



The Shooting Star

SIERRA FOOTHILLS CHAPTER

CALIFORNIA NATIVE PLANT SOCIETY

NOVEMBER 2015

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Beautiful display of native plants from Val Myrick at October Meeting

Photo: Quinn Young



Native plants looking for a garden space...find them at the Plant Sale on Oct. 24!

Photo: Quinn Young



November General Meeting Program

**NOVEMBER 6th, 7 pm
Sonora Library**

Our program speaker this month will be Master Arborist, Steve Bickford. Steve will be discussing how to care for our locally drought stressed trees. Steve is a certified arborist and lives in the Sierra Foothills. Steve encourages members to bring your questions!



The Sierra Foothills Chapter
California Native Plant Society

Native Plant Sale

Saturday October 24, 2015
9:00 a.m. to 12:00 p.m.
Rocca Park, Main Street, Jamestown

- Books
- Posters
- Handouts
- Knowledgeable People



- Trees
- Shrubs
- Perennials
- Annuals
- Seeds
- Water-Wise Plants

Cleveland Sage (*Salvia clevelandii*)
photo: ©2014 Sharon Hill

Join CNPS at the Plant Sale and get \$5.00 off your plant purchases that day.

Hand Crafted Bird Houses, Bat Houses, Books and Information Presented by the Audubon Society of Tuolumne County

CNPS NATIVE PLANT SALE OCTOBER 24th

Join us at one of our favorite events of the year, our fall plant sale. Our sale is on Saturday, October 24, from 9 am to 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. Email Stephanie at sjgarcia@mlode.com with any questions.

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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Sierra Foothills Chapter
www.sierrafoothillscnps.org

Dedicated to the Preservation of

What's Blooming?

This month I'm going to highlight several very late blooming wildflowers to illustrate that while the spring period may have more flowers in more areas you may still find a variety of interesting blooms even in October. These were all found at an elevation between 3000 and 4000 feet in the first week of October.



Sticktight, Photo: Bob Brown

The first example is Rosilla or Sneezeweed, *Helenium puberulum*, a member of the Sunflower family, Asteraceae, that has a small yellow flower. It is generally found near a source of water and frequently around roadside ditches and waterways. Our next bloom is that of the Pacific or California Aster, *Symphotrichum chilense*, another member of the Sunflower family, Asteraceae, and it also is found near water sources. This one was on the bank of the PG&E ditch system near Tuolumne City. Its distinctive flower has light purple petals with a yellow center. Our last flower is Sticktight or Devil's Beggartick, *Bidens frondosa*, and is once again a member of the Sunflower family, Asteraceae. It has a yellow flower and is also found near a source of water and was photographed on the banks of the ditch system. An interesting note is that when the seed head forms it is very "sticky" and when picked and thrown at most types of clothing it sticks and as such is fun for children to play with.

I do hope that these pictures will encourage you to get out to explore on your own or to participate in one or more of our chapter's field trips to familiarize yourself with the many native wildflowers in our area and their varied habitats throughout the year.

(reprinted from November 2014 newsletter)

-- Bob Brown



Pacific Aster Photo: Bob Brown



Rosilla, Photo: Bob Brown

Traditional Uses of Ceanothus

California has a large variety of *Ceanothus* as well as a diverse habitat. There is at least 43 species and varieties, and the range includes the wind-whipped coastal areas as well as the dry, exposed slopes of the Mojave Desert. They vary in size from prostrate mats to large bushes to small trees. Although they can be deciduous or evergreen, almost all California varieties are evergreen. Leaves range from 3/16th of an inch to 3 inches long, and can be alternate or opposing in arrangement. Their color covers the full range of green shades. Branches are generally arranged in the same pattern as the leaves, i.e. alternating and alternating or opposing and opposing. Small flowers are clustered in densely massed terminal or lateral inflorescences. The inflorescences range from button-sized to almost 12 inches long. The color of the flowers vary from white to blue to purple, and, rarely, pink. The beautiful variety within the blues is often the draw to gardeners to this plant. The flower scent can be sweet or spicy, and sometimes the foliage has a resinous fragrance. The fruit is a three-celled capsule, with or without horns, less than a 1/4 inch in size. It's color ranges from ruby red to dark wine as it ripens.

The name *Ceanothus* comes from Greek and means "spiny plant". It is also commonly known as "Red Root", when it has been used medicinally. The root has been processed in cold infusions, tinctures, and decoctions. It is a bitter and astringent, and has been used for lymph, spleen, and liver congestion, as well as to slow bleeding such as uterine hemorrhage, nosebleeds, and hemorrhoids. Tea from the leaves and flowers were used by Native Americans to treat coughs, fevers, and colds. Deer brush root, when boiled, was used for coughs, sore throats, malaria, and kidney ailments.

Natives also used *Ceanothus* as food. Buck Brush seed and Deer Brush leaves in Spring were eaten. The sticky fruits, when mixed with water, makes a soapy lather to wash with. Long, springy shoots were used in baskets and seed beaters. Finally, a red dye was made from the roots. American colonialists used the leaves as a tea substitute and gave it the name "New Jersey tea". This plant has a long and diverse history of being useful to various groups of human beings.

-- Stefani Reichle

Sources : The Way of Herbs, Michael Tierra

Discover California Shrubs, MaryRuth Casebeer

California Native Plants for the Garden, Carol Bornstein et al.



**Books will be Available at Fall
Plant Sale
Saturday,
October 24**

One of the highlights of our native plants sales includes the selection of books available for purchase. Here are just *some* of the book titles that will be on display this Saturday. Did you know that you can purchase these books any time of the year as well? Just contact Diane Williams (her contact info is always on the last page of the newsletter) and let Diane know what book you would like to purchase. Diane will bring the book to the next General Meeting!

California Native Plants for the Garden

Wildflowers of the Sierra Nevada

Designing California Native Gardens

Wildflowers of the Eastern Sierra

Discover California Shrubs

Wildflowers of the Sierra Nevada & Central Valley

Growing California Native Plants

Oaks of California

Secrets of the Oak Woodland

Sierra Nevada Wildflowers

Reimagining the Lawn

Seed Propagation



CNPS Associate Director – Job Announcement



CALIFORNIA
NATIVE PLANT SOCIETY

About CNPS

Founded in 1965, the California Native Plant Society (CNPS) is a science-based non-profit that increases understanding and appreciation of California's native plants, while conserving them and their natural habitats. The Society is headquartered in Sacramento, with 10,000 members in 35 chapters across California and Baja California. As we celebrate 50 years of accomplishment we are also looking forward to even more success in the decades to come.

Job Summary

The Associate Director (AD) is a new leadership position. Under the direction of the Executive Director, the AD manages and enhances internal organization processes and infrastructure to ensure smooth and seamless operations that support CNPS's ability to fulfill its mission. In the absence of the Executive Director, the AD assumes responsibility for directing the day to day operations of CNPS.

The AD provides key strategic leadership to the Executive Director (ED) by advising on issues of significant organizational importance and long-term sustainability. The AD is responsible for overseeing and monitoring financial practices, leading the budgeting process, managing human resources, and providing oversight of facilities and IT infrastructure. They will have broad latitude to shape this growing organization, including defining strategy and scoping/hiring new positions to help fulfill these important responsibilities.

For the right person, one who sees how Californians can work together to celebrate and save our flora, this is a rare opportunity to make an enduring difference. The responsibilities listed below illustrate the overall possible scope of this position, and will be tailored to fit the strengths of the right candidate.

Status and supervision

This is an exempt, full time staff position eligible for benefits. Position is supervised by the Executive Director, and supervises the Accounting and HR Coordinator and other staff.

Compensation and benefits

This is a key position with competitive compensation, commensurate with qualifications and experience. CNPS offers a comprehensive compensation and benefits including full payment of employee health insurance premiums and dental insurance; generous vacation, family, sick leave, and holiday; retirement match; flexible work schedules; professional development opportunities and more.

To Apply

Please submit application to jobs@cnps.org. Subject line of email should read "Associate Director application." This is a full time, Sacramento-based position. Position is open until filled.

The California Native Plant Society is an Equal Opportunity Employer



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RETURN SERVICE REQUESTED

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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.