

US EPA ARCHIVE DOCUMENT

KULE LOKLO

July 2011





Yerba Buena *Satuereja douglasii*

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



Tan Oak

Lithocarpus densiflora

Miwok: katámi

Miwok: katámi

Use:

The preferred acorn for mush in this area; rich and oily. Acorns dried, leached to remove tannin, then may be boiled for mush or made into a form of bread.

Basket Sedge

Marin Miwok: kissi
Bodega Miwok: kici

Carex densa

Purpose:

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



Gooseberry

Ribes roezii

Marin Miwok: kilis (kiles) "thorn"
Bodega Miwok: tcitcak-molu

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

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

Rubus spectabilis

Purpose:

Berries eaten fresh. When plentiful
berries would be dried.



Thimbleberry *Rubus parviflorus*

Marin Miwok: tolpas
Bodega Miwok: tolpa

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

Black Huckleberry

Vaccinium

Marin Miwok: *...*

P. d. ...

... eaten ...
... cooking. The ...
... given to the fruit ...
... tea, which is used ...
... diabetic ...
... stimulate ...
... astrin ...
... qualities ...
... disorder ...





WOOD ROSE

Kashaya Pomo: badú?den?
Fresh fruit eaten; tastes sweetest after the first
light frost or cold nights of fall.

Rosa gymnocarpa



Native Blackberry *Rubus ursinus*

Marin Miwok: wáte
Bodega Miwok: Wáte
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.





California Mugwort
Artemisia douglasiana

Marin Miwok: kisin pototoo
Bodega Miwok: kicin

Purpose:
The leaves were used for a tea to
reduce fevers or stomachaches. Leaves
were also used for medicines for
eyes.



Spicebush Sweet Shrub
Calycanthus occi
ed for baskets.







California Hazelnut
Corylus cornuta
Marin Miwok: Lu'la
Bodega Miwok: loo'-yah
Purpose:
Nuts were eaten. It was used as material for making the following items:
burlap basket, parching tray, twined and seed beater.



California Sagebrush
Salvia leucantha
This shrubby perennial herbaceous plant is native to California and is commonly used in landscaping for its attractive, silvery, needle-like leaves and clusters of small, yellow flowers.

Yerba Santa Mountain
Balm
Eriodictyon californicum
Purpose:
Leaves were made into a tea. Good for
an upset stomach.