

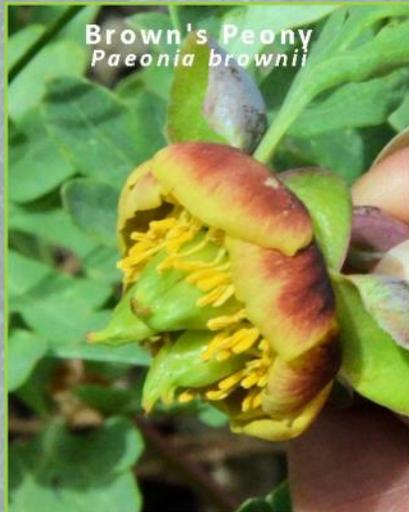


The Shooting Star

SIERRA FOOTHILLS CHAPTER

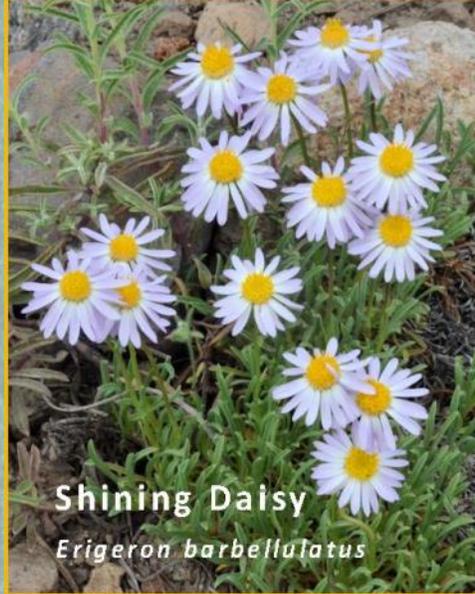
CALIFORNIA NATIVE PLANT SOCIETY

AUGUST 2016 Page 1



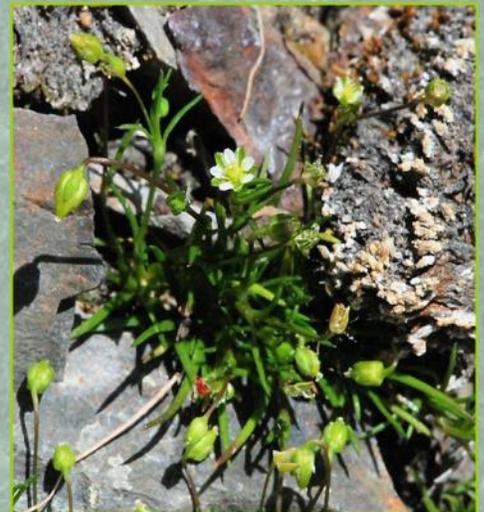
Brown's Peony
Paeonia brownii

Trail of Gargoyles Field Trip.
Photo: Barry Breckling



Shining Daisy
Erigeron barbellulatus

Trail of Gargoyles Field Trip. Photo:
Barry Breckling



Sagina saginoides Photo: Barry
Breckling

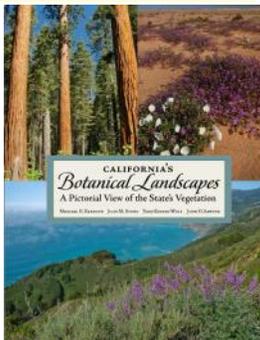
MARK YOUR CALENDARS! CNPS FALL PLANT SALE

Saturday, October 22

9am to Noon

Rocca Park
Jamestown

California's
Botanical
Landscapes



Contact Diane Williams if you would like to purchase a copy!

SUMMER MEETING HIATUS

There will be no normal monthly meetings during the months of June, July, and August. The "Shooting Star" Newsletter will continue through the summer. See you at September's monthly meeting.

Check in often for updates to
our website:

www.sierrafoothillscnps.org

Calendar

July 23 – Carson Pass Area.

Leader: Bob Dean. Hiking level: Arduous (high elevation).

August 7 – Kinney Lake.

Leader: Rebecca Andrade. Hiking level: Moderate.

August 13 – Sonora Pass & Pacific Crest Trail. Leader:

Becky Miller-Cripps. Hiking level: Arduous (> 10,000 ft. elevation).

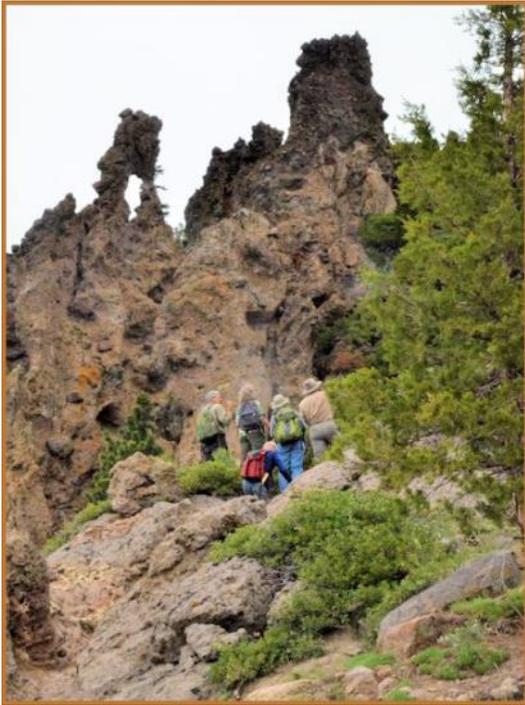
If you change your mailing or e-mail address, be sure to send a note to Jennie Haas. This will

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Groveland, CA 95321
jhaas953@gmail.com

California Native Plant Society
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www.cnps.org

Sierra Foothills Chapter
www.sierrafoothillscnps.org
*Dedicated to the Preservation of
California Native Flora.*

Field Trips



The unseasonably hot, dry weather in June pushed a lot of the mid-elevation plants to finish up early. Look to the highest elevations for wildflowers from the end of July into August. The mountain passes will be your best bet for accessible viewing.

Of the June 26th Lake Alpine Field Trip, Barry and Judy Breckling report: The Bee Gulch field trip started at Alpine Lake along Highway 4. We had fine weather and great fun. Doug, who drove all the way from Merced that morning, volunteered to carry our six-pound Jepson manual, and the manual got a lot of use. The group of eight identified over 60 different plant species. A highlight species was the tiny *Sagina saginoides*, Alpine Pearlwort, growing in patches along a gurgling creeklet. Thank you Judy and Barry for stepping in at the last minute and doing a great job of leading this field trip!

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 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.

Trail of Gargoyles Field Trip. Photo: Barry Breckling

Sign up for our field trip alerts e-mails. Send an e-mail with the subject line "Field Trip e-mail List" to Jennie at jhaas953@gmail.com. We'll use this mailing list and Twitter to provide timely information of field trip changes and those impromptu

"emergency field trips."

July 23 – Carson Pass Area. Leader: Bob Dean. Hiking Level: arduous due to the very high elevation. This will be another opportunity to explore alpine flora in another beautiful setting. We'll hike north of the highway seeking out the botanical treasures. Meet at 10:00a.m. at the wide, unpaved parking area on the north side of the highway just west of the pass. For more information, contact Bob at goldrushdean@yahoo.com, or 209-754-5887.

August 7 – Kinney Lake. Leader: Rebecca Andrade. Hiking level: Moderate. Wildflower hike to Kinney Lake, 3.2 Miles round trip. The trail is relatively flat with gentle slopes, and elevations above 8,000 ft. The trail meanders through a wide variety of colorful wildflowers, with spectacular mountainous views at every turn. Lunch will



Doug and Jeri identifying and photographing wildflowers, Bee Gulch Field Trip. Photo: Barry Breckling



Doug, Jeri, Judy, Sue, Lynn., Bee Gulch Field Trip. Photo: Barry Breckling

be at Kinney Lake where participants will be free to take their time to explore the area. Parking is limited so contact Rebecca to sign up for this trip. She'll provide details on the meeting place. Meet at 9:00a.m. at a parking area at Ebbetts Pass along Highway 4. For more information, contact Rebecca at r.andrade218@gmail.com.

August 13 – Sonora Pass & Pacific Crest Trail. Leader: Becky Miller-Cripps. Hiking Level: Arduous, due to elevation above 10,000 ft. Hike up to three miles out and back along the Pacific Crest Trail from Sonora Pass northward. High elevation wildflowers include dwarf versions of lower elevation plants. Sign-up with Becky by August 6th. Meet at 10:00a.m. at Baker Station along Highway 108 near Kennedy Meadows. For more information or to sign up, contact Becky at miller-cripps@att.net.

--Jennie Haas

Traditional Uses of California Poppy

California poppy, *Eschscholzia californica*, is our State flower since 1890, and one of our harbingers of Spring. Their bright orange blossoms against the new green of the hills gives a thrill after the relative starkness of Winter. Relatively easy to sow, they reseed and spread to the point of invasiveness throughout the western States. They like to grow in full sun in grassland, chaparral, and woodlands below 6000 feet. They are annuals or short-lived perennials with a long tap root, erect or prostrate in form.

The blossoms are single or double. The most common color is bright orange, but they can range from cream, to yellow, to lavender, to red. The blossoms close at night. They are distinguished from other poppies by the double torus, a light red ring just below the blossom. The buds have an outer pointed cap that is pushed off as the petals unfold. Each seed pod produces many small dark-colored seeds (for bagels ;)). The foliage is finely divided bluish green leaves that are linear or oblong in shape.

Native Californians used the roots, seeds, or leaves of the poppy in teas to treat headaches, anxiety, and insomnia. It was also used for colic and gripping stomach pain. They cut the root and applied the juice topically to treat tooth or oral pain.

Herbalists recognize it as a mild analgesic, antispasmodic, and sedative. Therefore it is used as a tea or tincture for insomnia, anxiety, or hyperactivity in children. As a tincture, it can be applied to abrasions for its antimicrobial effect. It is also taken internally for acute muscle pain or spasms, spasmodic coughs, or nerve pain. A tincture made from the root has been used as an external wash or poultice to suppress lactation in breast-feeding women.

Beautiful and useful, and ready to help us relax if we let it, it is a wonderful symbol of our State.

www.herbal.supplementresource.com

Sierra Nevada Wildflowers, Elizabeth L. Horn

California Native Plants for the Garden, Bernstein, Fross, O'Brien

-- Stefani Reichle



The group enjoyed wandering among the meadowfoam (*Limnanthes alba* ssp. *versicolor*) and western blue flag iris (*Iris missouriensis*) at the newest addition to Yosemite Nation Park at Ackerson Meadow. Photo: Kathy Burnett



The group examines and discusses the Hetch Hetchy monkeyflower (*Mimulus filicaulis*) and its habitat. Photo: Kathy Burnett

CNPS Sierra Foothills Chapter
 19287 James Circle
 Groveland, CA 95321

RETURN SERVICE REQUESTED

Chapter Officers and Chairpersons				JOIN NOW	
All phone numbers are 209 area code unless otherwise specified.					
PRESIDENT	Robert Dean	754-5887	goldrushdean@yahoo.com	PLEASE INCLUDE ME AS A CNPS MEMBER!	
VP AMADOR CO.	OPEN			Student/Retired/Limited income ...\$25	
VP CALAVERAS CO.	Judy Dean	754-5887	goldrushdean@yahoo.com	Individual \$45	
VP MARIPOSA CO.	David Campbell, Tom Reyes	(612) 867-8700 (818) 554-6616	moonwort.campbell@gmail.com tpreyes87@gmail.com	Family or Group \$75	
VP TUOLUMNE CO.	Pat Gogas	586-9043	pfgogas@yahoo.com	Library..... \$75	
SECRETARY	Stephanie Garcia	586-3593	sjgarcia@mlode.com	Plant Lover \$100	
TREASURER	Patti Hohne	352-4312	phohne@gmail.com	Patron.....\$300	
CONSERVATION CHAIR	OPEN			Benefactor \$600	
EDUCATION CHAIR	Rebecca Andrade	591-7996	r.andrade218@gmail.com	Mariposa Lily..... \$1,500	
FIELD TRIP COORDINATOR	Jennie Haas	962-4759	jhaas953@gmail.com	As always, donations above the membership level chosen will be greatly appreciated.	
GROWING AREA MGR.	Stephanie Garcia	586-3593	sjgarcia@mlode.com	Name _____	
HOSPITALITY COORD.	OPEN			Address _____	
INVASIVE EXOTICS	Rebecca Andrade	591-7996	r.andrade218@gmail.com	City _____ State _____ Zip _____	
MERCH./SALES COORD.	Diane Williams	586-1557	dianewilliams3664@gmail.com	Telephone _____ E-mail _____	
MEMBERSHIP COORD.	Jennie Haas	962-4759	jhaas953@gmail.com	(Dues and gifts to CNPS are tax deductible)	
NEWSLETTER EDITOR	Quinn Young	272-4546	quinnyoung26@gmail.com	<input type="checkbox"/> I Wish to affiliate with the Sierra Foothills Chapter.	
PLANT SALES CHAIR	Judy Dean, Stephanie Garcia	754-5887 586-3593	goldrushdean@yahoo.com sjgarcia@mlode.com	Please make your check payable to "CNPS" and send it to: 2707 "K" street, Suite 1, Sacramento, CA 95816 Tel. (916) 447-2677.	
PLANT SALES Vol. Coord.	OPEN			Join or renew on-line at www.cnps.org .	
PROGRAM COMM. CHAIR	OPEN			Membership includes the journal Fremontia, CNPS Bulletin and the Sierra Foothills monthly newsletter, The Shooting Star.	
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