

DIVISION OF INTERPRETATION AND EDUCATION

Native and Exotic Plants of Cabrillo National Monument

An Unofficial Guide

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1800 CABRILLO MEMORIAL DRIVE, SAN DIEGO, CA 92106

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Plants to add: ricegrass smillo, rabbitfoot grass, African fountain grass, pompas grass, natal grass, goldentop grass, foxtail, bromis dianotrous, tocalote

Mojave Yucca

Yucca schidigera

Other Common Names: Spanish Bayonet

Family: Agave (*Agavaceae*)

Field Identification: branched, woody trunk; <12', stacked rosette structure; long, hard, dagger-like, yellow-green leaves; cream and purple tinged flowers; green, oblong fruit

Animal/Human Uses: Fibrous leaves used to make cords, nets, hats, cloth, rope; fruit, stalk, and flowers edible; roots and seeds used to make shampoo; roots made into a laxative

Blooming Season: Mar—May

Park Location: Bayside Trail, Pacific Overlook, Near Tidepools



Lemonade Berry

Rhus integrifolia

Other Common Names: —

Family: Sumac (*Anacardiaceae*)

Field Identification: aromatic evergreen, <15'; branches are long, leaves are dark-green, leather, margin serrate; flowers are white or pink; bright red, tart berries; when climate has been dry, it may be the only green plant around

Animal/Human Uses: Fruit are edible and can be soaked to make a beverage; dense cover for animals; ornamental and natural barrier

Blooming Season: Bloom throughout the year

Park Location: Widespread



Black Sage

Salvia mellifera

Other Common Names: —

Family: Mint (*Lamiaceae*)

Field Identification: densely branched; <6'; yellow-green leaves; very aromatic; black seed pods are on a twiggy stalk; flowers are white or blue tinged

Animal/Human Uses: Ground into meal and eaten; used in Native American rituals

Blooming Season: Apr—July

Park Location: Bayside Trail, Path to Lighthouse, Near Observation Bunker at Pacific Overlook



Coastal Prickly Pear Cactus

Opuntia littoralis

Other Common Names: —

Family: Cactus (*Cactaceae*)

Field Identification: large, green, paddle-shaped pads; <4', 4-10 spines/areole; yellow flowers; juicy, dark red fruit

Animal/Human Uses: Fruit (*tunas*) and pads (*nopales*) are edible; fruit can be candied or used for jam; pads boiled or roasted; seeds ground and eaten in soups or as flour; pads cut and placed on wounds; drink is made to help with childbirth; spiders use spines for cover

Blooming Season: Mar—Jun

Park Location: Pacific Overlook, Bayside Trail, Path to Lighthouse



Flat-Top Buckwheat

Eriogonum fasciculatum

Other Common Names: California Buckwheat

Family: Buckwheat (*Polygonaceae*)

Field Identification: branches striate and become woody and brittle, <5'; leaves are linear, short, and in clusters along twigs; flowers are white and rust with age

Animal/Human Uses: Young shoots and seeds are edible when cooked; boiled flowers were used for babies to control diarrhea, for eyewash, and to help shrink uterus after birth; stems and leaves were boiled to treat headaches and stomachaches; flowers are attractive to bees, rats use for cover and seeds

Blooming Season: Apr—Nov

Park Location: Widespread



Toyon

Heteromeles arbutifolia

Other Common Names: Hollywood, Christmas Berry, California Holly

Family: Rose (*Rosaceae*)

Field Identification: shrub, becomes treelike with maturity, <18', prefers north facing slopes, bark is smooth and gray; leaves are elliptical, toothed, and become dark green; flowers are white; fruits are red

Animal/Human Uses: Fruits edible, raw, made into applesauce-like mush, toasted, or used to make cider; used to make tea to cure stomachaches; ornamental plant

Blooming Season: Flowers: Jun—Jul, Fruit: Winter

Park Location: Bayside Trail, Path to Light-house



Coastal Sagebrush

Artemisia californica

Other Common Names: Coastal Sage

Family: Sunflower (*Asteraceae*)

Field Identification: rounded shrub, branched, <4', gray foliage; leaves are compound; flowers are not showy; very aromatic

Animal/Human Uses: Some medical uses (cure cold, coughing, asthma, etc); used in various ceremonies (e.g. hunting, religious); burned for aroma

Blooming Season: With rain (drought-deciduous)

Park Location: Path to Lighthouse, Bayside Trail, Pacific Overlook



California Encelia

Encelia californica

Other Common Names: Bush Sunflower

Family: Sunflower (*Asteraceae*)

Field Identification: coastal shrub; rounded; <4'; branches weak, leafy; leaves are thick, blue-green; flower heads radiate and are bright yellow, disks black; drought-deciduous; during summer and winter months may look dead

Animal/Human Uses: Used to help soothe sore teeth and in hand wash

Blooming Season: March—Jun

Park Location: Widespread



Cliff Spurge

Euphorbia misera

Other Common Names: —

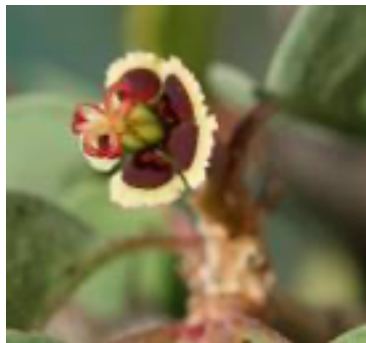
Family: Spurge (*Euphorbiaceae*)

Field Identification: irregularly branched, zig-zagging branches, fleshy, thick; <5'; leaves are rounded (drop in dry season); small and colorful flowers; sap can be irritating to skin (blisters)

Animal/Human Uses: ?

Blooming Season: Jan—Aug (with rain)

Park Location: Bayside Trail, Near Tidepools



Shaw's Agave

Agave shawii

Other Common Names: —

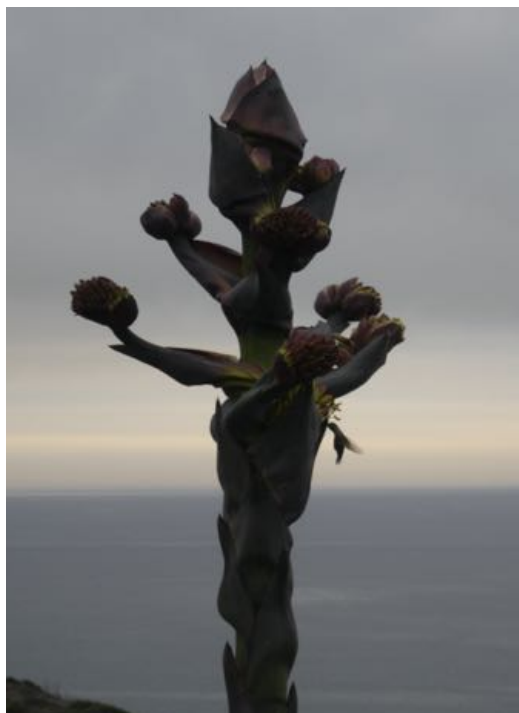
Family: *Agave (Agavaceae)*

Field Identification: stacked rosette structure, stem apparent with age; spreads in clumps, <3'; leaves are triangular, sharply pointed, spiny-toothed on margins and dark green; one tall stalk at end of plant's life (plant conserves energy to shoot up the stalk); golden flowers that occur only on the stalk

Animal/Human Uses: Stalk, leaves and flowers are edible (cattle eat everything but the leaves); cordage could be made into rope, etc

Blooming Season: Sep—May

Park Location: Pacific Overlook, Path to Lighthouse, Near Tidepools



Coast Cholla

Cylindropuntia prolifera

Other Common Names: Jumping Cholla

Family: Cactus (*Cactaceae*)

Field Identification: tree-like or spreading as thicket, <6'; the segments are short, 3-12"; spines are short; flowers are magenta; inside filaments are green; entire segments will detach if they come in contact with skin/clothes ("jumping Cholla")

Animal/Human Uses: Thickets provide haven for small animals; flowers and fruit were possibly used as food

Blooming Season: Apr—Jul

Park Location: Path to Lighthouse, Parking Lot Island, Near Tidepools



San Diego Barrel Cactus

Ferocactus viridescens

Other Common Names: Coast Barrel Cactus

Family: Cactus (*Cactaceae*)

Field Identification: short, stout, <2', spines <3" and numerous; flowers are yellow-tinged red; olive-shaped fruit

Animal/Human Uses: Fruit and seeds are edible; squeezed pulp could be used for emergency water (contains alkali); spines were used as an awl, scooped outer skin used as bowl

Blooming Season: Feb—May

Park Location: Bayside Trail



Golden Club Cactus

Bergerocactus emoryi

Other Common Names: Velvet Cactus

Family: Cactus (*Cactaceae*)

Field Identification: club-like, <3', golden color, spines to 3'; yellow flowers; forms colonies

Animal/Human Uses: —

Blooming Season: Mar—May

Park Location: Bluff (viewable below)



Broom Baccharis

Baccharis sarothroides

Other Common Names: Broom Weed

Family: Sunflower (*Asteraceae*)

Field Identification: erect, <7', branches long, straight, and rod-like; twigs green, thin, firm, and broom-like; small, linear leaves; small whitish flowers

Animal/Human Uses: Possibly eaten for coughs and stomachache

Blooming Season: Sep—Dec

Park Location: Widespread



Coyote Brush

Baccharis pilularis

Other Common Names: Coyote Bush

Family: Sunflower (*Asteraceae*)

Field Identification: erect, <8', many leafy branches; leaves are winged, 3-veined, and yellow-green; flowers are crowded and cottony; basic look is similar to Broom Baccharis

Animal/Human Uses: ?

Blooming Season: Sep—Dec

Park Location: Path to Lighthouse, Bayside Trail (often near Broom Baccharis)



Bladderpod

Isomeris arborea or *Cleome arborea*

Other Common Names: Stinkweed

Family: Mustard (*Brassicaceae*); Caper (*Capparaceae*)

Field Identification: woody, <6', spreading and fast growing; many brittle branches; blue-gray leaves, often folded at midrib; flower many times a year, flowers are yellow and showy; dangling seed pods, look like bladders; stinky; looks similar to locoweed

Animal/Human Uses: ?

Blooming Season: Many times a year

Park Location: Pacific Overlook, Path to Lighthouse, Bayside Trail, Near Visitor's Center



Bushmallow

Malacothamnus fasciculatis

Other Common Names: —

Family: Mallow (*Malvaceae* or *Sterculiaceae*)

Field Identification: erect, <6', semi-woody trunk; many branches, twigs slender, pliant, hairy; leaves are pale green, thin-felty, triangular; flowers are cupped, pink, clustered; similar coloring to Salt Bush

Animal/Human Uses: ?

Blooming Season: Many times a year

Park Location: Near Visitor's Center, Bayside Trail



Laurel Sumac

Malosma laurina

Other Common Names: Taco Plant

Family: Sumac (*Anacardiaceae*)

Field Identification: erect, <20', multi-trunked; leaves are thin, aromatic, rust-green, and folded at midrib (looks like a taco); flowers are cream-yellow

Animal/Human Uses: Causes dermatitis in some people; used to treat colic and provoke uterine contractions; birds like to nest in it; rats nest at the base

Blooming Season: Mar—Aug

Park Location: Bayside Trail, Near Ballast View



Torrey Pine

Pinus torreyana

Other Common Names: —

Family: Pine (*Pinaceae*)

Field Identification: <60', main branches spreading widely; long, heavy like trunk; needles in 5's, dull green or blue-gray; pollen-cones are up to 2"; seed cones are large with small spikes

Animal/Human Uses: Birds use for nesting; pine nuts can be harvested from seed cones; possibly used as framing for early houses

Blooming Season: —

Park Location: Near Lighthouse



Locoweed

Astragalus trichopodus

Other Common Names: Milk vetch, Rattleweed

Family: Pea (*Fabaceae*)

Field Identification: erect or spreading, <2', compound leaves (pairs of leaves along stem), leaflets are narrow; flowers are cream colored; pods bladdery and rattle when dry; looks similar to bladderpod

Animal/Human Uses: Poisonous; horses would consume and go crazy (*iloco!*)

Blooming Season: Feb—Jun

Park Location: Bayside Trail, Path to Lighthouse, Pacific Overlook



Liveforever

Dudleya pulverulenta

Other Common Names: Dudleya; Chalk-Lettuce

Family: Stonecrop (*Crassulaceae*)

Field Identification: pre-historic looking; often cling to rocky vertical places; <40 leaves in rosette; leaves powdery, forming chalk, spread from center of plant; flowers like octopus arms, <2'

Animal/Human Uses: Could be chewed for water content

Blooming Season: May—Aug

Park Location: Near Lighthouse; Near Visitor's Center



Lance-leaf Dudleya

Dudleya lanceolata

Other Common Names: Coastal Dudleya

Family: Stonecrop (*Crassulaceae*)

Field Identification: pre-historic looking; often cling to rocky vertical places; leaves emerge from small, semi-wood stalk (<1'); leaves are wider and longer, <1'; orange flowers

Animal/Human Uses: Could be chewed for water content

Blooming Season: May—Aug

Park Location: Bayside Trail



Lady-fingers

Dudleya edulis

Other Common Names: —

Family: Stonecrop (*Crassulaceae*)

Field Identification: pre-historic looking; irregular rosettes; many leaves, fleshy, cylindrical, pointed, twisting or bending; <12"; flowers are white, have 5 petals and open freely, <6"

Animal/Human Uses: ?

Blooming Season: May—Jun

Park Location: Near Visitor's Center; Bayside Trail



Mormon Tea

Ephedra californica

Other Common Names: Joint-Fir, Ephedra

Family: Ephedra (*Ephedraceae*)

Field Identification: spreading, <4', twigs are slender, erect, straight, jointed and brittle; tiny leaves, <0.25, in 3's, at joints; green to gray

Animal/Human Uses: Used to purify the blood, improve appetite, helps stomachaches caused by overeating or rotten food, and kidneys; birds like plant

Blooming Season: ?

Park Location: Bayside Trail; Near Visitor's Center; Near Military History Museum



Twiggy Wreath Plant

Stephanomeria virgata

Other Common Names: ssp. *Pleurocarpa*;
Tall Milk Aster, Small Wreath Plant, San Diego
Wreath Plant

Family: Sunflower (*Asteraceae*)

Field Identification: erect, tall, <10', long
branches, slender, spreading, wand-like; flowers
are whitish-purple; no yellow center (differs
from California Aster)

Animal/Human Uses: —

Blooming Season: Apr—Nov

Park Location: Bayside Trail, Near Military
History Museum



California Aster

Lessingia filaginifolia

Other Common Names: —

Family: Sunflower (*Asteraceae*)

Field Identification: prostrate, spreading, ascending or rounded, <3', petals are called "Silver Carpet", leaves are straight to oval, pale gray, smooth and shiny, possibly hairy; flower heads radiate; petals are white to pink or purple, yellow center

Animal/Human Uses: —

Blooming Season: May—Nov

Park Location: Bayside Trail



Big Saltbush

Atriplex lentiformis

Other Common Names: —

Family: Amaranth [Goosefoot]
(*Amaranthaceae* [*Chenopodiaceae*])

Field Identification: spreading, mounding; <8'; the twigs are weak, long, overlapping; there are many leaves, egg-shaped to triangular, wavy, and white-scaly; cream-green salty clusters are at the end of the branches

Animal/Human Uses: Leaves possibly boiled and eaten; possibly used to help skin conditions

Blooming Season: —

Park Location: Bayside Trail, Pacific Overlook



Fish-hook Cactus

Mammillaria dioica

Other Common Names: Strawberry Cactus

Family: Cactus (*Cactaceae*)

Field Identification: small, rounded stem, <1'; may form mounds; spines tiny, hooked; flowers form circle at top; fruits are smooth and red

Animal/Human Uses: Fruits eaten raw

Blooming Season: Mar—Jun

Park Location: ?



Giant Wildrye

Leymus condensatus

Other Common Names: Beardless Wildrye

Family: Grass (*Poaceae*)

Field Identification: clumped; erect, tall, <8'; leaves are long and wide, stick up; gets woody as it ages; looks similar to pompas grass (which is invasive)

Animal/Human Uses: Possibly used for food; thatching for roof

Blooming Season: —

Park Location: Bayside Trail; Near Visitor's Center; Pacific Overlook



Coastal Deerweed

Lotus scoparius

Other Common Names: California Broom

Family: Pea (*Fabaceae*)

Field Identification: perennial, broom-like plant, <4', woody base, green leaflets are well-spaced and inconspicuous; flowers are clustered and are yellow to orange to red as season progresses

Animal/Human Uses: —

Blooming Season: May—Oct

Park Location: ?



Wild Cucumber

Marah macrocarpus

Other Common Names: Manroot

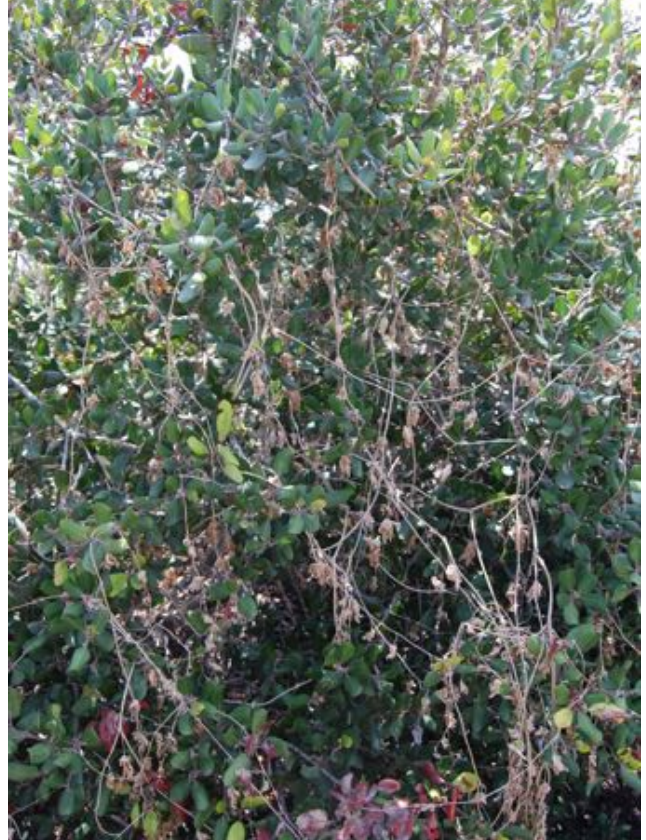
Family: Gourd (*Cucurbitaceae*)

Field Identification: vine, not woody; vine is annual but tuber is seasonal; trailing, twining, climbing, often on shrubs; leaves are <4" with 3-5 main lobes; flowers whitish-yellow, are star-like in pyramidal form (racemes); fruits are densely prickly, <4", not eaten, with large seeds, poisonous

Animal/Human Uses: Poisonous plant (contains alkali), not eaten; possibly the plant was placed in small pools, the alkali would then paralyze fish, so they could be gathered

Blooming Season: Dec—Apr

Park Location: Bayside Trail (dead); Near Tidepools



Mission Manzanita

Xylococcus bicolor

Other Common Names: —

Family: Heath (*Ericaceae*)

Field Identification: erect or rounded bush, <10', woody; bark is pale brown, lighter than true manzanita; leaves are thick, green, edges are curled under, slightly hairy; flowers are urn-shaped, pink or white; fruits are dark brown

Animal/Human Uses: Berries were possibly eaten; since they only reproduce after fires, Kumeyaay would set fires to spur growth

Blooming Season: Dec—Mar

Park Location: Near Visitor's Center?



Coast Scrub Oak

Quercus dumosa

Other Common Names: Nuttall

Family: Oak (*Fagaceae*)

Field Identification: tree-like when protected, spreading when on slopes, <15'; leaves are wider than other ssp., often dark green; acorn <1"

Animal/Human Uses: Could be made into eyewash; acorns shelled, pounded, leached, and cooked into a mush or porridge; branches (with willow branches) may have been framing for houses, used to make acorn storage baskets; branches used as framework material for cradles; birds like tree

Blooming Season: Apr—Jul

Park Location: ?



Telegraph Weed

Heterotheca grandiflora

Other Common Names: —

Family: Sunflower (*Asteraceae*)

Field Identification: weedy (like Horseweed); habit erect, 6', stemmas are bristly; leaves are oval shaped, felty, sticky, come out from central stalk; flowers are rayed and yellow

Animal/Human Uses: Possibly were used as arrow shafts (as for hunting)

Blooming Season: Apr—Dec

Park Location: Near Visitor's Center



Horseweed

Conyza canadensis

Other Common Names: —

Family: Sunflower (*Asteraceae*)

Field Identification: stem is erect, <5'; leaves are narrow, alternate on entire stem; flowers are small, clustered atop the stem, white; forms colonies

Animal/Human Uses: —

Blooming Season: Mar—Sep

Park Location: Near Visitor's Center



Coast Desert-Thorn

Lycium californicum

Other Common Names: California Boxthorn

Family: Nightshade (*Solanaceae*)

Field Identification: either erect or on ground with branches tipped up; <5'; branches are pretty stiff with thorn-tipped twigs; tiny leaves, <0.5", thick, fleshy, sparse on twigs; fruit are small berries, <0.25, shiny, red; has seeds

Animal/Human Uses: Berries are edible; could have been boiled and mashed

Blooming Season: Mar—Jul

Park Location: Near Tidepools



Golden Yarrow

Eriophyllum confertiflorum

Other Common Names: —

Family: Sunflower (*Asteraceae*)

Field Identification: ascending or erect plant, <3', base becomes semi-woody; many stems, weak, collapsing by fall; leaves are lobed or compound, whitish-green; flowers are small and rayed, yellow, inc clusters; proliferates after fires

Animal/Human Uses: Possibly seeds parched and ground

Blooming Season: Feb—Aug

Park Location: Bayside Trail, Pacific Overlook, Near Entrance Station



Tarweed

Deinandra fasciculata (formerly: *hemizonia fasciculata*)

Other Common Names: Slender Tarweed

Family: Sunflower (*Asteraceae*)

Field Identification: erect or spreading, <3'; stems (branches) slender; leaves are located on upper stem, small, linear, clustered, sticky; flowers are yellow, ray with inner tiny flowers (looks like a sun with a yellow clustered middle part), ray flowers, 5 disk flowers

Animal/Human Uses: Were used as food during famine

Blooming Season: Mar—Sep

Park Location: ?



San Diego Goldenbush

Isocoma sedoides (var. *menziesii*)

Other Common Names: Spreading Goldenbush, Coastal Goldenbush

Family: Sunflower (*Asteraceae*)

Field Identification: prostrate or erect; leaves are grayish-green, toothed, often spoon-like; <4'; flowers are disks, yellow, in dense clusters

Animal/Human Uses: Possibly used to treat sores; boiled and drank for sore throats; building supplies

Blooming Season: Apr—Sep

Park Location: Bayside Trail; Near Tidepools; Near Lighthouse



Four-Wing Saltbush

Atriplex canescens

Other Common Names: Wingscale

Family: Amaranth [Goosefoot]
(*Amaranthaceae* [*Chenopodiaceae*])

Field Identification: erect, spreading, or mounding, <8'; branches are long, arching, many; leaves are white-gray, scaly, narrow, edges are curled, cover branch; has small salty clusters (like Coastal Saltbush), though less noticeable

Animal/Human Uses: Edible when cooked

Blooming Season: —

Park Location: Bayside Trail



Blue Dicks

Dichelostemma capitatum

Other Common Names: Wild Hyacinth

Family: Brodiaea (*Themidaceae* [*Liliaceae*])

Field Identification: flower; erect, <2', bulbs are small and clustered; leaves are few, grass-like, and come from bottom of plant, sticking upward; flower is pale violet, lobes half-open; are roughly 6 flowers in group on one stem; has a thick underground stem

Animal/Human Uses: Corm (thick underground stem) is edible

Blooming Season: Mar—May

Park Location: ?



Wart-stemmed Ceanothus

Ceanothus verrucosus

Other Common Names: Warty Lilac

Family: Buckthorn (*Rhamnaceae*)

Field Identification: rounded shrub, <8'; woody, twigs have warts at nodes where leaves drop; leaves are thick and toothed; flowers are white and fragrant; fruits horned on sides

Animal/Human Uses: Possibly used for fire-wood

Blooming Season: Nov—Feb

Park Location: Near Visitor's Center



Wild Cherry

Prunus ilicifolia (ssp. *lyonii*)

Other Common Names: Catalina Cherry

Family: Rose (*Rosaceae*)

Field Identification: treelike plant; <20'; many leaves, flat, pointed, glossy, green, <4", entire edges; flowers are in stalk, cream colored; cherries are large and change from green to dark red/black

Animal/Human Uses: Fruits are edible (very prized); leaves used as cough medicine; seeds were ground and used as ingredient in atole (hot drink); seed kernels ground and made into meal to be roasted; still used as decorative plant for housing

Blooming Season: Mar—Jun

Park Location: Bayside Trail?



Yerba Santa

Eriodictyon crassifolium

Other Common Names: Felt-Leaf Yerba Santa; Thick-Leaf Yerba Santa

Family: Waterleaf [Borage] (*Hydrophyllaceae* [*Boraginaceae*])

Field Identification: erect, rangy or spindly; <6', branched loosely; leaves are distinctive, thick, felty, elliptic, grayish green, <6", whorled around stem; flowers are pale lavender, funnel-shaped, hairy, clustered; plant groups in white-gray colonies



Animal/Human Uses: Possibly had medicinal purposes

Blooming Season: Mar—Jun

Park Location: ?



Indian Paintbrush

Castilleja affinis

Other Common Names: Coast Paintbrush,
Woolly Paintbrush

Family: Orobanche (*Orobanchaceae*
[*Scrophulariaceae*])

Field Identification: flower; erect, appear
tufted, <2'; main stems that are clustered;
leaves are narrow; herbage is woolly gray (not
too woolly), hairs are branched, bristled; flow-
ers are orange-red, many pedicles on top of
stem

Animal/Human Uses: Possibly had medicinal
purposes (boiled plant used to treat infected
sores)

Blooming Season: Mar—May

Park Location: ?



Mariposa Lily

Calochortus weedii

Other Common Names: Weed Mariposa Lily, Golden-Bowl Mariposa Lily, Purdy

Family: Lily (*Liliaceae*)

Field Identification: erect, <3'; leaves are grass-like; few flowers, yellow, bowl-shaped, flecked (speckles), fringed, hairy, outside of petals may be rust-brown color

Animal/Human Uses: The bulbs were possibly roasted in hot pits or steamed prior to eating

Blooming Season: Late May—Early Aug

Park Location: ?



Sea Dahlia

Coreopsis maritima

Other Common Names: —

Family: Sunflower (*Asteraceae*)

Field Identification: spreading, <3'; leaves are fleshy, pinnately divided (in two rows—like a feather); flower stem 1 tall; flowers have rays, bright yellow

Animal/Human Uses: —

Blooming Season: Late May—Early Aug

Park Location: ?



San Diego Sunflower

Viguiera laciniata

Other Common Names: —

Family: Sunflower (*Asteraceae*)

Field Identification: rounded shrub, <5'; leaves are green, lance-like, puckered, edges are cut; flowers are yellow and showy, in rays; center of flower is yellow and brown

Animal/Human Uses: —

Blooming Season: Mar—Jun

Park Location: ?



Common Desert Thorn

Lycium brevipes

Other Common Names: Mexican Rabbit Thorn, Baja Desert-Thorn

Family: Nightshade (*Solanaceae*)

Field Identification: spreading shrub, <7'; leaves are shaped like an inverted egg, sticky, small hairs; flowers are lavender, star-shaped; fruit is orange-red, berries; drought-deciduous

Animal/Human Uses: Fruit is edible; birds like eating fruit

Blooming Season: ?

Park Location: Probably not in park



Spiny Redberry

Rhamnus crocea

Other Common Names: Redberry Buckthorn

Family: Buckthorn (*Rhamnaceae*)

Field Identification: low, rounded shrub, <4', main branches erect and armed; branches are stiff, crowded, with thorn spurs (firm or soft); leaves are small, thick, toothed or not; flowers are yellow, tiny, and in small cluster; fruits are shiny red

Animal/Human Uses: Fruit is edible

Blooming Season: Apr—May

Park Location: ?



California Poppy

Eschscholzia californica

Other Common Names: —

Family: Poppy (*Papaveraceae*)

Field Identification: flower; low lying, prostrate plant, <18"; herbage is bluish; leaves are dissected and have narrow lobes; flowers are solitary on erect stem (pedicle), cup-shaped, yellow to orange; four petals

Animal/Human Uses: Pollen possibly used as a cosmetic face applicant for women; possibly boiled to make sedative for babies; possibly had other medicinal and dietary uses

Blooming Season: Dec—Apr

Park Location: ?



Chamise

Adenostoma fasciculatum

Other Common Names: Greasewood

Family: Rose (*Rosaceae*)

Field Identification: erect, <8'; many woody branches; leaves are linear, in fascicles (small groupings of smaller linear leaves) on twigs (smaller than Flattop Buckwheat); flowers are cream-color, <0.25", petals in 5's

Animal/Human Uses: Used as firewood, possibly boiled to help infected, sore or swollen body parts; used as building material (e.g. arrows, houses, torches)

Blooming Season: Mar—Jun

Park Location: Probably not on site



Yellow Pincushion

Chaenactis glabriuscula

Other Common Names: —

Family: Sunflower (*Asteraceae*)

Field Identification: flower; ascending plant, <18"; leaves are small and can be linear or lobed; flowers are golden yellow and look like dandelion

Animal/Human Uses: Seeds were ground into flour, mixed with other seeds, and used to form a mush (like porridge); butterflies love pincushions

Blooming Season: Mar—Jun

Park Location: ?



Nuttall Snapdragon

Antirrhinum nuttallianum

Other Common Names: Purple Snapdragon

Family: Plantain (*Plantaginaceae*
[*Scrophulariaceae*])

Field Identification: flower; erect or spreading; <3'; branched and has vine-like stems; leaves are lance-like or egg shaped; flowers are solitary (each flower is attached at its axis to an individual pedicle – leaf), flowers are usually blue but might be pink

Animal/Human Uses: —

Blooming Season: Mar—Jun

Park Location: ?



Parish's Nightshade

Solanum parishii

Other Common Names: Blue Witch; Purple Nightshade

Family: Nightshade (*Solanaceae*)

Field Identification: flower; ascending or spreading on ground (with branches tipped up); <3'; often branched; stems are ridged, smooth, and shiny; leaves are egg-shaped but narrow, with point tips and wavy edges; flowers are rich purple and look like stars; bright yellow and point pistil

Animal/Human Uses: May have had some medicinal purposes

Blooming Season: Mar—Jun

Park Location: ?



Virgin's Bower

Clematis pauciflora

Other Common Names: Small-leaf Virgin's Bower; Clematis; Ropevine

Family: Buttercup (*Ranunculaceae*)

Field Identification: flower; on vines that become woody; the leaves are small (can be different shapes); the white flowers lack petals (look like a large cluster of stamens and pistils (or the skeleton of a flower), with age it looks like cotton balls)

Animal/Human Uses: May have had some medicinal purposes

Blooming Season: Sep—Nov

Park Location: ?



Popcorn Flower

Plagiobothrys collinus

Other Common Names: —

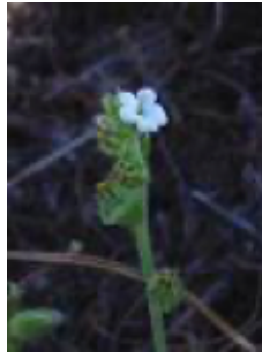
Family: Borage [Waterleaf] (*Boraginaceae* [*Hydrophyllaceae*])

Field Identification: flower; spreading; flower “stalks” are upright and centralize at base; <2’; leaves are narrow and elliptical; flowers are white and rounded (look like little popcorn puffs)

Animal/Human Uses: The flowers were used as a pigment for dyes and paints (e.g. face and body paint)

Blooming Season: Feb—Jun

Park Location: ?



California Everlasting

Gnaphalium californicum

Other Common Names: Cudweed

Family: Sunflower (*Asteraceae*)

Field Identification: flower; erect, <3'; many stems and branched; leaves are narrow, sticky, and fragrant; the flowers are disk-like and cream-colored

Animal/Human Uses: May have had some medicinal purposes

Blooming Season: Feb—Jun

Park Location: ?



Milk Maids

Cardamine californica

Other Common Names: Tooth Wort

Family: Mustard (*Brassicaceae*)

Field Identification: flower; erect, <2'; leaves are compound; leaflets are in 3's, egg-shaped and toothed; flowers are in stalk with bright white, large petals; flowers are the most visible

Animal/Human Uses: May have had some edible, medicinal and social uses by native peoples

Blooming Season: Jan—Apr

Park Location: ?



Coast Monkeyflower

Diplacus puniceus (or *Mimulus puniceus*)

Other Common Names: San Diego
Monkeyflower, Red-Bush Monkeyflower

Family: Lopseed (*Phrymaceae*
[*Scrophulariaceae*])

Field Identification: flower; shrub-like plant;
leaves are dark green and lance-like; flowers are
bright orange and look like blobs (like a
“Splat!”)

Animal/Human Uses: May have had some
medicinal uses; root is hallucinogenic (possible
religious purposes)

Blooming Season: Apr—Aug

Park Location: ?



Wishbone Bush

Mirabilis californica

Other Common Names: Four O'clock

Family: Four O'clock (*Nyctaginaceae*)

Field Identification: flower; spreading; <3'; leaves are large, egg-shaped (with small lobes), hairy, smooth and shiny; flowers are pinkish-purple, long pistils with yellow tips come from center of plant

Animal/Human Uses: Plant is edible (may have had some local medicinal uses); nectar gathering animals (birds, butterflies, bees, etc) enjoy this flower

Blooming Season: Mar—May, Oct—Nov

Park Location: ?



Coast Melic

Melica imperfecta

Other Common Names: Coast Range Melic

Family: Grass (*Poaceae*)

Field Identification: tufted, erect; <4'; the underground stem is bulbous ("Onion grass"); there are spikelets on grass, but fewer when on the coast

Animal/Human Uses: —

Blooming Season: —

Park Location: Widespread



Saltgrass

Distichlis spicata

Other Common Names: —

Family: Grass (*Poaceae*)

Field Identification: prostrate or ascending; <1'; the thin blades root individually in the ground; leaves form a V-angle on stem; sometimes grows in mats

Animal/Human Uses: —

Blooming Season: —

Park Location: Widespread



Foothill Needlegrass

Nassella lepida

Other Common Names: —

Family: Grass (*Poaceae*)

Field Identification: tufted, erect; <3'; stems are not branched; leaves are narrow and tall; spikelets are needlelike with a red-purple tint; bristly part on the grass blade is straight and long



Animal/Human Uses: —

Blooming Season: —

Park Location: Widespread



Invasive Plants



Iceplant

Carpobrotus edulis

Other Common Names: Sea Fig, Pickleweed

Family: Fig-Marigold (*Aizoaceae*)

Field Identification: mat-forming; branches become semi-woody, rooting tenaciously; grow to >20' long; leaves are erect, <5", 3-sided, fleshy; flowers are violet or yellow; invades adjacent habitat, smothers native plants

Animal/Human Uses: Helps with cliff erosion; used decoratively for robustness

Blooming Season: Mar—Sep

Park Location: Coastal bluff, Near Tidepools, Bayside Trail

Original Home: South Africa



Crystalline Iceplant

Mesembryanthemum crystallinum

Other Common Names: Slender-Leaf Iceplant, New Zealand Spinach, var. Small-Flower Iceplant (*Mesembryanthemum nodiflorum*)

Family: Fig-Marigold (*Aizoaceae*)

Field Identification: mat-forming or branches trailing; grow >20' long; leaves and flowers emerge at nodes along branch; flowers are white and stringy with yellow centers, nodes are reddish-purple; *M. crystallinum* is covered with watery nodes; *M. nodiflorum* has cylindrical leaves; invades adjacent habitat, smothers native plants

Animal/Human Uses: Helps with cliff erosion; used decoratively for robustness; plant edible

Blooming Season: Mar—Sep

Park Location: ?

Original Home: South Africa and New Zealand



Australian Saltbush

Atriplex semibaccata

Other Common Names: —

Family: Amaranth [Goosefoot]
(*Amaranthaceae* [*Chenopodiaceae*])

Field Identification: mat-like, becomes rounded, <2'; leaves are gray-green; red fruit are fused with leaves, fruit are tear-shaped

Animal/Human Uses: Helps with cliff erosion

Blooming Season: —

Park Location: ?

Original Home: Australia



Crown Daisy

Leucanthemum coronarium

Other Common Names: Garland,
Chrysanthemum

Family: Sunflower (*Asteraceae*)

Field Identification: tall colonies; erect, <6';
leaves are lobed and pair up stem like a feather;
flowers are radiate and yellow (some white)

Animal/Human Uses: —

Blooming Season: Mar—Jun

Park Location: ?

Original Home: Mediterranean basin



Sandspurry

Spergularia bocconii

Other Common Names: Boccone's Sandspurry

Family: Pink (*Carophyllaceae*)

Field Identification: mat-like (looks like Iceplant), <1'; flowers are white-violet and have a yellow center; annual; hairy

Animal/Human Uses: —

Blooming Season: Feb—Jun

Park Location: ?

Original Home: Mediterranean basin



Southern Sandbur

Cenchrus echinatus

Other Common Names: Southern Sandspur,
Mossman River Grass

Family: Grass (*Poaceae*)

Field Identification: forms in clumps, <3';
leaves form with or without hairs; tips of grass
have barbed burrs

Animal/Human Uses: —

Blooming Season: —

Park Location: ?

Original Home: North and South Americas



Saint-John's Wort

Hypericum perforatum

Other Common Names: Klamath Weed,
Tipton's Weed

Family: St. John Wort's (*Hypericaceae*
[*Clusiaceae*])

Field Identification: erect, <4'; leaves are
oblong; flowers are yellow, radiate, tall pistils;
sometimes small red dots on leaves (which are
oval)

Animal/Human Uses: Used to treat depres-
sion

Blooming Season: Apr—Jul

Park Location: ?

Original Home: Europe (some species are na-
tive to San Diego county)



Water Bent

Agrostis viridis

Other Common Names: —

Family: Grass (*Poaceae*)

Field Identification: robust; spike is slender; found in water; grain-like stalk atop grass stalks

Animal/Human Uses: —

Blooming Season: May—Jun

Park Location: ?

Original Home: Europe



Red-eye Acacia

Acacia cyclops

Other Common Names: —

Family: Pea (*Fabaceae*)

Field Identification: treelike shrub; tolerates salt, <25'; bark is wrinkled looking; leaves are long and narrow, semi-stiff; flowers are yellow balls on stamens; seed pods are long and twisting, think, look like flattened pea pods; seed-stalk is red

Animal/Human Uses: Rats, squirrels, and birds are attracted to seeds

Blooming Season: Mar—Oct

Park Location: ?

Original Home: Australia



Lily of the Nile

Agapanthus praecox

Other Common Names: —

Family: Lily (*Liliaceae*)

Field Identification: <3'; leaves and flower stalk come from bottom of plant; leaves are arched (erect and bottom and droop near top); purple flowers are clustered atop stem

Animal/Human Uses: Common in landscaping

Blooming Season: Mar—Aug

Park Location: Near Visitor's Center

Original Home: South Africa



Natal Plum

Carissa macrocarpa

Other Common Names: —

Family: Dogbane (*Apocynaceae*)

Field Identification: evergreen shrub, <7', leaves are shiny and deep green, ovate, grouped in opposing pairs; white flowers, small, five petals; forked spine along branches; red fruit, plump, juicy, exudes white milky sap

Animal/Human Uses: Fruit is edible, raw or made into jams, pies, etc; common in landscaping

Blooming Season: Several blooms each year

Park Location: Near Visitor's Center

Original Home: South Africa



Yellow Star-Thistle

Centaurea solstitialis

Other Common Names: Golden Star Thistle, Yellow Cockspur, St. Barnaby's

Family: Sunflower (*Asteraceae*)

Field Identification: Grass-like, bristled stalks have orange thistle on top, looks like cactus spikes attached

Animal/Human Uses: —

Blooming Season: Nov—Mar

Park Location: —

Original Home: Mediterranean basin



Fennel

Foeniculum vulgare

Other Common Names: Licorice

Family: Carrot (*Apiaceae*)

Field Identification: erect; <8'; there are many stems; leaves are big and finely divided; smells like licorice; flowers are yellow and in compound, umbrella shaped groupings

Animal/Human Uses: Leaves, bulbous roots and seeds are edible

Blooming Season: Apr—Sep

Park Location: —

Original Home: Mediterranean basin



Myoporum

Myoporum laetum

Other Common Names: Lollipop Tree; Ngaio Tree

Family: Myoporum [Figwort] (*Myoporaceae* [Scrophulariaceae])

Field Identification: tree; <30'; rounded shape; leaves are dark green and waxy, <4" and toxic; flowers are white

Animal/Human Uses: Birds like fruit

Blooming Season: Mar—Sep

Park Location: Near Military History Museum

Original Home: New Zealand



Tree Tobacco

Nicotiana glauca

Other Common Names: Mustard Tree;
Brazilian Tree Tobacco

Family: Nightshade (*Solanaceae*)

Field Identification: erect (like slender tree); <15'; branches are pliant; leaves are distinctive and have a smooth, waxy surface, large, <8", bluish, egg-shaped with pointed tip, and alternate on branches; flowers are yellow, narrow, and trumpet-like

Animal/Human Uses: Contains anabasine not nicotine...*not* smoked

Blooming Season: Feb—May

Park Location: —

Original Home: South America



Russian Thistle

Salsola tragus

Other Common Names: Tumbleweed

Family: Nightshade (*Solanaceae*)

Field Identification: becomes rounded; <3'; intricately branched; leaves are gray-green, linear and stiff; leaves and bracts are spiny; flowers are tiny and whitish yellow (almost translucent)

Animal/Human Uses: —

Blooming Season: Jun—Nov

Park Location: —

Original Home: Eurasia



Monterey Cypress

Cupressus macrocarpa

Other Common Names: —

Family: Cypress (*Cupressaceae*)

Field Identification: tree; erect, <75'; trunk is often bare until leaves on top; leaves are bright-dark green and scale-like; produce rounded shoots; branches are often twisted and gnarled; seed cones are small, 1-2"

Animal/Human Uses: —

Blooming Season: —

Park Location: Path to Lighthouse; Near Visitor's Center

Original Home: Central California



Eucalyptus

Eucalyptus camaldulensis

Other Common Names: —

Family: Myrtle (*Myrtaceae*)

Field Identification: tree; erect, <125'; wood is hard; leaves are a little sticky and very aromatic; sap is gummy and fuels fires; seed "pods" are round with long bristles

Animal/Human Uses: Wood originally used for railroad ties; leaves could be used to help treat colds and coughs

Blooming Season: —

Park Location: —

Original Home: Australia



Red Bottlebrush

Callistemon citrinus

Other Common Names: Crimson Bottlebrush

Family: Myrtle (*Myrtaceae*)

Field Identification: can either be a tree (<25') or shrub (<10'); erect or rounded; leaves are small and lance-like; flowers are bright red with long bristles (looks more like a cylindrical bristle pad), soft to touch, spiked; when not in bloom, the flower stalks have hardened phyllary (the cup where the flower meets the leaf)

Animal/Human Uses: —

Blooming Season: Throughout the year (usually after rainfall)

Park Location: Near Ballast View Area

Original Home: Australia



Notes:

Inclusion

Some plants' nativeness is debated. Some argue that the Torrey Pine and Scrub Oak are exotic species to Cabrillo National Monument while others say they are native. Since both the Torrey Pine and Scrub Oak are found within the park and may have been natural in history (pre-Cabrillo), both are included in the native section of this guide.

Horseweed has two primary subspecies, one is native to the area and the other isn't. Based on what resources were available, *Conyza canadensis* was included in the native section.

Discrimination

The plant listed as Mormon Tea may be Mormon Tea or a closely related species, albeit distinct. A conclusive decision has yet to be reached.

Punctuation

Many plants have question marks next to a category. These are for those plants that have been recorded in the park but their current location is unknown or for those who might have specific uses but are unknown.

Photography

Many of the photos in this guide were taken on site; many of them were not. This guide hopes that in the end, each plant's location will be specifically documented and photographed.