<table>
<thead>
<tr>
<th>Common name</th>
<th>Scientific name</th>
<th>Indian Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bladderpod</td>
<td><em>Isomeris arborea</em></td>
<td>Seeds and flowers eaten</td>
</tr>
<tr>
<td>Black sage</td>
<td><em>Salvia mellifera</em></td>
<td>Seeds ground into a meal for baking; tea made from leaves and stem</td>
</tr>
<tr>
<td>Blue elderberry</td>
<td><em>Sambucus nigra</em></td>
<td>Berries used as food and sauce, plant also used for medicine, dyes for basketry, arrow shafts, flute, whistles, clapper sticks, and folk medicine</td>
</tr>
<tr>
<td>Bush monkey flower</td>
<td><em>Mimulus aurantiacus</em></td>
<td>Young stems and leaves eaten as greens; used to treat burns, wounds, colds, cough, flu, stomach disorders and heart ailments</td>
</tr>
<tr>
<td>CA buckwheat</td>
<td><em>Eriogonum fasciculatum</em></td>
<td>Leaf tea used for headache and stomach pain, root tea for colds and laryngitis; root poultice applied to wounds</td>
</tr>
<tr>
<td>Chamise</td>
<td><em>Adenostoma fasciculatum</em></td>
<td>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</td>
</tr>
<tr>
<td>Coast cholla</td>
<td><em>Cylindropuntia prolifer</em>a</td>
<td>Flowers and fruits for food</td>
</tr>
<tr>
<td>Coast live oak</td>
<td><em>Quercus agrifolia</em></td>
<td>Acorns used as an important food staple</td>
</tr>
<tr>
<td>Coast prickly pear</td>
<td><em>Opuntia littoralis</em></td>
<td>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</td>
</tr>
<tr>
<td>Coast sunflower</td>
<td><em>Encelia californica</em></td>
<td>No known uses</td>
</tr>
<tr>
<td>Coastal sagebrush</td>
<td><em>Artemisia californica</em></td>
<td>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</td>
</tr>
<tr>
<td>Conejo buckwheat</td>
<td><em>Eriogonum crocatum</em></td>
<td>Food and medicine</td>
</tr>
<tr>
<td>Coyote brush</td>
<td><em>Baccharis pilularis</em></td>
<td>Tea relieved poison oak rash</td>
</tr>
<tr>
<td>Deergrass</td>
<td><em>Muhlenbergia rigens</em></td>
<td>Seed stalks used to make baskets; burned as a spiritual offering</td>
</tr>
<tr>
<td>Deerweed</td>
<td><em>Lotus scoparius</em></td>
<td>Branches used as a broom; smoke used to darken juncus for basketry; roots for soap and leaves to treat coughs; used for thatching sweathouses</td>
</tr>
<tr>
<td>Plant Name</td>
<td>Scientific Name</td>
<td>Uses</td>
</tr>
<tr>
<td>------------------------------------</td>
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<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Fuchsia-flowered gooseberry</td>
<td>Ribes speciosum</td>
<td>Roots used to treat diarrhea, sores, blisters and boils</td>
</tr>
<tr>
<td>Giant wild rye</td>
<td>Elymus condensatus</td>
<td>Thatching for roof</td>
</tr>
<tr>
<td>Laurel sumac</td>
<td>Malosma laurina</td>
<td>Dried fruits used to make flour; bark used to make a tea to treat dysentery</td>
</tr>
<tr>
<td>Lemonade berry</td>
<td>Rhus integrifolia</td>
<td>Fruits used in food, beverages and medicines; stems made into baskets; leaves smoked</td>
</tr>
<tr>
<td>Mountain mahogany</td>
<td>Cerocarpus betuloides</td>
<td>Decoction used to treat colds, cough, stomach ache and diarrhea; a poultice from the wood treats sores, cuts, wounds and burns</td>
</tr>
<tr>
<td>Mulefat</td>
<td>Baccharis salicifolia</td>
<td>Stems used for arrows, spears, to start fires and as roof thatching; cooked leaves and bud tips made a poultice to treat wounds</td>
</tr>
<tr>
<td>Narrow-leaved milkweed</td>
<td>Asceplias fascicularis</td>
<td>Young blossoms ate raw; sap used for gum; seed fibers made yarn and fabric; fibers from stems used for cords, rope and cloth</td>
</tr>
<tr>
<td>Our Lords candle</td>
<td>Yucca whipplei</td>
<td>Leaves made into fibers for rope, cloth, sandals and fishing line; flowers, seeds, fruit and stalk were eaten</td>
</tr>
<tr>
<td>Quailbush / big saltbush</td>
<td>Atriplex lentiformis</td>
<td>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</td>
</tr>
<tr>
<td>Showy milkweed</td>
<td>Asclepias speciosa</td>
<td>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</td>
</tr>
<tr>
<td>Sugarbush</td>
<td>Rhus ovata</td>
<td>Berries eaten; fruits made a tart beverage; infusion of leaves drank to treat colds, cough and to ease childbirth</td>
</tr>
<tr>
<td>Toyon</td>
<td>Heteromeles arbutifolia</td>
<td>Fruit eaten fresh and dried, kernels used for soup and tamale-like food; bark and roots used for colds/ cough; wood for bows</td>
</tr>
<tr>
<td>Western sycamore</td>
<td>Platanus racemosa</td>
<td>Bark used for tea to treat colds, cough, TB, dysentery, measles and hemorrhaging</td>
</tr>
<tr>
<td>White sage</td>
<td>Salvia apiana</td>
<td>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</td>
</tr>
<tr>
<td>Wishbone bush</td>
<td>Mirabilis laevis</td>
<td>Leaves used to make an infusion that acted as a purgative</td>
</tr>
</tbody>
</table>