



Think Globally,

Plant Locally

Eat Native

You are HERE



Back to Natives RESTORATION



"Connecting the community to habitat restoration through service learning and native plant education."

Achievements in Landscape Design:

Back to Natives designs California native landscapes for homeowners and businesses throughout Orange and Los Angeles Counties.

- ❖ Chief landscape designer for the “Costa Mesa Green Home,” which is certified ‘Platinum’ by the US Green Building Council’s (USGBC) Leadership in Energy and Environmental Design (LEED®) for Homes Program.
- ❖ Provided the landscape design for “Project 319,” one of the first homes in Orange County to earn the Build It Green, GreenPoint Rated designation.



Achievements in Landscape Design:

Back to Natives designs California native landscapes for homeowners and businesses throughout Orange and Los Angeles Counties.

- 🌿 Guest designer at both the Los Angeles Garden Show at the LA Arboretum
- 🌿 ...and the Southern California Spring Garden Show at South Coast Plaza.



Achievements in Landscape Design:

Back to Natives designs California native landscapes for homeowners and businesses throughout Orange and Los Angeles Counties.

🌿 Featured in the California Native Plant Society Garden Tour in 2011, 2012 and 2013.



Achievements in Landscape Design:

Back to Natives designs California native landscapes for homeowners and businesses throughout Orange and Los Angeles Counties.

🌳 Designed Maple/Occidental Park for the City of Santa Ana.





Back up a second!

What does "native" mean?

"Natives" were here prior to European contact.



"Natives" evolved here over a very long period, and form a complex network of relationships.



"Natives" are adapted to our climate and geography.




Non-natives

*But they're so pretty,
what harm can they do?*


*Diseases or weather conditions
which kept the plants in check
in their homeland are absent
here.*

*They can out-compete native
plants, destroying habitat and
endangering native animals.*

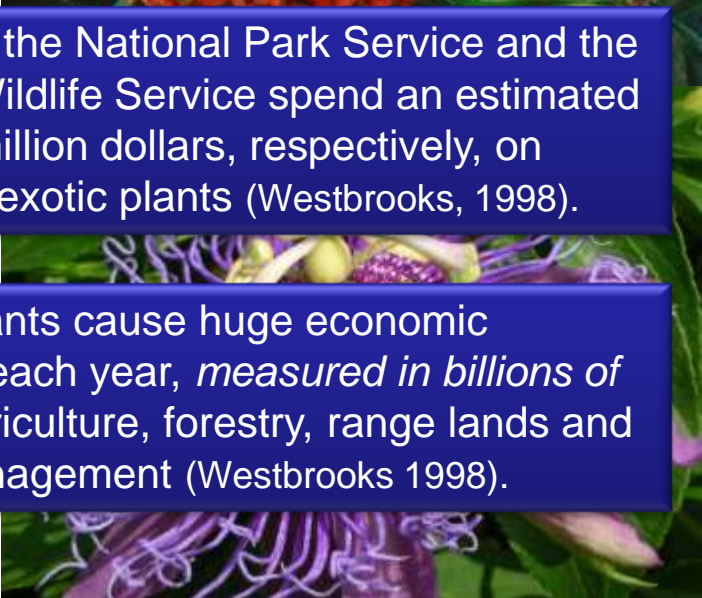
*Non-native plants cost us
money!*



42% of the nation's endangered and threatened species have declined as a result of encroaching exotic plants and animals. - U.S. Fish and Wildlife Service



Each year, the National Park Service and the Fish and Wildlife Service spend an estimated 2 and 10 million dollars, respectively, on controlling exotic plants (Westbrooks, 1998).



Non-native plants cause huge economic expenditures each year, *measured in billions of dollars*, for agriculture, forestry, range lands and roadways management (Westbrooks 1998).





Why should I plant Native Plants?

You live HERE



Yes, you will save water!



Stop poisoning

your yard & your family!







Enjoy a low maintenance garden.



Provide habitat!



Provide food!



**BE global,
PLANT local!
EAT local!**

You live HERE



Berries for Jams & Juices



Sambucas mexicana

Elderberry



Sambucas mexicana Elderberry

Elderberry Jam *from livingwild.org*

- 3 lbs Elderberries
- 1 lemon
- 1 package liquid pectin
- 4 cups sugar

METHOD

1. Remove stems and mash Elderberries.
2. Cover with water and simmer for 15 minutes.
3. Strain berries through cheesecloth and save liquid.
4. Add lemon and pectin to liquid and bring to a boil for 1 minute, stirring constantly.
5. Add sugar and boil for 2 minutes, stirring constantly.



http://mother-natures-backyard.blogspot.com/2012_08_01_archive.html
more elderberry recipes and pics of processing!

Heteromeles arbutifolia

Toyon

Toyon Cider *livingwild.org*

- Collect berries in winter
- Cover dried berries with water
- Bring to a boil and simmer for 20 – 30 minutes while crushing berries
- Strain and sweeten as desired

TIP Toyon cider has a wonderful aroma and color. Fresh berries can be used, but dried berries are much sweeter.



Ribes spp.

Currants & Gooseberries

There are at least a dozen species native to Orange County!



Arctostaphylos glauca



*Big Berry
Manzanita*



Manzanita & Doug Fir Cider

Livingwild.org

- Make Manzanita “sugar” by roughly grinding berries for about 1 minute.
- Press through a mesh strainer, keeping the “sugar” for later use in recipes.
- Add remaining seeds/skins (approx. 1 cup seeds/skins to 6 cups water) to boiling water. Simmer for 20 minutes.
- Turn off heat and add 2 cups of Doug Fir needles. Steep for 10 minutes.
- Strain and serve cold as a refreshing local drink filled with antioxidants and vitamin-c.

Fragaria

chiloensis

*California Beach
Wild Strawberry*





Vitis girdiana

California Wild Grape

Soups & Salads



Cattail heart soup
- *livingwild.org*



Stinging nettle leaves wild-gathered then stir-fried with garlic, onions, tomato, and cilantro.
- *Deborah Small's Ethnobotany Blog*

Opuntia littoralis

Prickly Pear



Renowned Tongva elder and plant specialist Barbara Drake processing prickly pears.

Rosa californica

Wild rose



Photos by Deborah Small



Urtica dioica

Stinging Nettle



Photos by Deborah Small



Stinging Nettle
High in vitamins A + C, protein,
and minerals
Leaves - rubbed on skin as a counter
irritant
Rubbed on sore joints
Cooked - can be eaten as a green
Tea - a diuretic
helps

Leaves & Flowers for teas



Native-teas.com



Salvia spathacea



Hummingbird Sage



Achillea millefolium

Yarrow

Dried flowers
and leaves used
in cold remedies.
(G. Tilford)





Eriodictyon crassifolium

Yerba Santa



Yerba Santa

A tea brewed from fresh or dry leaves is used as an expectorant and to relieve sore throat. It works equally as well on asthma, hay fever and bronchial congestion.

Cough Medicine

3 yerba santa leaves boiled. Add 1/2 cup of sugar. Administer every 7 hours for cough.

Satureja chandleri



Yerba Buena





Sambucas mexicana *Elderberry*

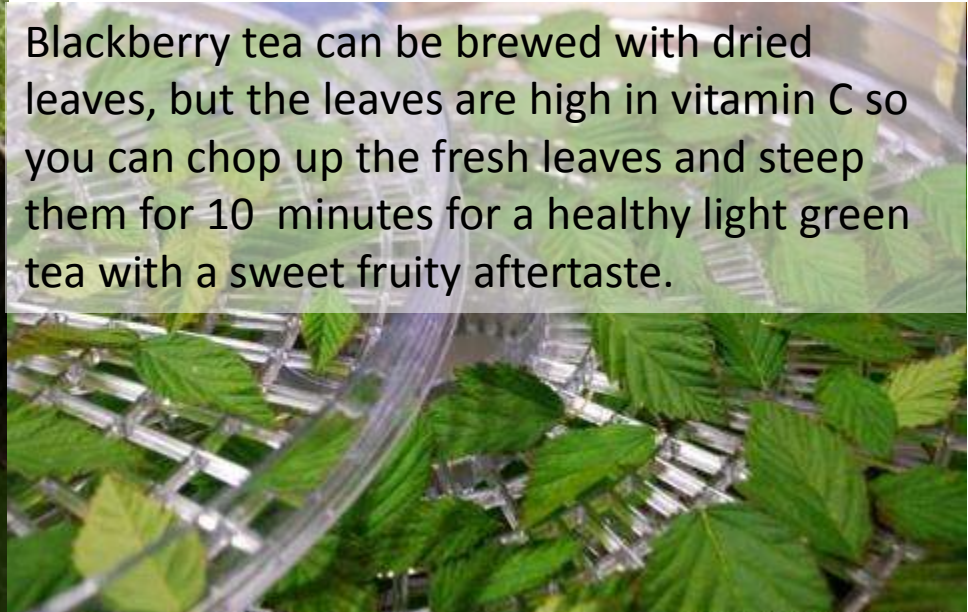




Rubus ursinus

Blackberry

Blackberry tea can be brewed with dried leaves, but the leaves are high in vitamin C so you can chop up the fresh leaves and steep them for 10 minutes for a healthy light green tea with a sweet fruity aftertaste.



Monardella villosa

Coyote Mint



Eriogonum fasciculatum

Buckwheat



Buckwheat tea soothes sore throats. (D. Moerman)



Trichostema lanatum

Woolley Blue Curls



Woolly Blue Curls
Iron aid for memory,
for stomach ailments, for
kidney infections.
Use the leaves & flowers.

Leaves for seasoning





Salvia apiana

White Sage



Salvia mellifera *Black Sage*



Salvia leucophylla

Purple Sage



Nuts & Seeds for desserts!



Bay Nut Chocolate Clusters

livingwild.org

Collect California Bay nuts in fall

1 cup Bay nuts

1 bar organic dark chocolate



Umbellularia californica *California Bay*

METHOD

- Preheat oven to 350
- Place unshelled nuts on a cookie sheet and bake for approximately 35 minutes.
- Shell and chop nuts.
- Melt chocolate in a double boiler.
- Add chopped nuts and mix well.
- Place spoonfuls of the chocolate nut mixture on a dish lined with wax paper.
- Set in freezer for about 15 minutes.

TIP: When nut-like fruit is ripe, it appears purplish-brown in color, feels hard, and appears smaller than in previous months. Remove and discard the outer “olive” portion of the nut. Nuts can also be eaten raw.



Salvia columbariae

Chia

Chia Candy

by Craig Torres (BTN Board Member)

- Roast the chia seeds
- Add pumpkin and sunflower seeds, raisins, dried blueberries and cranberries – whatever else you like!
- Combine it all with heated agave nectar.
- Let harden and divide chia seed candy into squares.

For the class, Craig purchased a readily available and relatively inexpensive, cultivated variety of chia: *Salvia hispanica*, which is cultivated. You can purchase it online at [The Raw Food World](#).





**I'm sold.
What do I do now?**

EDUCATE YOURSELF! RESEARCH
PLAN!
DO YOUR HOMEWORK!
PLAN!



What is your purpose for the garden?

- Edible Garden
- Flower Garden
- Shade Garden
- Night Time Garden
- Butterfly and Bird Habitat
- Screen/windbreak
- A place to play!



What **soils** make up the area you want to plant?



- Sandy soil =
 - Coastal Sage Scrub
 - some grasses
 - Coastal Strand
 - Riparian
 - Coastal Bluffs
 - Woodlands
 - Chaparral

- Clay soil =
 - Coastal Sage Scrub
 - Grasslands
 - Riparian
 - Woodlands
 - Chaparral



Water Management :
be true to your space.



Determine sun exposure



Be **true** to the surrounding habitat

How would what you plant improve or degrade the habitat near you?



Research plants

1. **Size (Height and Spread)**
2. **Texture**
3. **Soil preferences**
4. **Water requirements**
5. **Plant Communities**
6. **Prices and availability**



Native Plant Websites

www.BacktoNatives.org

Nonprofit public charity that performs habitat restoration and environmental education and now has a California native plant nursery!

www.CalFlora.org

Native Plant descriptions, ranges & photos

http://ucjeps.berkeley.edu/jepson_flora_project.html