

# Native Plants of the Wildcat & San Pablo Creek Watersheds







www.thewatershedproject.org



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The Watershed Project is a 501(c)(3) environmental organization that connects people to their local watershed. The Watershed Project's vision is "people committed to a healthy San Francisco Bay watershed." Since 1997, we've pursued that vision through initiatives that:

- \* Restore and preserve our unique, local ecosystems
- \* Give students, teachers and volunteers the tools to preserve healthy watersheds
- \* Bring a watershed perspective to the urban environment
- \* Support grassroots watershed organizations
- \* Nurture young people who aspire to environmental careers working for positive change in our Bay Area communities



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# Coast Melic Grass

Melica imperfecta



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## **ID Description:**

- Perennial bunch grass, grows to 1-2 ft. tall w/ 16-30 inch flower stalks.
- Grows in sun to partial shade.
- Delicate appearance.

**Plant Community:** Woodland, Chapparal, Coastal Scrub

**Fun Fact:** *Melica californica* (California melic) and *M. torreyana* also found in this watershed.

- Remains attractive after dormancy and used as an ornamental in floral arrangements.
- Easily confused with Ehrharta, an invasive grass.





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## Purple Needle Grass

Stipa pulchra



## **ID Description:**

- Perennial bunch grass, blades grow to 1-3 ft. tall.
- Prefers sun to high shade and well drained soil.

**Plant Community:** Grassland, Woodland, Chapparral

**Fun Facts:** Attracts Buckeye, California Ringlet, and Skipper butterflies. Birds also eat the seeds of this grass.

- Purple Needlegrass is the California State Grass.
- *Stipa lepida* (foothill needlegrass) is also found in this watershed.





#### Introduction

This booklet describes thirty native plants common to the Wildcat and San Pablo watersheds. Our purpose is to help you recognize common plants you see, and appreciate their role in our watersheds and their value to wildlife. You might also consider including them in your gardens, and enjoy the colors and scents of California.

#### What is a Native Plant?

A native plant is one that evolved in a particular place. California boasts more than 6,000 native plant species, 1,200 of these are endemic or native only to the East Bay in Alameda and Contra Costa counties. Many additional species have been introduced by humans, beginning with the Spaniards. Most of these coexist nicely with natives, but a few have become invasive pests, crowding out the native plants.

## Gardening with Local Native Plants Conserves and Protects Resources

California's mild, Mediterranean climate is characterized by wet winters and dry summers. In addition to adding water, most gardeners also have to add pesticides and fertilizers to their yards in order to keep their plants happy. Since native plants evolved here they are adapted to local conditions. Once established, your native plant garden will conserve water and help restore the insect balance, thus reducing the need for artificial additives in your garden. The soil regains its health and the natural balance is restored. A properly situated native plant will generally need less maintenance.

#### Thinking in Terms of Plant Communities

Although invasive species are widely and perhaps haphazardly distributed, native plants grow in some fairly distinct patterns of vegetation called plant communities or assemblages. The idea of plant communities is useful to gardeners because it takes into account conditions such as soil, slope aspect, moisture, and light—or, in other words, the best growing conditions for different species. In addition, developing an awareness of plant communities means that we learn to recognize associations of species in the landscape, and to see patterns that can guide the choices we make for our gardens. Learning about plant communities gives us another way to approach working with native plant species.

The lesson of plant communities is that certain plants flourish in certain places and in association with certain other plants. This fact has some important implications for the native plant gardener. The first of these is local specificity— a native plant is specially adapted to the places where it occurs.

#### Some generalized plant communities used in this booklet are:

1) Grassland: clumps of bunch grasses interspersed with wildflowers. 2) Coastal Scrub: found along the coast and zones influenced by fog, consisting primarily of dense shrubs, generally 3-6 ft tall. Vines and herbaceous plants may be found between the shrubs. 3) Chaparral: drought and fire adapted shrubs. 4) Woodland: trees form an open canopy which allows light to penetrate. 5) Riparian: found along streams and riverbanks where the soil is deep and fertile. 6) Mixed evergreen forest: large trees of different species form a closed canopy, understory plants grow in the shade.

# California Fescue

Festuca californica



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## **ID Description:**

- Perennial bunch grass, grows 3-4 ft tall.
- Erect flowering stem stands above foliage with gracefully drooping pale blades.
- Prefers partial shade and is extremely drought tolerant.

Plant Community: Coastal Scrub, Woodland

**Fun Facts:** Native bunch grasses have been replaced in much of California by exotic annual species introduced by settlers.

- Seeds provide food for many birds including the California Quail.
- Festuca idahoensis (idaho fescue) and F. rubra (red fescue) are also found in this watershed.





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## **Common Rush**

Juncus effusus



## **ID Description:**

- Clump-forming perennial, grows 2-5 ft tall.
- Inconspicuous flowers.
- Has a fibrous root system that is excellent for oxidation and water filtration.

## Plant Community: Riparian

**Fun Facts:** Seeds and vegetative parts are utilized by waterfowl, muskrats, and birds.

- Stems have been traditionally used for making floor mats and chair seats.
- Seeds can remain viable for 60+ years if over-topped with sediments.
- Is highly tolerant to a variety of conditions.
- *Juncus bufonius* (toad rush), *J. occidentalis*, *J. patens*, *J. tenuis*, *J. xiphoides* also found in this watershed.





#### Finding the Right Plants at the Nursery

The issue of choosing local native plants also has some important ramifications. Most nurseries, unless they specialize in local plants, will carry natives that are not local, and many are cultivated varieties. Plants grown from local sources have several advantages. They are better adapted to the Bay Area climate, and more likely to provide the specific resources that wildlife depend on. Local plants can be hard to get because, until recently, there hasn't been much demand for them. To find the plants that naturally occur in the San Pablo and Wildcat Creek watersheds, find a grower who has collected seed legally from those slopes, or a seller who sees an opportunity and is willing to find a sustainable way to make those plants available. As someone interested in local native plants, you have the power to create a demand for them. Advocate for local native plants at your neighborhood nursery, and support the growers and retailers that are already making these plants available.

#### **Sources for local natives:**

All nurseries listed have limited hours. Contact them before visiting.

1. The Watershed Nursery, 601-A Canal Blvd. Richmond, 94804. (510) 234-2222. http://www.thewatershednursery.com 2. Native Here Nursery, 101 Golf Course Drive, Tilden Park, Berkeley, 94708. (510) 549-0211. http://www.ebcnps.org/nativehere.html 3. Lost Valley Nursery, (925) 376-5378. http://www.lostvalleynursery.com 4. Oaktown Native Plant Nursery, 702 Channing Way, Berkeley, 94710. http://oaktownnativenusery.info

#### About the Creeks

San Pablo and Wildcat creeks are substantial streams, flowing 19 and 13 miles north (respectively) from their origins in the East Bay hills to empty side by side into San Pablo Bay. Due to their size they have, for the most part, escaped the sad fate of many smaller creeks which were paved over for most or all their length. Historically, the creeks often merged during heavy winter flows in the lower watershed. At one time they formed a lagoon in what is now the city of San Pablo. One main channel then carried the water from both creeks through marshes to the bay. Now separate, San Pablo creek enters the bay near the former landfill, just south of Point Pinole. The mouth of Wildcat creek is located a little farther south. In the past, floods in the lower watershed deposited rich sediments that supported farming of fruits and vegetables. Fishing once supported California Native Americans as well as later settlers. Livestock was, and still is, raised in the upper watershed.

The San Pablo Creek watershed is one of the largest watersheds in the East Bay, encompassing 27,640 acres (41 square miles). The creek originates near the city of Orinda and flows through El Sobrante, San Pablo, and Richmond before passing through the 300 acre San Pablo Creek Marsh and into San Pablo Bay. It is dammed to form the San Pablo Reservoir (Briones reservoir is on a tributary). Numerous tributaries join San Pablo Creek; Bear Creek in Orinda and Castro, Wilke, and Appian creeks in El Sobrante are the largest of these. San Pablo creek carries water year round, whereas Wildcat creek goes dry in its lower reaches during most summers.

Wildcat Creek originates in Tilden Regional Park, along the edge of the golf course. This watershed lies just south of San Pablo creek and is considerably smaller at 6,848 acres. There are no major dams on this creek; a small one forms Lake Anza, a popular swimming spot, and Jewel Lake also occurs in Tilden Park. The upper watershed is mostly natural open space used for recreation and grazing, while the lower part is very urbanized through the cities of Richmond and San Pablo. Steelhead trout formerly were common, and were reintroduced to the creek in 1983.

# Woodland Strawberry

Fragaria vesca



## **ID Description:**

- Low growing perennial. Dull green leaves have three leaflets and are coarsely serrated.
- Rose-like white flowers with yellow centers.
- Has edible fruit.
- Grows well in clay soil.
- Propagates by runners.

Plant Community: Mixed Evergreen Forest

**Fun Fact:** The fruits are eaten by a variety of mammals and birds that also help to distribute the seeds in their droppings. Seeds tend to germinate in disturbed soil.

• Makes excellent groundcover in partial to full shade







## **Coral Bells**

## Heuchera micrantha



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## **ID Description:**

- Herbaceous perennial, grows to 1.5 3 ft tall and 2 ft wide.
- Attractive rosettes of green leaves with red veins
- Dainty, bell shaped nodding flowers rise 2-3 ft above plant on stalks

## Plant Community: Woodland

Fun Facts: Attracts hummingbirds.

- Many hybrids in nurseries are generally less drought tolerant than local natives.
- Grows better in partial shade unless supplemental water provided.



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Both creeks are sadly polluted with chemicals and trash from urban storm runoff. Pesticides and even fertilizers used in gardens, along with household and industrial chemicals can have severe negative impacts on the health of our creeks, and shouldn't be allowed to get into storm drains or landfills. Trash is also a hazard for wildlife, as well as unsightly. Plastic debris doesn't decompose, and can have an impact for decades, if not centuries, and travel far beyond our watersheds to harm birds, fish, turtles, and mammals in the Pacific Ocean.

Despite these problems, the creeks still support many species of fish from trout to sticklebacks, and numerous types of aquatic invertebrates that are food for these and other species. Pacific chorus frogs and newts thrive in a few places. Songbirds, waterfowl, hawks and owls all feed and rest in the creeks and in the vegetation that cloaks their banks. River otters have been seen in recent years in Jewel Lake, demonstrating the effectiveness of the creek and its riparian zone as a corridor for wildlife.

#### Where to view and learn about native plants and the creeks:

The Watershed Project and SPAWNERS have restored native plants at several sites along Wildcat and San Pablo creeks. Visit www. thewatershedproject.org and www.SPAWNERS.org information about the sites and how to get involved. The East Bay Regional Parks harbor all of the plants in this booklet, especially Tilden, Wildcat Canyon, Kennedy Grove, and Sobrante Ridge. Tilden also has the Regional Parks Botanic Garden, which provides excellent signage and interpretive programs. The East Bay Municipal Utility District (EBMUD) also maintains many miles of trails in our watersheds, accessible after paying a modest permit fee - contact EBMUD Watershed Headquarters in Orinda for more information. The connection of the creeks to the Bay can be viewed at the Wildcat Staging area (also EBRPD) and the Landfill Loop portion of the Bay Trail (visit the web site for the Trails for Richmond Action Committee for maps: http://www.ci.richmond.ca.us/index.aspx?NID=109).

## **White Alder**

## Alnus rhombifolia



### **ID** description

- Grows 40-80 ft tall.
- Leaves are alternate, oval, 2-4 inches long, with serrated edges.
- Flowers are borne at the ends of branchlets in finger-like cylindrical clusters.
- Small brown seed cones persist on the tree through winter.
- Outer bark is ashy gray to grayish-brown, increasingly covered with white lichen as it ages.

## Plant Community: Riparian

**Fun Facts:** Seeds are eaten by Goldfinches and other birds.

• Native Americans made red dye from the bark.







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## **Yarrow**

## Achillea millefolium



## **ID Description:**

- Perennial, flower stalks reach 2 ft high.
- Leaves are low growing and fern-like with small, white flower clusters in summer.
- Pink and yellow flowered yarrow are native to Southern California.

## Plant Community: Grassland

**Fun Facts:** Spreads by underground root systems.

- Attracts many beneficial insects including ladybugs and a wide variety of butterflies.
- Can be trimmed low to make ground cover.
- Hang stems upside down to dry flowers.
- Many medicinal uses.







# Seaside Woolly Sunflower

Eriophyllum staechadifolium



#### **ID Description:**

- Subshrub, grows 1-5 ft tall.
- Finely divided leaves, grey foliage.
- Variable in size, its height depends in part on its exposure to harsh coastal wind and salt spray.

#### Plant Community: Coastal Scrub

**Fun Facts:** Great nectar plant for small native insects and butterflies.

• Eriophyllum confertiflorum (golden yarrow) also found in this watershed.







# **Big Leaf Maple**

## Acer macrophyllum



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### **ID Description:**

- Grows 30-90 ft tall.
- Deciduous.
- Palmate leaves (5-lobed).
- Small yellowish green flowers bloom in drooping clusters.
- Paired winged seeds "helicopter" to the ground.

#### **Plant Community:**

Riparian, Mixed Evergreen Forest

**Fun Facts:** Fragrant spring flowers are favored by honey bees and butterflies. Seeds are eaten by squirrels, chipmunks and a variety of birds.

- Flowers are edible and slightly sweet, bee pollinated.
- Largest leaves of any Maple tree.
- Fast-growing, prefers like some water in the summer.



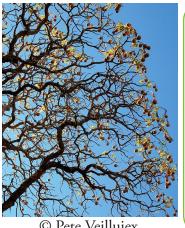






## California Buckeye

## Aesculus californica



## **ID Description:**

- 15-40 ft tall; 30-60 ft wide.
- Deciduous tree with rounded crown.
- Palmate (5-lobed) leaves.
- Flowers are white to pale rose in 6-10 inch spikes.
- Prefers full sun to partial shade

## Plant Community: Woodland, Riparian

Fun Facts: Spring blooms provide a long supply of nectar, a food source for native bees, butterflies, and hummingbirds.

- The tree conserves water by losing its leaves in the late summer.
- Fruits are toxic to humans, pollen and nectar are toxic to introduced honey bees.



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# California **Fuchsia**

Epilobium canum



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## **ID Description:**

- Subshrub, grows to 18-24 inches tall.
- Fine textured, narrow leaves; some forms have gray or green foliage.
- Tubular scarlet flowers bloom summer through early fall.
- Can be pruned to ground in winter/ spring; may die back naturally at this time as well

## Plant Community: Coastal Scrub

Fun Facts: Also called Hummingbird Fuschia because it is an important nectar source for hummingbirds in late summer and early fall when few natives are in bloom.

• Can be used as ground cover in rock garden; thrives in full sun







# **Cow Parsnip**

## Heracleum lanatum



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## **ID Description:**

- Perennial herb; grows 3 9 ft tall.
- Strong-scented foliage; lush looking large leaves.
- Summer dormant.
- Favors moist places, poor soil.

#### Plant Community: Riparian, Coastal Scrub

**Fun Facts:** Attracts many pollinators such as Lorquins Admiral butterfly.

- Genus named for Hercules, who reportedly used it as medicine.
- Common in roadside ditches in the Bay Area



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## **Western Sycamore**

## Platanus racemosa



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## Plant Community:

Riparian

## **ID Description:**

- Grows 50-100 ft tall.
- Deciduous.
- Leaves are 5-10 inches long and palmate (5-lobed).
- Prefers wetter environments. Will become drought tolerant when established.
- Dramatic trunks have white bark with specks of brown.
- Helps reduce erosion on stream banks.

#### **Fun Facts:**

Western Tiger Swallowtail uses plant as a food resource.

- Attracts hummingbirds and butterflies.
- London plane tree, a non-native often found along streets, may hybridize with Western Sycamore.







## **Coast Live Oak**



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#### **Plant Community:**

Woodland, Mixed Evergreen Forest

## Quercus agrifolia

## **ID Description:**

- 30-70 ft tall; 60-100 ft wide.
- Evergreen leaves to 2.5 inches, dark green on both surfaces, convex with prickly edge.
- Small flowers form in cylindrical clusters.
- Prefers sun to part shade.

**Fun Facts:** Provides larval food supply to the Spring Azure along with many other butterfly species.

- Over 330 species use oak woodlands for food, cover and reproduction.
- Quercus berberidifolia (scrub oak), Q. chrysolepis (canyon live oak), Q. douglasii (blue oak), Q. durata (leather oak), Q. kelloggi (CA black oak), Q. lobata (valley oak), Q. wislizeni (interior live oak) are also found in this watershed.







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## Sticky Monkey Flower

Mimulus aurantiacus



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## **ID Description:**

- Perennial shrub with narrow leaves (covered in slightly sticky coating).
- Yellow-orange tubular blossoms during spring and summer.
- Very drought tolerant.

## Plant Community: Coastal Scrub

**Fun Facts:** Attracts butterflies, such as the Chalcedon Checkerspot, and hummingbirds.

- Sticky coating on leaves helps prevent water loss.
- *Mimulus cardinalis* and *M. guttatus* are also found in this watershed, but prefer wet areas.







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# Silver Bush Lupine

Lupinus albifrons



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## **ID Description:**

- Shrub, grows to 3-5 ft. tall.
- Palmate compound leaves with 4-11 leaflets.
- Green to silver hairy leaves on a white silver bush.
- Grows in sunny areas with sandy soils.

#### Plant Community: Coastal Scrub

**Fun Facts:** Attracts many butterflies and bees with showy fragrant flowers.

- Lupinus arboreus (yellow bush lupine), L. bicolor (dove lupine), L. formosus (summer lupine), L. latifolius (wood lupine), L. microcarpus var. densiflorus (chick lupine), L. nanus (sky lupine), L. pachylobus (big pod lupine), and L. succulentus (arroyo lupine) also found in this watershed.
- Main food source of several butterfly species.





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# California Bay Laurel

Umbellularia californica



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## **ID Description:**

- Evergreen tree or shrub; grows from 40-80 ft tall.
- Greenish to reddish brown bark, broken into irregular small plates.
- Lance shaped leaves are very aromatic.

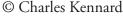
**Plant Community:** Woodland, Mixed Evergreen Forest, Riparian

**Fun Facts:** All parts of the plant contain aromatic camphor-like oil.

- Leaves can be used in cooking as a seasoning or for a natural mosquito repellent.
- Deer, birds, squirrels, and other small mammals eat seeds. Wild pigs eat seeds and root. Trees provide valuable cover for deer, black bears, game birds, and song birds.









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# **Toyon**

## Heteromeles arbutifolia



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### **ID Description:**

- Evergreen shrub to small tree.
- Leaves are toothed, leathery, glossy upper surface, dull lower surface.
- Flowers bloom in clusters, small, cream to white flowers followed by bright red berries in the winter.
- Prefers well drained soil.
- Drought tolerant.

## Plant Community: Many plant communities

**Fun Facts:** Bees and other insects are attracted to the flowers. California quail, robins, and bluebirds take delight in eating the berries.





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## California Blackberry

Rubus ursinus



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## **ID Description:**

- Shrub or vine with whitish pink flowers; branches have narrow prickles instead of stout thorns as on the Himalayan blackberry.
- Black fruit about ½ in long.
- Low growing, occasionally climbs.
- Dioecious: male and female flowers on different bushes.

## Plant Community: Woodland, Riparian

**Fun Facts:** Berries provide food for birds and other wildlife; thick brambles give cover for wildlife.

- Needs high amounts of moisture to set fruit.
- Berries are edible for humans too.
- *Rubus spectabilis* (salmonberry) and *R. parviflorus* (thimbleberry) also found in this watershed.
- Does not climb aggressively or crowd out other species like the introduced Himalayan blackberry.







## California Bee Plant

Scrophularia californica



## **ID Description:**

- Herbaceous perennial, grows 2-4 ft. tall.
- Triangular, toothed, blue-green leaves grow opposite each other on a squared stem.
- Flowers are small, dark red and tubular.

**Plant Community:** Riparian, Woodland, Coastal scrub

Fun Facts: Strong bee attractant.

• Main source of food for larvae of the Chalcedon butterfly.







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## Willow

Salix spp.



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## **ID Description:**

- Deciduous tree or shrub.
- Narrow leaves.
- Dioecious: male and female flowers on different trees.
- Flowers are arranged in cylindrical clusters surrounded by a special leaf called a bract.

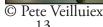
#### Plant Community: Riparian

**Fun Facts:** Slender branches are often used in basket weaving and other ornamental decorations.

- Usually grows along creeks; its presence often indicates water.
- Willow bark contains salicin, which reduces pain and fever and is similar to the active ingredient in Aspirin.









# **Blue Elderberry**

## Sambucus mexicana



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## **ID Description:**

- Small tree or shrub; grows up to 25 ft tall.
- Deciduous leaves 6-12" with 5-9 finelytoothed, smaller leaflets.
- Small white or cream flowers grow in clusters.
- Ripened fruit is blueblack in color.

#### Plant Community: Coastal Scrub, Riparian

**Fun Facts:** Greek in origin, the name Sambucus comes from the name of a musical instrument made from wood of this genus.

• Berries eaten by wildlife; can also be used for jam and wine.



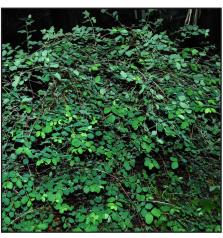




© Pete Veilluiex

# Snowberry

## Symphoricarpos albus



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## **ID Description:**

- Shrub, grows 2 5 ft tall
- Bell-shaped pink flowers in spring.
- Fruit are white: approximately 1 cm in diameter.
- Prefers shady woods and stream bank slopes.

Plant Community: Woodland, Riparian

Fun Facts: Berries can cause mild vomiting, dizziness and slight sedation in humans. Can also have a laxative effect.

- Good as erosion control on steep banks.
- Important winter food for quail and pheasants.



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# California Sagebrush

Artemisia californica



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## **ID Description:**

- Rounded shrub, grows to5 ft tall.
- Slender, flexible, wandlike stems.
- 1-10 cm pinnate leaves which are green/grayish.
- Seeds require fire to germinate.

Plant Community: Coastal Scrub, Chapparal

**Fun Facts:** Not a true sage, but can be used as a spice and made into tea.

- Has been used as a treatment to fight coughs and colds.
- Grey finely textured leaves are attractive in gardens.
- Not many mammals eat parts of sagebrush, though it provides good cover for small mammals and birds.
- Many birds use this bush for perching & nesting.







# Creek Dogwood

## Cornus sericea



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## **ID Description:**

- Deciduous shrub, grows to 12 ft tall.
- Branches are red to purple and smooth.
- Opposite leaves, 2-4" long, dark green, hairy, lighter colored on the bottom, and has prominent veins.
- Tiny flowers are white/ cream colored.

#### Plant Community: Riparian

Fun Facts: Native Americans smoked the inner bark in tobacco mixtures. The Potawotami used the stems to make dream catchers.

- Stems can be used in basketweaving.
- Cream/white berries are tart and bitter.
- Birds ranging from wood ducks to yellow-bellied sapsuckers and small mammals feed on the berries.



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# **Coyote Brush**

## Baccharis pilularis



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## **ID Description:**

- Shrub, grows to 8 ft tall.
- Dioecious: male and female flowers on different bushes.
- Flowers are small and creamy white.
- Drought tolerant.

#### **Plant Community:**

Coastal Scrub, Woodland, Chapparal

**Fun Fact:** Dense canopy provides shelter for rabbits and birds. Attracts an abundance of insects.

- Low growing form great for ground cover.
- Common all over California.
- Baccharis douglasii (Marsh baccharis) also found in this watershed.







## Wild Rose

## Rosa californica



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## **ID Description:**

- Deciduous shrub, grows 3 to 6 ft tall.
- Compound dark green leaves with 7 leaflets.
- Has 1-2 inch pink flowers which develop into red smooth hips in fall.
- Semi-drought tolerant and prefers sun.

## Plant Community: Riparian

**Fun Fact:** Provides good shelter for wildlife because it forms thickets.

- Attractive rose hips remain thru winter.
- Rosa gymnocarpa also found in this watershed.







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# Pink Flowering Currant

Ribes sanguineum var. glutinosum



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## **ID Description:**

- Grows to 5-12 ft tall and spreads 4-10 ft wide.
- Has large clusters of tiny white to red flowers that bloom in early spring.
- Many bluish black berries in summertime.

### **Plant Community:**

Woodland

**Fun Fact:** Small bluish berries are edible, but bland, and are attractive to many birds.

• Ribes malvaceum (Chaparral Currant) is also found in this watershed.







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# Gooseberry

## Ribes menziesii



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## **ID Description:**

- Shrub, grows to 6 ft.
- Flowers have delicate white petals and purplish reflexed sepals.
- Produce a round bristly berry.
- Drought tolerant once established.
- Open branches are hairy and may have spines.

**Plant Community:** Coastal Scrub, Chapparal and Woodland

Fun Facts: Provides tasty fruit and fall color.

- Birds such as California Thrasher, Hermit Thrush and the American Robin enjoy its fruits.
- *Ribes californicum* (Hillside Gooseberry) and *R. divaricatum* (Straggly Gooseberry) are also found in this watershed.



