

Visit our Interpretive Museum to view Native American historical and cultural displays, artifacts and pictures.

Native American Uses: The hard wood was used for fires because this species burns hot and almost smokeless. Because the wood was hard, it was also used as a digging stick, a fish spear, and an arrow tip.



(3) BIRCH-LEAF MOUNTAIN MAHOGANY
Cercocarpus betuloides var. betuloides

Several species of Mountain Mahogany grow in California, but this variety grows only in San Diego County. Birch-leaf Mountain Mahogany grows most often in dry areas on the slopes of foothills and mountains. Flowers appear in springs, but they are without petals.

Native American Uses: Tea from leaves were used to cure headaches and stomach aches. The leaves were also used as a mouth wash and to strengthen teeth and gums.



(2) CALIFORNIA BUCKWHEAT
Eriogonum fasciculatum

Native American Uses: Acorns from oak trees were the primary food source. There were at least seven species of oaks used for acorns by Native Americans, the California Black Oak and the Coast Live Oak being the most important. Acorns were shelled, crushed, and the tannic acid was leached before making an acorn mush.



(1) COAST LIVE OAK
Quercus agrifolia var. agrifolia

Native American Habitation: There were four Native American tribes that lived in this region which includes Riverside, San Diego and Imperial Counties, as well as the Northern Baja. The four tribes include the Kumeyaay (also referred to as Diegueño), Luiseno, Cuyeno and the Cahulla. There is evidence that these tribes lived in the area up to 12,000 years ago.

Plant Safety: Please do not try to eat any plant parts that have been identified as edible. Native Americans specially prepared plant parts to make them safe to eat. For more information on plants in the Lake Morena area please refer to the *Plant Photo Identification Book* in the Rangers' office.

The Lake Morena Nature Trail

As you walk down the trail, you will see many of the plants typical of the chaparral community. Chaparral consists of a wide variety of low growing, dense shrubs that have woody stems, thick leaves, and an extensive root system. Chaparral is adapted to living in a climate of long, dry summers and cool, moist winters.



This self-guided nature trail brochure will help identify some of the various common plants found around Lake Morena County Park, and it will describe how the Native Americans utilized many of the plants in their daily lives.

RULES AND REGULATIONS

- CAMPFIRES:** Must be confined to existing stoves or fire rings. See ranger for current campfire rules.
- NO SWIMMING:** No swimming allowed.
- PETS:** Pets are permitted if they are properly restrained and under the control of the owner. Dogs must be licensed, restrained on a leash not longer than six feet, and attended at all times.
- WASTE WATER:** Please dispose of all waste water in an approved dump station, never on the ground.
- VEGETATION & NATURAL FEATURES:** All plants, animals, natural features, and archaeological resources are fully protected and may not be damaged, injured, or removed. Please check with your ranger for firewood — he or she generally has a supply to sell for campfires. Please do not gather it from within the park.
- TREES:** Do not tie or hang ropes, wire, or tents to trees. Do not drive nails, screws, or staples into trees.
- GENERATORS:** Use of generators is prohibited.
- NOISE:** To insure each park guest's pleasure and peace, quiet hours are from 10:00 P.M. to 8:00 A.M. Of course, excessive noise and loud music is discouraged at all times.
- FIREARMS & WEAPONS:** Firearms, fireworks, and weapons are not permitted in County Parks.
- YOUTH:** All persons under 18 years of age must be accompanied by a legally responsible adult with medical authorization for each child while camping in the park.
- ALCOHOLIC BEVERAGES:** Alcoholic beverages are permitted providing the alcohol content does not exceed 20%.

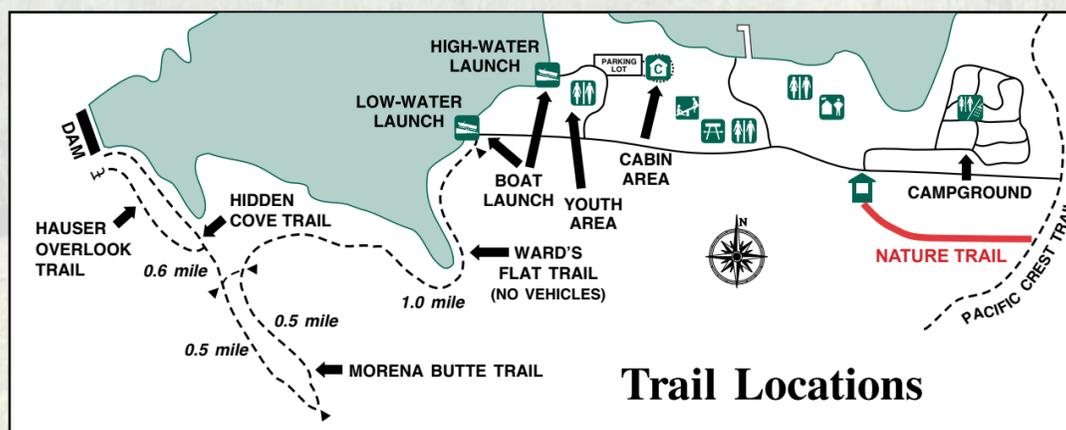
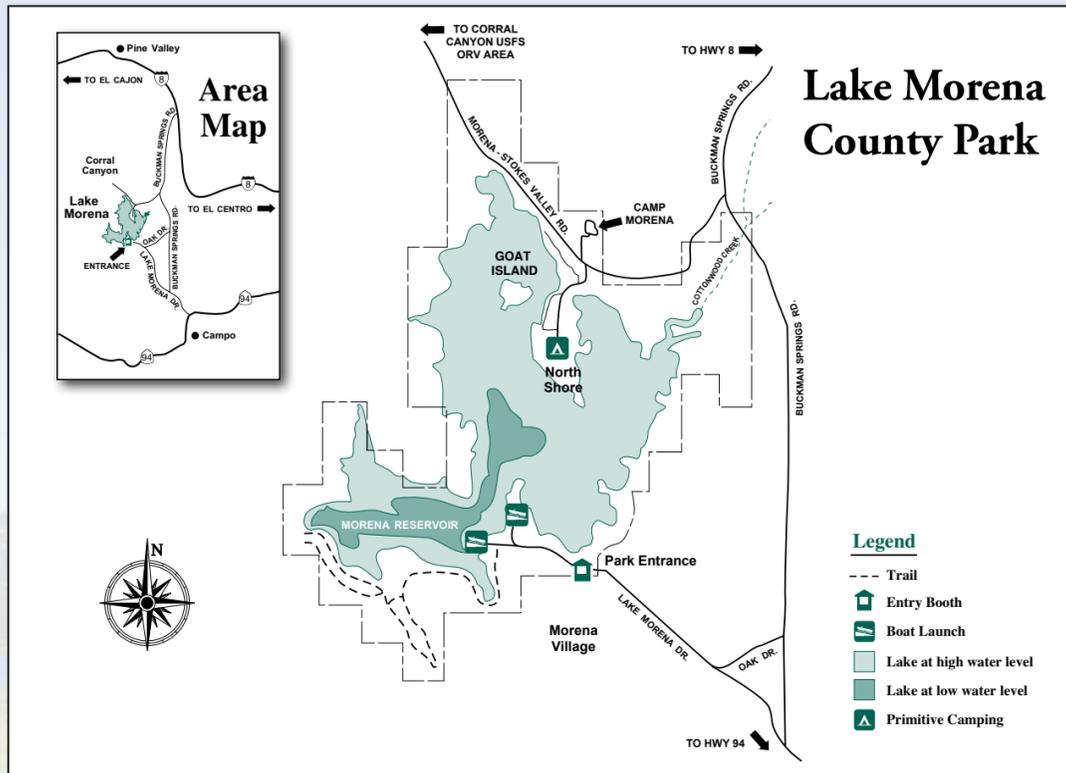
NOTE: Camping in the park is contingent upon guests maintaining their immediate camping area in a safe and clean condition and complying with all park rules. Failure to comply will result in a suspension of camping privileges and loss of prepaid fees.

INFORMATION

COUNTY OF SAN DIEGO
Department of Parks and Recreation
5500 Overland Avenue, Suite 410
San Diego, CA 92123

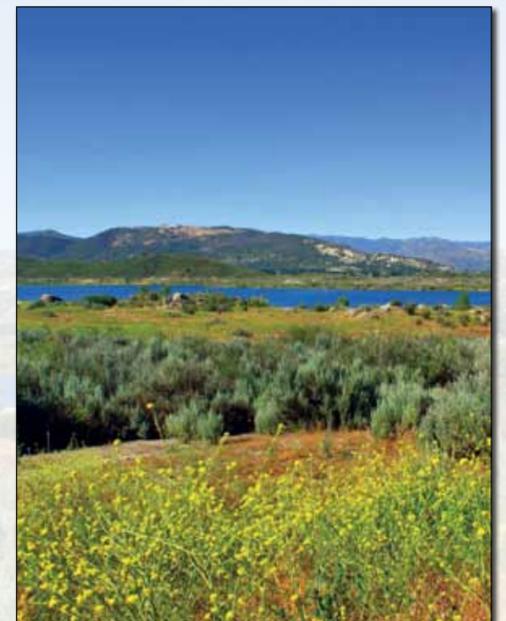
Reservations & Information:
Toll Free • (877) 565-3600
Local • (858) 565-3600

Visit us at www.sdparks.org



LAKE MORENA COUNTY PARK

Self Guided Nature Hike



PARKS AND RECREATION
COUNTY OF SAN DIEGO
www.sdparks.org

The Lake Morena Nature Trail

(4) SUGAR BUSH

Rhus ovata



This plant is common in the chaparral communities of California, Arizona, and northern Baja California. Sugar Bush usually has a rounded appearance and grows up to 20 feet high. The Sugar Bush's twigs are thick and reddish in color. Its thick leaves are dark green, leathery and have an ovate shape. They are folded along the midrib, looking similar to a taco shell. On the ends of branches, during the spring, you'll find pink flowers. Reddish fruit appears later in summer.

Native American Uses: The berries were eaten raw, dried or cooked. Berries were soaked in water to make a beverage that had a sweet and sour taste to relieve coughs.

(5) CHAMISE

Adenostoma fasciculatum



Chamise is one of the most dominant plants found in chaparral and coastal sage areas, except for the immediate coast area. Featuring white flowers that are individually very small, they appear from late spring to early summer. Flowers are crowded with compound clusters several inches in height.

Native American Uses: Leaves and branches were boiled to make a solution to bathe infected and swollen areas of the body. Chamise was also used for torches and the roots and large branches were used for fire.

(6) CALIFORNIA SCRUB OAK

Quercus berberidifolia



Scrub oaks are a smaller, shrubbier version of the larger, more familiar tree oaks. There are about five species of Scrub Oaks in San Diego County, with the California Scrub Oak being the most common at Lake Morena.

Its ability to re-sprout after fire makes them a valuable member of the chaparral.

California Scrub Oak is typically a shrub that grows four to ten feet tall. It occasionally assumes tree form, sometimes growing up to 30 feet. California Scrub Oak grows on dry slopes most commonly below 5,000 feet. Its simple leaves are evergreen and oblong, about a half-inch to one-and-a-half inches long. They are also leathery, stiff and usually have spiny teeth. The acorn ripens in late summer to early fall.

Native American Uses: The Cahuilla used meal from the California Scrub Oak acorns as filler mixed with the more palatable meal of California Black Oak Acorns.

(7) MANZANITA

Arctostaphylos spp.



Manzanita is a common component of California chaparral. There are 57 species in California, and at least three are in San Diego County.

Manzanitas are popular for their shiny red or mahogany colored bark. They have urn-shaped flowers that vary from pink to white and are popular with hummingbirds. They are very drought tolerant and always look green and healthy, even in the hottest, driest part of the summer.

Native American Uses: The leaves were used to make a tea that was good for the kidneys. The berries were made into jelly and eaten plain. They also used the berries to make juice.

(8) TOYON, CHRISTMAS BERRY, CALIFORNIA HOLLY

Heteromeles arbutifolia



Toyon is a common perennial shrub or tree, growing six to fifteen feet tall. This plant is native to California and Baja, California.

Toyon is a principal part of the coastal sage scrub plant community, and is a part of the drought-adapted woodland habitats. Toyon has inconspicuous white flowers that appear in June and July.

The fruit forms and slowly matures from green to red. By Thanksgiving and Christmas, the distinctive, red, mature fruits can be found. Fruits are an important food source for many birds.

The thick foliage is composed of simple, evergreen leaves. The dark green leaves are two-to-four inches long, with a lighter color undersurface.

Native American Uses: Toyon was used as a medicinal plant and food source. The berries were harvested for winter storage and the leaves and bark were brewed into a remedy for pain and gastrointestinal discomfort.

(9) CHAPARRAL WHITETHORN

Ceanothus leucodermis



There are about 15 species of Ceanothus found in San Diego and at least two found around Lake Morena including the Buck Brush with white flowers and the Chaparral Whitethorn with bluish flowers.

San Diego County's wild lilacs brighten up the countryside with stunning displays of blue and white flowers in winter and spring.

Native American Uses: Blossoms were rubbed vigorously in water to produce a soapy lather to clean body parts. The Kumeyaay would boil the leaves, berries or sap of the wild lilac to relieve the itch from poison oak, or to heal impetigo (a skin disease).

(10) RIBBONWOOD, REDSHANK

Adenostoma sparsifolium



This multi trunk tree or shrub grows to 20 feet in height and has a red-brown bark that sheds in ribbons. Its leaves are cedar-like, thin, and linear. Small white to pink flowers appear in clusters at the ends of slender twigs in the summer. The fruit is small and brown. Redshank is common on dry slopes, from elevations from 1500–4500 feet.

Native American Uses: Ribbonwood and Redshank branches were made into throwing sticks to hunt small game such as birds and rabbits. Dried leaves were used to make a tea that helped stomach ailments. The largest branches were used for fence posts and seeds were used as a food source.

(11) MOSSES AND LICHENS



On this granite rock, you will see black or green patches of mosses. They are green after a rain, and gradually turn to black as the moss dries out.

Mosses have no flowers, fruits, cones or seeds, and are small and herbaceous (non-woody). They absorb water and nutrients mainly through their leaves, and harvest sunlight from their leaves to create food by photosynthesis.

Lichens have a symbiotic relationship between a fungus (Fungi Kingdom) and a photosynthetic partner, usually either a green alga (Plant Kingdom) or cyanobacterium (Monera Kingdom).

Lichens occur in some of the most extreme environments on earth, from the arctic tundra, to hot deserts, rocky coasts, and other hostile environments. Lichens are on leaves, branches, or on bare rock. The algae's generally form a green color in the lichen, while the cyanobacterium form a dark blue-green or blue-grey color.

(12) BASKETBUSH, SKUNKBUSH

Rhus trilobata



Basketbush is a deciduous plant and grows in many types of plant communities. This plant is perennial and grows two-to-eight feet in height. Basketbush is in the same family as Poison Oak and both have very similar appearance. Both have a compound leaf with three leaflets.

Native American Uses: As the common name suggests, basketbush branches were used for basketry due to their strength and flexibility. Other parts of the plant were used to make dyes for baskets and rugs. The berries were boiled to make tea and lemonade, while the bark was chewed and the juice was used as a cold remedy.

A guided hike of the Lake Morena Nature Trail takes place on selected Saturdays. The hour-long hike is free. Day use parking is \$3.

Call the park office at 619-579-4101 to verify dates and times for the hike.