongata*) Photo: Jennie Haas

--Jennie Haas, Field Trip Coordinator

## TRADITIONAL USES OF QUERCUS

The genus *Quercus* is an ubiquitous presence throughout the California landscape, except in the deserts of southern California and the highest slopes of the mountains. Twenty species are found from sea level elevation to 9000 feet. Their vast ecological tolerance has caused wide variation in form and habitat. They can be as small as 3 feet tall, or as tall as 100 feet. Leaves can range in size from 1 to 6 inches, and vary from soft to leathery with edges that are smooth, serrated, or deeply lobed, and color from deep green to grey green to matte blue. Acorns can be egg-shaped to conical, tan to almost charcoal grey. Bark varies as well, from smooth to fissured, light grey to almost black.

Acorn mush was the chief daily food for the majority of native Californians. Different tribes had their favorites depending on taste and access. *Quercus aquifolia* or Coast Live Oak, and *Quercus lobata* or Valley Oak, were popular where they were available. The favorite of the Monaches and the Miwoks was the California Black Oak, *Quercus Kelloggii*, which grow in the higher elevations on the west side of the Sierra. Shasta Indians used Maul Oak, *Quercus chrysolepis*, and would bury the acorns in swampy mud for a year, dig them up, roast them and eat them whole. Most natives, however, pounded the acorns into a meal to use in a thick soup or bread. They only used a little of their acorn store at a time, as the meal did not keep well.

Generally, they would use a suitable rock as a pestle and pound acorns in a depression in a large rock. They then sifted this meal, and taking only the finest part, leached it in a sandy river bed hollow or a basket made especially for this purpose. Leaching the bitter tannins could take the better part of the day. The then palatable meal would be baked in a pit oven lined with hot rocks or used in a thick soup called atole. The natives also used the oak bark medicinally and for curing hides and making a dye. The inner bark was used medicinally as the tannins made it an excellent astringent. A solution or salve was made to be used for boils, sores, hemorrhoids and other inflammatory conditions. It was also used on the scalp for dandruff treatment and hair loss (good luck with that). The galls of the Valley Oak were collected, diluted, and used as an eyewash.

Sources:

Wild Food Plants of the Sierra, Steven and Mary Thompson

California Native Plants for the Garden, Bornstei, Fross, and O' Brien



-- Stefani Reichle

## CSERC Meadow Fencing Project, Saturday, May 30<sup>th</sup>

**Come and help CSERC and the Stanislaus National Forest fence a special meadow near Lake Moran!** The site location is about a 1.5 hour drive from Hathaway Pines off of Highway 4.

The workday should be completed in 9 hours total including drive time. This is an important project that will protect sensitive plants from livestock impacts.

**We need 15-20 volunteers to help us out with this project.**

**What we will do** (at right, top to bottom):

- A. Pound in t-posts for the fence line.
- B. Run barbed wire between the t-posts
- C. Use trees as our fence corners
- D. Attach the wire to the t-posts to secure the fence.

Plan to bring the following items at a minimum:

- work clothes you don't mind getting dirty (long sleeves recommended and pants required)
- sun protection
- lunch (snacks will be provided)
- water (we'll also have drinks)
- boots (**no sandals!**)

***It's important to sign up in advance so we know how many volunteers are coming and you can find out where to meet, and so we can let you know of any last minute changes.*** Carpooling will be organized for those who are interested.

Contact Julia at [julias@cserc.org](mailto:julias@cserc.org), or call the CSERC office at 209-586-7440, to sign up or find out more!

Hope you can join us!





CNPS Sierra Foothills Chapter  
 19287 James Circle  
 Groveland, CA 95321

**RETURN SERVICE REQUESTED**

Chapter Officers and Chairpersons			
All phone numbers are 209 area code unless otherwise specified.			
PRESIDENT	Robert Dean	754-5887	<a href="mailto:goldrushdean@yahoo.com">goldrushdean@yahoo.com</a>
VP AMADOR CO.	<b>OPEN</b>		
VP CALAVERAS CO.	Judy Dean	754-5887	<a href="mailto:goldrushdean@yahoo.com">goldrushdean@yahoo.com</a>
VP MARIPOSA CO.	David Campbell Tom Reyes	(612) 867-8700 (818) 554-6616	<a href="mailto:DCampbell.CNPS@gmail.com">DCampbell.CNPS@gmail.com</a> <a href="mailto:tpreyes87@gmail.com">tpreyes87@gmail.com</a>
VP TUOLUMNE CO.	Pat Gogas	586-9043	<a href="mailto:pfgogas@yahoo.com">pfgogas@yahoo.com</a>
SECRETARY	Stephanie Garcia	586-3593	<a href="mailto:sjgarcia@mlode.com">sjgarcia@mlode.com</a>
TREASURER	Patti Hohne	352-4312	<a href="mailto:phohne@gmail.com">phohne@gmail.com</a>
CONSERVATION CHAIR	<b>OPEN</b>		
EDUCATION CHAIR	<b>OPEN</b>		
FIELD TRIP COORDINATOR	Jennie Haas	962-4759	<a href="mailto:jhaas953@gmail.com">jhaas953@gmail.com</a>
GROWING AREA MGR.	Stephanie Garcia	586-3593	<a href="mailto:sjgarcia@mlode.com">sjgarcia@mlode.com</a>
HOSPITALITY COORD.	<b>OPEN</b>		
INVASIVE EXOTICS	<b>OPEN</b>		
MERCH./SALES COORD.	Diane Williams	586-1557	<a href="mailto:dianewilliams3664@comcast.net">dianewilliams3664@comcast.net</a>
MEMBERSHIP COORD.	Jennie Haas	962-4759	<a href="mailto:jhaas953@gmail.com">jhaas953@gmail.com</a>
NEWSLETTER EDITOR	Quinn Young	272-4546	<a href="mailto:quinnyoung26@gmail.com">quinnyoung26@gmail.com</a>
PLANT SALES CHAIR	Judy Dean, Stephanie Garcia	754-5887 586-3593	<a href="mailto:goldrushdean@yahoo.com">goldrushdean@yahoo.com</a> <a href="mailto:sjgarcia@mlode.com">sjgarcia@mlode.com</a>
PLANT SALES Vol. Coord.	<b>OPEN</b>		
PROGRAM COMM. CHAIR	<b>OPEN</b>		
PUBLICITY COORD.	<b>OPEN</b>		

**JOIN NOW**

PLEASE INCLUDE ME AS A CNPS MEMBER!

Student/Retired/Limited income ...\$25  
 Individual ..... \$45  
 Family or Group ..... \$75  
 Library..... \$75  
 Plant Lover ..... \$100  
 Patron.....\$300  
 Benefactor ..... \$600  
 Mariposa Lily..... \$1,500

As always, donations above the membership level chosen will be greatly appreciated.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ E-mail \_\_\_\_\_  
 (Dues and gifts to CNPS are tax deductible)

I Wish to affiliate with the **Sierra Foothills** Chapter.

Please make your check payable to "CNPS" and send it to: 2707 "K" street, Suite 1, Sacramento, CA 95816 Tel. (916) 447-2677.

Join or renew on-line at [www.cnps.org](http://www.cnps.org).

**Membership includes the journal Fremontia, CNPS Bulletin and the Sierra Foothills monthly newsletter, The Shooting Star.**