

6. **California Fuchsia**



**Onagraceae – Evening Primrose Family – *Epilobium canum***

California Fuchsia, also known as Hummingbird Flower, Hummingbird Trumpet, and Firechalice, is a species of willowherb that is native to California. It is a low shrub that can grow to 2 feet in height. California Fuchsia prefers dry slopes in scrub, chaparral, and woodland habitats in western North America, though it can also be found near wetlands such as creeks and seeps. It is a perennial plant that is distinguished by the bright scarlet flowers that cover the plant from August to October. California Fuchsia should not be confused with a Fuchsia-flowered Gooseberry, which also has bright pink flowers. Fuchsia-flowered Gooseberry plants have spines on their stems, while California Fuchsia do not. Many insects utilize this plant. Native bees feed on the pollen, hummingbirds feed on the nectar, and White-lined Sphinx moths use California Fuchsia as a host plant.



## 7. Black Sage



### **Lamiaceae – Mint Family – *Salvia mellifera***

Black Sage is a small, highly aromatic, evergreen shrub native to California and Baja California. It is found in coastal sage scrub and chaparral habitats, and is able to grow in a variety of different soils. Black Sage can grow from 3 to 6 feet tall, and the lower surfaces of the leaves are hairy. It is semi-deciduous, depending on the location and the severity of drought, and it generally gets through drought by leaf curling rather than leaf drop. Black Sage blooms from March to July, and the flowers are usually a pale blue or lavender color, though they may also be a rose color. The Chumash people made a strong tea from the leaves and stems of this plant, and the tea was rubbed on painful areas or to soak one's feet. The plant contains pain relievers called diterpenoids. Kumeyaay Indians used Black Sage when they hunted by rubbing the leaves all over their bodies to mask their scent, so their prey would not be aware of a human presence. Black Sage honey is made from the nectar of this plant. It is peppery and strong, and is prized as a rare honey as it can only be made when enough rain falls to allow the plant to produce sufficient nectar. Native bees, butterflies, and hummingbirds all feed on the nectar and pollen from this plant.



## 8. Bristly Oxtongue



### **Asteraceae – Sunflower Family – *Helminthotheca echioides***

Bristly Oxtongue is a not native to Southern California. It is an herb that is native to Europe and North Africa, but has become wide spread outside that range. It is an annual or perennial, and in California is found in disturbed habitats, fields, gardens and grassy areas. Bristly Oxtongue is a rough, bristly, and coarse plant with prickly, jagged leaves. It has a sturdy, upright stem that can grow up to 3 feet tall. It blooms in June to October with yellow flowers on its shorter branches. The yellow flowers both have male and female organs, (it is a self-fertile plant) and are pollinated by bees and flies. Bristly Oxtongue does not grow well in shady areas, and prefers heavy soils, such as clay, or very alkaline soil. It was traditionally used as an anthelmintic, which means it was used to kill parasitic worms in the body.



## 9. Umbrella Sedge



### **Cyperaceae – Sedge Family – *Cyperus eragrostis***

Umbrella Sedge, or Bearded Flatsedge, is an annual herb that is native to California, though it is also found elsewhere in North America. It commonly grows in wetlands or marshy areas along the Pacific Coast. Umbrella Sedge has long, flat leaves, and can grow up to 3 feet tall. There is a saying that helps in identifying if a plant is a Sedge: “Sedges have edges.” The edges of the leaves of a Sedge are sharp, and that’s how you can tell it’s a Sedge. Near the top of the Umbrella Sedge plant are several small bottlebrush-like clusters called spikelets. It blooms from July to September. Umbrella Sedge produces small nutlet seeds, which are an important source of food for many birds and mammals.



## 10. Slenderbeak Sedge



### **Cyperaceae – Sedge Family – *Carex athrostachya***

This is also a Sedge, and yes, it has edges! Slenderbeak Sedge is a perennial herb that is native to California, but it is also found in other parts of North America and into Baja California and Canada. It grows in wet and seasonally wet areas, such as wetlands, meadows, and on the edges of creeks and seeps. Slenderbeak Sedge produces dense clumps of stems that can grow to 1 to 2 feet tall. It blooms from May to June, and has green flowers that fade to brown.