

TABLE OF NATIVE AMERICAN USES



<p>WOOLLY-LEAF MANZANITA <i>Arctostaphylos tomentosa</i> Mutsun: tcuttus</p>	<ul style="list-style-type: none"> ❖ berries eaten fresh or dried and crushed then added to mush and cakes or made into a drink ❖ wood used to make tools ❖ bark and leaves used as an astringent and/or antiseptic for kidneys and urinary tract and bladder ailments ❖ leaves were dried for smoking
<p>MUGWORT <i>Artemisia douglasiana</i> Mutsun: hiisen</p>	<ul style="list-style-type: none"> ❖ inhaled smoke of burned leaves to promote healthy sleep and sacred dreams, to ward off evil spirits, for purification, and to treat colds, flu and fevers ❖ leaves chewed to relieve toothache and gum pain ❖ used as an insect repellant ❖ as a tea used to relieve asthma, rheumatism, gastric ailments, stomach ache, and urinary problems ❖ especially useful to treat women's ailments such as premenstrual syndrome, painful menstruation, difficult childbirth, and menopause ❖ made into a salve to rub on chest and back for colds or cough ❖ fresh leaves used to treat poison oak inflammation ❖ burned branches used to smoke bees from their nests to access honey and as torches for night fishing ❖ placed inside granaries to protect acorns from rodents
<p>REDFLOWER BUCKWHEAT <i>Eriogonum grande var. rubescens</i></p> <p>➤ <i>Listed as fairly endangered in California</i></p>	<ul style="list-style-type: none"> ❖ tea made of boiled leaves, stems and roots for cough and colds ❖ used for stomach pains, menstrual disorders and headaches ❖ small seeds were ground and eaten raw or mixed into porridge and cakes ❖ new leaves and stems eaten raw or cooked as a green

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<p>GREAT VALLEY GUMWEED, GUMPLANT <i>Grindella camporum</i></p>	<ul style="list-style-type: none"> ❖ sticky buds and flowering heads used for respiratory ailments such as asthma and bronchitis ❖ used for skin, urinary, and digestive ailments ❖ used as an antispasmodic and an expectorant ❖ relaxes bronchial passages and clears mucus making breathing easier ❖ treatment for poison oak ❖ contains antimicrobials to stimulate tissue healing and ease inflammation
<p>DEERGRASS <i>Muhlenbergia rigens</i></p>	<ul style="list-style-type: none"> ❖ flowering stalks valued for flexibility and length for basket weaving ❖ when immersed in water, baskets would expand and become watertight, making them ideal as water jugs and cooking baskets
<p>VALLEY OAK, COAST LIVE OAK <i>Quercus lobata, Agrifolia</i> Mutsun: arkeh</p> <p>➤ <i>Considered one of the most culturally significant plants to native peoples</i></p>	<ul style="list-style-type: none"> ❖ acorns were dried, kernels removed and roasted then pounded into a meal and used for acorn soup, mush, bread, and a coffee-like beverage ❖ high tannins of bark, acorns and galls used to treat bladder infections, for washing open wounds, to reduce inflammation, and regulate bowels ❖ bark, acorns, and galls, produce black and brown dyes ❖ a decoction of bark used for toothaches
<p>BLACK ELDERBERRY <i>Sambucas nigra</i></p> <p>➤ <i>Considered a highly significant cultural plant to native peoples</i></p>	<ul style="list-style-type: none"> ❖ berries made into syrup, jams, and as a sweetener ❖ hollowed out stems made into smoking pipes, flutes, whistles, blowgun darts, arrow shafts, poles for shelters, and drills to start fires ❖ musical instrument called a “clapperstick” made from shoots ❖ anti-inflammatory, antibacterial, antiviral, and antioxidant properties ❖ leaves used in steam baths to sweat out colds and headaches ❖ an infusion of leaves used to treat skin infections, burns, swelling ❖ infusion of flowers for fevers and cold ❖ infusion of berries for rheumatism and urinary tract infection ❖ infusion of bark to relieve diarrhea ❖ used to make dyes: berries for purple, bark for black
<p>COFFEEBERRY <i>Frangula californica</i> Mutsun: puruuriS</p>	<ul style="list-style-type: none"> ❖ berries are a strong laxative especially when raw ❖ useful for inflammatory rheumatism in low doses ❖ bark and berries used to induce vomiting ❖ strong yellow dye made from leaves and stems

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	<ul style="list-style-type: none"> ❖ decoction of leaves used to treat poison oak
<p>YERBA BUENA (mint) <i>Clinopodium douglasii</i> Mutsun: TawriSmin</p>	<ul style="list-style-type: none"> ❖ made into a tea to sooth upset stomach ❖ poultice of warm leaves used to relieve toothaches or jaw pain ❖ used as a remedy for colds, fever, colic, menstrual cramps, or insomnia ❖ treats parasitic worm infections ❖ rubbed leaves on body as a deodorant before hunting
<p>CHIA <i>Salvia columbariae</i> Mutsun: pattih</p>	<ul style="list-style-type: none"> ❖ primary food source in making “pinole” ❖ eaten raw, roasted, or ground into a meal ❖ added to water for refreshing drink ❖ seeds placed on eyes to remove foreign objects ❖ infusion of leaves used to treat fever
<p>YARROW <i>Achillrea millefolium</i></p>	<ul style="list-style-type: none"> ❖ used as an outdoor first aid to stop bleeding wounds & pain ❖ an anti-inflammatory ❖ provided relief from pain of arthritis, toothaches, gum pain, headaches, digestive problems & colds ❖ poultice made of boiled or chewed leaves applied to sores, burns, bruises, sprains or swelling ❖ flowers produce yellow dye when boiled
<p>WHITE SAGE <i>Salvia apiana</i></p> <p>➤ <i>Considered a highly significant cultural plant to native peoples</i></p>	<ul style="list-style-type: none"> ❖ dried leaves were bundled and burned then combined with prayer to protect, cleanse, and heal, and to induce sacred dreams or help recover from addictions ❖ relief for sore throat when leaves were infused with water ❖ used to relieve pain of stomachache, toothache, colds and flu, asthma, to cleanse skin wounds and rashes, and to promote menstruation ❖ used to make “pinole”
<p>CALIFORNIA WILDROSE <i>Rosa californica</i> Mutsun: Mamawkwa</p>	<ul style="list-style-type: none"> ❖ rose hips rich in vitamin C, calcium, beta carotene, and antioxidants, were eaten raw or dried and steeped in hot water for tea ❖ petals were infused and used as a wash for scabs and sores, for an eyewash, and to relieve stomach pain and skin rashes in babies ❖ an infusion of leaves used for colic ❖ a decoction of the hips used to treat colds, fevers, indigestion, rheumatism, and kidney ailments ❖ seeds could be ground into flour ❖ hips were strung together for necklaces and earrings

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<p>CALIFORNIA POPPY <i>Eschscholzia californica</i></p> <p>➤ <i>California's state flower</i></p>	<ul style="list-style-type: none"> ❖ an infusion of the root used as a drink for insomnia, headaches, toothaches, and to relieve spasmodic cough ❖ helped relieve muscle pain or injury ❖ root was sliced and applied to burns, cuts, and scrapes ❖ juice from the root was used as a mild sedative ❖ root also used to treat stomachaches ❖ decoction of flowers used to kill lice when rubbed on the scalp ❖ flowers placed under beds to help children sleep ❖ leaves eaten boiled or steamed
<p>WILD LILAC <i>Ceanothus cuneatus</i> "Centennial"</p>	<ul style="list-style-type: none"> ❖ young stalks were peeled and eaten ❖ dried leaves made into tea and used to ease childbirth pain ❖ baskets made from branches ❖ branches used as digging sticks to remove bulbs and tubers from ground ❖ leaves bundled and used as smudge sticks ❖ may have been used in making "pinole" ❖ placed inside granaries to protect acorns from rodents ❖ decoction may have been used as a facial wash
<p>CORAL BELLS, ALUMROOT <i>Heuchera</i> var.</p>	<ul style="list-style-type: none"> ❖ leaves used raw in a salad with Miner's Lettuce and Milkweed ❖ leaves also eaten boiled or steamed
<p>NARROW-LEAF MILKWEED <i>Asclepias fascicularis</i> Mutsun: siska</p>	<ul style="list-style-type: none"> ❖ fibers inside pods used as stuffing for pillows and sleeping pads, and to make skirts for women to wear ❖ twisted into twine and woven into fishnets and carrying bags (used with tule reeds) ❖ milky latex boiled until thick and chewed like gum ❖ latex used to get rid of warts and parasites, and as an antiseptic for skin sores ❖ decoction of root used for cough and diarrhea ❖ flowers added to soup and stews
<p>WAVY-LEAFED SOAP PLANT, SOAPROOT <i>Chlorela pomeridianum</i> Mutsun: torow</p>	<ul style="list-style-type: none"> ❖ fibers used to brush acorn flour from mortar holes into baskets and to make hairbrushes ❖ soap, shampoo, and detergent made from bulb when added to water ❖ root crushed and thrown into water to stupefy fish which were collected as they float to surface of waters ❖ used for glue for arrows ❖ leaves pickled to make green dye ❖ young bulbs eaten after roasting

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PACIFIC MADRONE, STRAWBERRY TREE <i>Arbutus menziesii</i> Mutsun: yuukun	<ul style="list-style-type: none"> ❖ berries crushed and soaked in water to make a tart cider-like drink ❖ wood used for cooking sticks ❖ peeled bark made into tea to treat mouth ailments such as thrush ❖ bark and leaves used to treat wounds
GLASSY ONION <i>Allium hyalinum</i> Mutsun: uuner	<ul style="list-style-type: none"> ❖ leaves, stocks, bulbs, and heads used for food ❖ used as an antiseptic
BEAKED HAZELNUT <i>Corylus cornuta</i> Mutsun: sirak	<ul style="list-style-type: none"> ❖ nuts used for food late in season ❖ sprouts used to make baskets, fish traps, arrow shafts and baby carriers ❖ nuts used for trading/bartering
MINER'S LETTUCE <i>Claytonia perfoliata</i>	<ul style="list-style-type: none"> ❖ eaten raw in early spring ❖ boiled or steamed late in season, similar to spinach
CALIFORNIA BUTTERCUP <i>Ranunculus californicus</i>	<ul style="list-style-type: none"> ❖ seeds dried, stored, parched, and ground into flour ❖ used to make bread or mush
CALIFORNIA WILD GRAPE <i>Vitis californica</i> Mutsun: pelika	<ul style="list-style-type: none"> ❖ fruit eaten ❖ vines used for weaving baskets
STICKY MONKEYFLOWER <i>Mimulus aurantiacus var. pubescens</i>	<ul style="list-style-type: none"> ❖ young leaves eaten raw ❖ crushed leaves and stem used to sooth wounds and burns
CHECKER LILY, MISSION BELLS <i>Fritillaria affinis</i>	<ul style="list-style-type: none"> ❖ bulbs roasted or steamed, added to soups, made into puddings
WHITE GLOBE LILY, FAIRY LANTERN <i>Calochortus albus</i>	<ul style="list-style-type: none"> ❖ eaten raw or cooked like potatoes with a sweet or maple flavor ❖ can be steamed, boiled, baked, roasted
SCARLET BUGLER <i>Penstemon centranthifolius</i>	<ul style="list-style-type: none"> ❖ poultice made to treat deep, infected sores
DOUGLAS IRIS <i>Iris douglasiana</i>	<ul style="list-style-type: none"> ❖ leaves used to make nets or ropes for hunting and fishing ❖ flowers used to make wreaths and ceremonial headdresses ❖ leaves used to wrap babies in to prevent thirst and heat exposure

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RESOURCES

DATABASE RESOURCES

- ❖ <https://www.calscape.org>
- ❖ <https://amahmutsun.org>
- ❖ <https://www.calflora.org/index.html>
- ❖ <https://arboretum.ucsc.edu>
- ❖ <https://arboretum.ucsc.edu/pdfs/ethnobotany-webversion.pdf>
- ❖ <https://ucanr.edu/>
- ❖ <https://www.fs.usda.gov/wildflowers/ethnobotany>
- ❖ <https://www.parksconservancy.org/marin-parks-stewardship-newsletter-article/california-native-plants-how-to-dye-fabrics>
- ❖ <http://naeb.brit.org>
- ❖ <https://parks.santaclaracounty.gov/locations/chitactac-adams-heritage-county-park>
- ❖ <https://files.santaclaracounty.gov/migrated/2019-Teaching-Activity-Guide-Chitactac.pdf>
- ❖ https://www.parks.ca.gov/pages/486/files/plantreferenceguide2014_03_03_14.pdf
- ❖ <https://amahmutsun.org/wp-content/uploads/2013/05/mutsun-plant-booklet.pdf>
- ❖ <https://plants.usda.gov/culturally-significant-plants>
- ❖ <https://ucjeps.berkeley.edu/eflora>
- ❖ <https://www.cnps.org/>

BOOK RESOURCES

- ❖ California Plants: A Guide to Our Iconic Flora by Matt Ritter
- ❖ Spring Wildflowers of Henry Coe State Park by Barry Breckling
- ❖ Almost Eden: Indians of Henry Coe State Park by Teddy Goodrich
- ❖ Dyes From American Native Plants: A Practical Guide by Lynn Richards & Ronald J. Tyrl
- ❖ IWIGARA: The Kinship of Plants and People by Enrique Salmon
- ❖ Native American Food Plants: An Ethnobotanical Dictionary by Daniel E. Moerman
- ❖ Luschiim”s Plants: Traditional Indigenous Foods, Materials and Medicines by Dr. Luschiim Arvid Charlie & Nancy J. Turner
- ❖ Cattail Moonshine and Milkweed Medicine: The Curious Story of 43 Amazing North American Native Plants by Tammi Hartung
- ❖ Tending the Wild: Native American Knowledge and the Management of California’s Natural Resources by M. Kat Anderson
- ❖ Sunset Western Garden Book, Sunset Book Publishing

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AMAH MUTSUN LANGUAGE RESOURCES

- ❖ <https://amahmutsun.org/language/amah-mutsun-english-dictionary>
- ❖ https://www.santacruzmuseum.org/wp-content/uploads/2020/10/MutsunDictionary_WarnerButlerGeary.pdf#:~:text=between%20San%20Juan%20and%20Hollister%2C,of%20the%20tree%20or%20its
- ❖ <https://openspacetrust.org/blog/indigenous-language/>

OTHER RESOURCES

- ❖ UC Master Gardeners of Santa Clara County
- ❖ Morgan Hill Historical Society
- ❖ Henry W. Coe State Park
- ❖ Chitactac-Adams Heritage County Park
- ❖ Amah Mutsun Land Trust
- ❖ Johnson Garden Center, Morgan Hill, CA
- ❖ Central Coast Wilds, Santa Cruz, CA
- ❖ Linda Vista Native Plants, Saratoga, CA
- ❖ California Native Plant Society
- ❖ Wikipedia
- ❖ Chat GBT; Google Gemini AI Assist

Villa Mira Monte Historical House & Museum

Garden Revitalization by Leadership Morgan Hill, Class of 2025
