Yerba Buena

Purpose:
Made into a tea for any kind of internal complaint.
Tan Oak

Miwok: katâmi
Miwok: katâmi

Description:
The preferred acorn for mush in this area, rich and oily. Acorns dried, peeled, ground into a fine meal, and leached to remove tannins, then may be boiled for mush or made into a form of bread.
Basket Sedge

Marin Miwok: kissi
Bodega Miwok: kici

Purpose:
Plant gathered about September, split, put away and later cleaned. Serves as material for making baskets.
Gooseberry

Marin Miwok: kilis (kiles) “thorn”
Bodega Miwok: títík-k-múlu

Purpose:
Berries eaten. Like gooseberries but thorny. They were put in a winnowing basket with hot hardwood coals, shaken back and forth to singe off the bristles; then could be eaten whole.
Salmonberry (Rubus spectabilis)

Marin Miwok: po-to tai
Bodega Miwok: po-ota-aiim

Purpose:
Berries eaten fresh. When plentiful berries would be dried.
Thimbleberry  
*Rubus parviflorus*

Marin Miwok: tolpas  
Bodega Miwok: toipa  

**Purpose:** Berries good to eat fresh. Leaves used to wrap food for baking.
Black Huckleberry

Marin Miwok: Dabale
Buddhist: Baxandak

Fruits can be eaten fresh or used in
soups and stews. Flowers are
sometimes used in a tea. Leaves and
berries are used for medicinal purposes
for diabetes, asthma, fever, and stomachaches.

The flowers are used to make a
tea, which is used for medicinal purposes
such as diabetes. Leaves are believed to
stimulate appetite. It is also said to
be good for the eyes and to
improve vision.

The berries are said to have
antioxidant qualities and to be
beneficial in fighting disorders.

Vaccinium
WOOD ROSE

Kashaya Pomelo: Fruits are best eaten fresh or after the first light frost or cold nights of fall.
Native Blackberry

Marin Miwok: wáte
Bodega Miwok: Wa-te
Purpose:
Berries eaten fresh. Roots made into a tea to relieve menstrual pain.
Wood Strawberry

Marin Miwok: i’-yum
Fragaria vesca

Purpose: Berries eaten fresh.