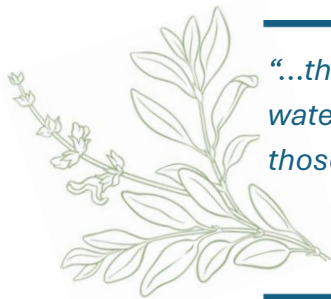


CATEGORIES OF NATIVE AMERICAN USES

Common Name <i>Botanical Name</i>	Medical or Personal Care	Food	Fiber	Ritual	Tools or Weapons	Other
Beaked Hazelnut <i>Corylus cornuta</i>		X	X		X	X
Black Elderberry <i>Sambucus nigra</i>	X	X	X		X	X
California Buttercup <i>Ranunculus californicus</i>		X				
California Poppy <i>Eschscholzia californica</i>	X	X				
California Wild Grape <i>Vitis californica</i>		X	X			
California Wildrose <i>Rosa californica</i>	X	X				X
Checker Lily, Mission Bells <i>Fritillaria affinis</i>		X				
Chia <i>Salvia columbariae</i>	X	X				
Coffeeberry <i>Frangula californica</i>	X		X			X
Coral Bells, Alumroot <i>Heuchera</i> var.		X				
Deergrass <i>Muhlenbergia rigens</i>			X			
Douglas Iris <i>Iris douglasiana</i>	X		X	X	X	X
Glassy Onion <i>Allium hyalinum</i>	X	X				
Great Valley Gumweed, Gumplant <i>Grindelia camporum</i>	X					
Miner's Lettuce <i>Claytonia perfoliata</i>		X				
Mugwort <i>Artemisia douglasiana</i>	X			X		X
Narrow-Leaf Milkweed <i>Asclepias fascicularis</i>	X	X	X		X	X
Pacific Madrone, Strawberry Tree <i>Arbutus menziesii</i>	X	X			X	

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Common Name <i>Botanical Name</i>	Medical or Personal Care	Food	Fiber	Ritual	Tools or Weapons	Other
Redflower Buckwheat <i>Eriogonum grande var. rubescens</i>	X	X				
Scarlet Bugler <i>Penstemon centranthifolius</i>	X					
Sticky Monkeyflower <i>Mimulus aurantiacus var. pubescens</i>	X	X				
Valley Oak, Coast Live Oak <i>Quercus lobata; Agrifolia</i>	X	X				X
Wavy-Leafed Soap Plant, Soaproot <i>Chloegalum pomeridianum</i>	X	X	X		X	X
White Globe Lily, Fairy Lantern <i>Calochortus albus</i>		X				
White Sage <i>Salvia apiana</i>	X	X		X		
Wild Lilac <i>Ceanothus cuneatus "Centennial"</i>	X	X	X	X	X	
Woolly-Leaf Manzanita <i>Arctostaphylos tomentosa</i>	X	X			X	
Yarrow <i>Achillea millefolium</i>	X					X
Yerba Buena (mint) <i>Clinopodium douglasii</i>	X	X		X		



“...they are relatives -- the trees, the grasses, the shrubs, the oceans, the waters, the rivers and creeks, the streams, what’s under the ground -- those are all our relatives.”

Chairman Valentin Lopez of the Amah Mutsun Tribe
News from Native California, Spring, 2025

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