



The Shooting Star

SIERRA FOOTHILLS CHAPTER

CALIFORNIA NATIVE PLANT SOCIETY

SEPTEMBER 2015

Page 1



Iris missouriensis, Warren Canyon

Photo: John Little



Pinus albicaulis, Saddlebag Lake Field trip

Photo: Anna Puchkoff

Gardening with Natives

Helping our Foothill Gardens
Survive the Drought

Saturday,
September 12, 2015
9:00 a.m. to 3:30 p.m.
Creekside Building,
Mother Lode Fairgrounds,
Stockton Street,
Sonora, CA



**There will be no General Meeting in September.
Please join us for the Gardening with Natives,
Native Plant Symposium.**

24th Annual Cal-IPC Symposium
San Diego Convention Center
October 28-31, 2015

plus a special conference on:
Habitat Conservation Planning and
Invasive Plant Management
October 29, 2015

Register now! Early-bird rates through
Sept. 28

<http://www.cal-ipc.org>

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

*Dedicated to the Preservation of
California Native Flora.*

FIELD TRIPS

Tom Reyes reports on the field trip he led in July: “Despite having only a few hours between a snow storm and a thunder storm, the July 11 field trip to Saddlebag Lake was filled with sunny skies and beautiful alpine blooms. We started off the trip by walking along the talus slope around Saddlebag Lake where we saw alpine columbine (*Aquilegia pubescens*) along with its hybrid with crimson columbine (*Aquilegia formosa*), alpine gold (*Hulsea algida*), and Sierra beardtongue (*Penstemon heterodoxus*).



***Pedicularis groenlandica*, Saddlebag Lake Field trip**

Photo: Anna Puchkoff

Once we got into 20 Lakes Basin, we moved into alpine meadow habitat, where we observed a different suite of species including, white-bark pine (*Pinus albicaulis*), two species of elephant's head (*Pedicularis groenlandica* and *P. attollens*), primrose monkeyflower (*Mimulus primuloides*), and alpine goldenrod (*Solidago multiradiata*). After a satisfying hike, observing over 30 flowering species, we were able to take the boat back across Saddlebag Lake just as the thunderstorm was rolling in. Thanks again to everybody who helped make the day a success!”



***Pedicularis attollens*, Saddlebag Lake Field trip**

Photo: Anna Puchkoff

Two members and a guest accompanied John Little on his field trip to Warren Canyon on July 25th. Warren Canyon is located a short distance east of Tioga Pass, off of Highway 120. John reports of the trip “It was pretty late in the season for peak flowers but we saw a lot of species anyway, especially in the first mile or so along Warren Creek. If you've never been there you would enjoy it! It's worth a side trip when you're in the high country. The weather was great.”

Thank you to Tom and John for leading these great field trips!

There will be no field trips in September. The route for the Fall Colors field trip on October 17th is yet to be determined. Have a suggestion? Send it to me at jhaas953@gmail.com.

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

--Jennie Haas,
Field Trip Coordinator

CNPS NATIVE PLANT SALE

OCTOBER 24th



Join us at one of our favorite events of the year, our fall plant sale. This drought year has many of us thinking about including drought tolerant plants in our garden. As you look for plants that need less summer water, don't forget to include California natives. For many of our natives, summer is their dormant season. So, once established, they need less summer water; some require little to no summer water at all!

Our sale is on Saturday, October 24, from 9 am until Noon. We will be at the same location: Rocca Park, Main Street, Jamestown. We will have many different species of shrubs and perennials that need minimal water, once established, during our hot summer months. At the sale, there are always many knowledgeable people to answer your questions and help you choose the appropriate plant for your location.

Remember to come early for the best selection. Better yet, volunteer to help at the plant sale. Volunteers get to select plants before the sale is open to the public. We need volunteers with trucks or a SUV to load plants the night before and deliver them the morning of the sale. We also need cashiers and tag pullers. So email Stephanie at sjgarcia@mlode.com to volunteer.

-- Stephanie Garcia, Secretary and Plant Sales Chair

Traditional Uses of Holly-leaved Cherry

Holly-Leaved Cherry (*Prunus ilicifolia*), also known as Islay or "slay" by Native Californians, is a member of the Rosaceae family. It is found on slopes or canyons of woodlands or chaparral shrublands, up to 5000 feet in elevation. It grows in the Coastal ranges from Napa County, down thru San Francisco Bay Area, and into Baja. It can tolerate desert and seacoast, likes good drainage and temperatures above 10 degrees Fahrenheit.

This evergreen shrub grows to 30 feet high and almost as broad. Its densely branching twigs are reddish brown to gray. The alternating leaves are ovate and from 1 to 4 inches long. They are dark green on top and yellowish green underneath. They have serrated edges that resemble holly (hence the name) and smell of almonds when crushed. Small white flowers grow in clusters and the small (less than an inch) fruit ripens from red to deep purple in late summer and early Autumn.

Native Americans had several uses for Islay. They ate the fresh fruit pulp and pressed it into liquid for a fermented drink. However, it was the kernel inside the large stone pit that was most valued by many Natives. The pits were dried and cracked and the kernels removed. They were then leached many times to extract the bitter hydrocyanic acid. The ground meal was used as a soup base, or molded into shapes like tortillas, tamales, or cakes. These were eaten with meat or dipped in pinole.

Medicinally, tea was made from the bark or roots as a cold remedy. In the Spring when the sap was running, they used the bark and in the winter, they used the roots. Also, the leaves were boiled to make a wash to treat headaches.

Finally, the Costanoans used the tightly grained wood for bows. Others boiled the fruit to make a green dye.

Sources:

Maryruth Casebeer, Discover California Shrubs
USDA NRCS Plant Guides

-- Stefani Reichle





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	goldrushdean@yahoo.com
VP AMADOR CO.	OPEN		
VP CALAVERAS CO.	Judy Dean	754-5887	goldrushdean@yahoo.com
VP MARIPOSA CO.	David Campbell Tom Reyes	(612) 867-8700 (818) 554-6616	DCampbell.CNPS@gmail.com tpreyes87@gmail.com
VP TUOLUMNE CO.	Pat Gogas	586-9043	pfgogas@yahoo.com
SECRETARY	Stephanie Garcia	586-3593	sjgarcia@mlode.com
TREASURER	Patti Hohne	352-4312	phohne@gmail.com
CONSERVATION CHAIR	OPEN		
EDUCATION CHAIR	OPEN		
FIELD TRIP COORDINATOR	Jennie Haas	962-4759	jhaas953@gmail.com
GROWING AREA MGR.	Stephanie Garcia	586-3593	sjgarcia@mlode.com
HOSPITALITY COORD.	OPEN		
INVASIVE EXOTICS	OPEN		
MERCH./SALES COORD.	Diane Williams	586-1557	dianewilliams3664@comcast.net
MEMBERSHIP COORD.	Jennie Haas	962-4759	jhaas953@gmail.com
NEWSLETTER EDITOR	Quinn Young	272-4546	quinnyoung26@gmail.com
PLANT SALES CHAIR	Judy Dean, Stephanie Garcia	754-5887 586-3593	goldrushdean@yahoo.com sjgarcia@mlode.com
PLANT SALES Vol. Coord.	OPEN		
PROGRAM COMM. CHAIR	OPEN		
PUBLICITY COORD.	OPEN		

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.

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