

California Indian Garden Plant List

Spring 2018

Common name	Scientific name	Indian Uses
Bladderpod	<i>Isomeris arborea</i>	<i>Seeds and flowers eaten</i>
Black sage	<i>Salvia mellifera</i>	<i>Seeds ground into a meal for baking; tea made from leaves and stem</i>
Blue elderberry	<i>Sambucus nigra</i>	<i>Berries used as food and sauce, plant also used for medicine, dyes for basketry, arrow shafts, flute, whistles, clapper sticks, and folk medicine</i>
Bush monkey flower	<i>Mimulus aurantiacus</i>	<i>Young stems and leaves eaten as greens; used to treat burns, wounds, colds, cough, flu, stomach disorders and heart ailments</i>
CA buckwheat	<i>Eriogonum fasciculatum</i>	<i>Leaf tea used for headache and stomach pain, root tea for colds and laryngitis; root poultice applied to wounds</i>
Chamise	<i>Adenostoma fasciculatum</i>	<i>Infusion of bark and leaves used to cure syphilis; oils used to treat skin infections; scale insect on plant used as a binding agent; branches used to make arrow shafts and points</i>
Coast cholla	<i>Cylindropuntia prolifera</i>	<i>Flowers and fruits for food</i>
Coast live oak	<i>Quercus agrifolia</i>	<i>Acorns used as an important food staple</i>
Coast prickly pear	<i>Opuntia littoralis</i>	<i>Fruit used for food, syrup, juice, candy and gum; young, green nopales (stems) also eaten; used to treat wounds, rheumatism, mumps, and reduce swelling; spines for needles and juice for dye</i>
Coast sunflower	<i>Encelia californica</i>	<i>No known uses</i>
Coastal sagebrush	<i>Artemisia californica</i>	<i>Leaves used for a variety of medicinal treatments: toothaches, wounds, asthma, colds, coughs, rheumatism, menstrual problems, to ease childbirth, menopausal symptoms, and to flush out a newborn's system; leaves smoked and burnt for ceremonial rites</i>
Conejo buckwheat	<i>Eriogonum crocatum</i>	<i>Food and medicine</i>
Coyote brush	<i>Baccharis pilularis</i>	<i>Tea relieved poison oak rash</i>
Deergrass	<i>Muhlenbergia rigens</i>	<i>Seed stalks used to make baskets; burned as a spiritual offering</i>
Deerweed	<i>Lotus scoparius</i>	<i>Branches used as a broom; smoke used to darken juncus for basketry; roots for soap and leaves to treat coughs; used for thatching sweathouses</i>

Fuscia-flowered gooseberry	<i>Ribes speciosum</i>	Roots used to treat diarrhea, sores, blisters and boils
Giant wild rye	<i>Elymus condensatus</i>	Thatching for roof
Laurel sumac	<i>Malosma laurina</i>	Dried fruits used to make flour; bark used to make a tea to treat dysentery
Lemonade berry	<i>Rhus integrifolia</i>	Fruits used in food, beverages and medicines; stems made into baskets; leaves smoked
Mountain mahogany	<i>Cerocarpus betuloides</i>	Decoction used to treat colds, cough, stomach ache and diarrhea; a poultice from the wood treats sores, cuts, wounds and burns
Mulefat	<i>Baccharis salicifolia</i>	Stems used for arrows, spears, to start fires and as roof thatching; cooked leaves and bud tips made a poultice to treat wounds
Narrow-leaved milkweed	<i>Asclepias fascicularis</i>	Young blossoms ate raw; sap used for gum; seed fibers made yarn and fabric; fibers from stems used for cords, rope and cloth
Our Lords candle	<i>Yucca whipplei</i>	Leaves made into fibers for rope, cloth, sandals and fishing line; flowers, seeds, fruit and stalk were eaten
Quailbush / big saltbush	<i>Atriplex lentiformis</i>	Seeds eaten and ground for soups/bread; young shoots used for greens; leaves and roots for soap; used to treat ant bites, colds and nasal congestion
Showy milkweed	<i>Asclepias speciosa</i>	Fibers used to make cords, rope, cloth, regalia and nets; sap was used for gum and as a cleansing and healing agent for sores, cuts, warts and ringworm; seeds were boiled and the liquid used to draw out the poison from rattlesnake bites; tea made from roots treated coughs, measles and rheumatism; mashed root made a poultice to reduce swelling
Sugarbush	<i>Rhus ovata</i>	Berries eaten; fruits made a tart beverage; infusion of leaves drunk to treat colds, cough and to ease childbirth
Toyon	<i>Heteromeles arbutifolia</i>	Fruit eaten fresh and dried, kernels used for soup and tamale-like food; bark and roots used for colds/cough; wood for bows
Western sycamore	<i>Platanus racemosa</i>	Bark used for tea to treat colds, cough, TB, dysentery, measles and hemorrhaging
White sage	<i>Salvia apiana</i>	The sage and "smudge sticks" were burned for cleansing and purification in ceremonial rites; leaves burned as incense; various plant parts used to cure: stomach ailments, sinus attacks, nosebleeds, headaches, sores, eczema, body odor, tonsillitis
Wishbone bush	<i>Mirabilis laevis</i>	Leaves used to make an infusion that acted as a purgative