



# The Shooting Star

SIERRA FOOTHILLS CHAPTER

CALIFORNIA NATIVE PLANT SOCIETY

FEBRUARY 2016

Page 1



Spicebush



Foothill Jepsonia

Photos: Bob Brown

## CNPS Shooting Star Newsletter Article Submission 2016

Please consider submitting an article and/or photos for the Shooting Star newsletter in 2016. It is fun to hear from the membership and to share how others enjoy native plants.

**Guidelines:** Material must be original (please cite sources if referencing literature). If you use scientific names, please check USDA Plants Database to verify the current accepted taxonomic name, <http://plants.usda.gov/java/nameSearch>).

**Topics:** Anything related to native plants such as plant walks, gardens and pollinators, landscaping, ecological discussions, conservation, and species' accounts. Original photos and sketches are encouraged. Please submit articles which are *400 words or less*. Articles are **accepted until the 10<sup>th</sup> of each month** for publication in the following month's newsletter (or later if we have several articles). Send questions to

[quinnyoung26@gmail.com](mailto:quinnyoung26@gmail.com)

- - *Quinn Young, Newsletter Editor*

Thank you

**DONATION TO OUR SIERRA  
FOOTHILLS CHAPTER!!**

Thank you to **Robin and Bob Wood** for their generous donation to our local Chapter!! We are grateful to you and thank you for believing in our Sierra Foothills Chapter which is composed of all our of members.

**Check in often for updates to  
our website:**

[www.sierrafoothillscnps.org](http://www.sierrafoothillscnps.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!

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*Dedicated to the Preservation of  
California Native Flora.*

## Field Trips

The weather pattern for this new year is off to a great start! If it keeps up, there will be wildflowers to enjoy. Last year was a bit of a disappointment but we were still able to find enough blooming plants to make our field trips worthwhile – when we weren't rained out, snowed out or locked out. The promise of greater precipitation from the El Nino pattern is tantalizing and makes me giddy with anticipation. Forget the sugar plums! I have posies dancing in my head!



Abernathy Lava Cap Field Trip, 2010  
credit: Alison Colwell

Photo

The 2016 Field Trip Committee will convene soon to plan the schedule for this year. The meeting date was in flux at press time (either 1/30 or 2/6) but there's still room at the table for anyone who would like to participate. We're interested in your field trip ideas – where to go or what to see. If you would like to participate, have ideas to contribute and/or wish to lead a field trip, contact me at 209-962-4759, or [jhaas953@gmail.com](mailto:jhaas953@gmail.com).

-- Jennie Haas

## Traditional uses of Spicebush

*Calycanthus occidentalis*, or Spicebush, is a deciduous shrub endemic to California. It can reach 10 feet tall and is found in moist, shady canyons, streambanks, and woodland ponds below 4000 feet elevation. It is fast growing and spreads by rhizomes.

It has brown, shredded bark and grows in a rounded shape. The leaves are 1-6 inches long, ovate, arranged in an opposite pattern. They are a rich green color, are hairy on the underside and rough on top. The leaves and bark have a spicy, sweet scent when crushed. The solitary chrysanthemum-like flower is 1-2 inches in diameter, maroon in color and has a wine-like fragrance. It blooms for only 1-2 days from May thru July. The beige colored fruit is cup-shaped and veined, about 1 inch in size, and lasts until the flowers return in late Spring.

The Pomo Indians used the aromatic bark for a tea to help with chest colds, expectoration, sore throats, and upset stomachs.

The wood from straight branches was used for arrow shafts. A light brown dye was made from the flowers. Fresh shoots were used in basket weaving. Finally, some ground the bark to use as a substitute for cinnamon and all spice.

There is a beautiful stand of spicebush on the trail up to the top of Table Mountain.

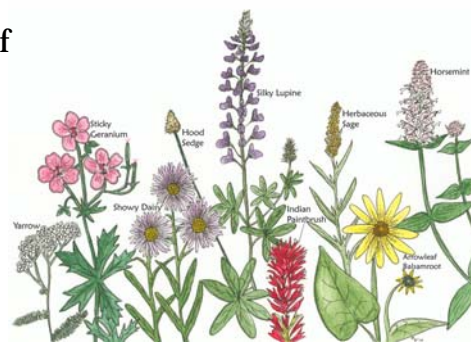
-- Stefani Reichle

Sources:

[practicalplants.org](http://practicalplants.org)

Discover California Shrubs, MaryRuth Casebeer

California Native Plants in the Garden, C. Bornstein et al



## Sagehen Creek- Lake Tahoe California Naturalist Classes for 2016

I wanted to reach out to you all to let you know we will be hosting two California Naturalist Classes in 2016 in the Truckee- Lake Tahoe area and welcome everyone to join us.

Our first class will be a 7-week session from May 5 - June 16, with classes held once a week on Thursday evenings and field sessions on a few weekends in between. These classes will be held at the UC Davis Tahoe Center for Environmental Research (TERC) in Incline Village. There will be one weekend overnight at the Sagehen Creek Field Station during this session.

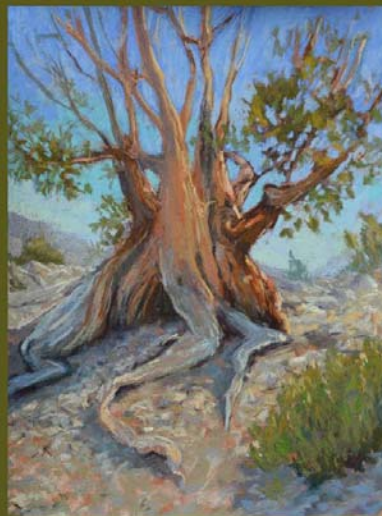
We will also hold our annual 1-Week Immersion Course at the Field Station from June 20-26. We will be incorporating some of the TERC docent training sessions into our program so will be traveling to Lake Tahoe a few times during the week. This is a residential course and participants will receive lodging at the station.

Both classes qualify for UC credits through UC Davis. For detailed information about these classes please go to our website: <http://sagehen.ucnrs.org/events.htm#calnat> or contact me with questions.

-- Leslie Smith <sagehen-calnat@berkeley.edu>

## Santa Cruz artist Erika Perloff will be showing landscape paintings at the San Francisco Botanical Garden

January 3 through April 30 2016. The show, titled "Chasing Color," is the culmination of a year spent following California's native flora through the seasons, from the coast to the White Mountains and Big Sur to the Trinity River. At the Helen Crocker Russell Library in the San Francisco Botanical Garden. Hours: 10-4 daily except Tuesdays and major holidays. [415-661-1316 ext:403](tel:415-661-1316)



## CHASING COLOR: PAINTING CALIFORNIA'S NATIVE FLORA THROUGH THE SEASONS



NEW LANDSCAPES by ERIKA PERLOFF



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