



The Native Plant  
Garden  
at  
Olompali State  
Historic Park





## CALIFORNIA BUCKEYE

*Aesculus californica*

**Bodega Miwok:** yáwi (tree); únu (fruit)

**Marin Miwok:** yawi (tree); ʔuunu (fruit)

**Food:** whole nut boiled, mashed, leached and stored (ʔulem=mush). Buckeyes are more difficult to leach than acorns, but were used as backup when acorns failed.

**Medicine:** Buckeye stick with attached stone used for curing.

**Technology:** Used for fire drill and block for hearth, bowls, bows, and fish poison.

**Harvest season:** Nuts – Fall; Wood – year round.



**WILD ONION**  
*Allium amplexans*

**Bodega Miwok:** Not known

**Marin Miwok:** púuchu

**Food:** Bulbs eaten raw or roasted.

**Harvest season:** April – June.



## MANZANITA

*Arctostaphylos manzanita*

**Bodega Miwok:** a'-ye

**Marin Miwok:** chilaka; ʔéyye

**Food:** Berries eaten and made into beverage.

**Technology:** Tips from branches used for arrows.

**Harvest season:** Berries – Summer; Branches – Spring & Summer.



## **MUGWORT, SAGE**

*Artemisia douglasiana*

**Bodega Miwok:** po'-to-po'-to

**Marin Miwok:** kışin

**Medicine:** Leaves made into tea to reduce fever and as a remedy for stomach ache.

**Ceremony:** Smoked, drunk and burnt for rituals; leaves rubbed on body to keep bad spirits away.

**Harvest season:** Spring – Fall.



## **NARROW-LEAVED MILKWEED**

*Asclepias fascicularis*

**Miwok name:** Not known

**Food:** Young leaves probably eaten raw as was done by the Southern Pomo.

**Technology:** Presumably stem fibers made into twine as was done by Southern Pomo, and fibers shredded to make a woman's skirt as was done by Kashaya Pomo.

**Harvest season:** Leaves – Spring; Fibers – Fall.



## **COYOTE BRUSH**

*Baccharis pilularis*

**Bodega Miwok:** Not known

**Marin Miwok:** chúu

**Medicine:** Leaves heated in fire used to reduce swelling as a poultice.

**Technology:** Limbs used for constructing houses and making arrow fore-shafts.

**Harvest season:** Year round.



## **HARVEST BRODIAEA**

*Brodiaea elegans*

**Bodega Miwok:** Not known

**Marin Miwok:** púuchu

**Food:** Corms (bulbs) baked in hot ashes or underground oven, or boiled, or eaten raw.

**Harvest season:** Spring – Summer.





## **YELLOW MARIPOSA LILY**

*Calochortus luteus*

**Bodega Miwok:** Not known

**Marin Miwok:** nála

**Food:** Bulbs eaten raw or roasted.

**Harvest season:** April – June.



## SUNCUPS

*Taraxia ovata*

**Bodega Miwok:** šitíila (generic term for several edible seeds)

**Marin Miwok:** póm̄ma

**Food:** Used for pinole.

**Harvest season:** Spring – Early Summer.



## SOAPROOT

*Chlorogalum pomeridianum*

**Bodega Miwok:** hákkah

**Marin Miwok:** hákka

**Food:** Bulbs cooked and eaten; young shoots roasted. Leaves eaten raw.

**Medicine:** Bulb rubbed on body for cramps and rheumatism; decoction of bulb used for diuretic, laxative, and stomach aches.

**Technology:** Bulb also used as soap for washing body, hair, and utensils; fish poison; glue; and fibers around bulb were made into a brush.

**Season:** Shoots – Spring; Bulb – Spring & Summer.



## INDIAN (MINER'S) LETTUCE

*Claytonia perfoliata*

**Bodega Miwok:** chópoko-kali

**Marin Miwok:** Not known

**Food:** Plant eaten green.

**Harvest season:** Early Spring.



## HAZELNUT

*Corylus cornuta ssp. californica*

**Bodega Miwok:** loo'-tah

**Marin Miwok:** lúuta

**Food:** Nut eaten fresh; dried and stored for winter.

**Technology:** Switches used to weave twined baskets, and as foundation in coiled baskets. Arrow shafts made from straight branches.

**Harvest season:** Nuts – late Summer & Fall; Branches – Fall after leaf drop.



## **BLUE WILD RYE**

*Elymus glaucus*

**Miwok name:** Not known

**Food:** Seeds probably ground for pinole as was done by the Kashaya Pomo and probably many other tribes.

**Harvest season:** Summer – Fall.



## **NAKED-STEMMED BUCKWHEAT**

*Eriogonum nudum*

**Bodega Miwok:** Not known

**Marin Miwok:** lámma-tumay

**Medicine:** Root is pounded and boiled to make strong tea for colds, coughs and used as a poultice.

**Harvest season:** Year round.



## **WOOLY SUNFLOWER**

*Eriophyllum lanatum*

**Bodega Miwok:** šóttom-paka

**Marin Miwok:** Not known

**Food:** Seeds eaten in pinole.

**Harvest season:** Summer.





## **WOODLAND STRAWBERRY**

*Fragaria vesca*

**Bodega Miwok:** Not known

**Marin Miwok:** hu-tí-pu-lai; ʔáyum

**Food:** Berries eaten fresh or dried.

**Harvest season:** Spring.



## TOYON

*Heteromeles arbutifolia*

**Bodega Miwok:** pul'-yah al'-wah; pul'-yah (berries)

**Marin Miwok:** poo-yé-lah; púlyah (berries)

**Food:** Berries boiled, roasted, sometimes eaten raw, or sometimes parched when soft after storing for 2 months.

**Harvest season:** Winter.



## **DOUGLAS IRIS**

*Iris douglasiana*

**Bodega Miwok:** láawik

**Marin Miwok:** láawik

**Medicine:** Tea from leaves used to “clean” stomach, root used for poison.

**Ceremony:** Flowers used in dance wreaths for the Strawberry Festival.

**Harvest season:** Flowers – Spring; Leaves – probably Spring & Summer; Roots – probably year round.



## **SPREADING RUSH**

*Juncus patens*

**Bodega Miwok:** káche

**Marin Miwok:** káche

**Technology:** Stems used for thatch with root ends down.

**Harvest season:** Summer – Fall.



## **HONEYSUCKLE**

*Lonicera hispidula*

**Miwok name:** Not known

**Technology:** Hollow stems used for pipe stems.

**Cosmetic:** Ashes of burnt wood made into paste for tattooing.

**Harvest season:** Summer – Fall.



## **COAST LIVE OAK**

*Quercus agrifolia*

**Bodega Miwok:** ṣáaṭa

**Marin Miwok:** ṣáaṭa

**Food:** Acorns dried, peeled, ground into a fine meal, and leached to remove tannin, then boiled for mush or made into bread.

**Harvest season:** Fall.



## **STICKY MONKEY FLOWER**

*Diplacus a.*

**Miwok name:** Not known

**Food:** Fresh leaves boiled as greens.

**Medicine:** Flowers, stems and leaves boiled then strained to use as eyewash for sore eyes. Leaves steamed for sores.

**Harvest season:** May – June.



## VALLEY OAK

*Quercus lobata*

**Bodega Miwok:** Not known

**Marin Miwok:** hákya

**Food:** Largest acorn of the oaks; used for mush and both light and dark bread. Honeydew collected from the leaves.

**Harvest season:** Fall.





## **CALIFORNIA BUTTERCUP**

*Ranunculus californicus*

**Bodega Miwok:** šitíila (generic term for several edible seeds)

**Marin Miwok:** šitíila

**Food:** Seeds used for pinole. Leaves used for tea.

**Harvest season:** Spring.



## **COFFEEBERRY**

*Rhamnus californica*

**Bodega Miwok:** kóta

**Marin Miwok:** kóta

**Medicine:** Used as a laxative. Bark made into tea for spiritual and body purification.

**Harvest season:** Year round.



## **WOODLAND ROSE**

*Rosa gymnocarpa*

**Miwok name:** Not known

**Food:** Fresh fruit eaten raw, best after first light frost.

**Harvest season:** Fall.



## **CALIFORNIA ROSE**

*Rosa californica*

**Miwok name:** Not known

**Food:** Fresh fruit eaten raw, best after first light frost.

**Medicine:** Leaves and fruit steeped and drunk for pain and colic.

**Harvest season:** Fruit – Fall; Leaves – Spring & Summer.



## **THIMBLEBERRY**

*Rubus parviflorus*

**Bodega Miwok:** tōl'-pah

**Marin Miwok:** tólpas

**Food:** Berries eaten fresh.

**Harvest season:** Summer.



## CALIFORNIA BLACKBERRY

*Rubus ursinus*

**Bodega Miwok:** wáṭe

**Marin Miwok:** wáṭe

**Food:** Berries eaten fresh.

**Medicine:** Root boiled and made into tea to treat skin infections, dysentery, and diarrhea.

**Harvest season:** Berries - Summer; Root - year round.



## **BLUE ELDERBERRY**

*S. nigra ssp. caerulea*

**Bodega Miwok:** to-tó-lah

**Marin Miwok:** toktóola

**Food:** Berries eaten fresh.

**Medicine:** Dried flowers made into tea for fever; root boiled and solution used for cuts. Technology: Berries made into dyes for basketry; Wood and stems fashioned into flutes, whistles, clapper sticks, and blowguns.

**Harvest season:** Flowers, berries – Summer; Roots – late Summer and Fall; Branches - Fall.



**YERBA BUENA**  
*Clinopodium douglasii*

**Miwok name:** Not known

**Medicine:** Mild tea from leaves used as general tonic; Strong tea used to treat toothache.

**Harvest season:** Spring – Fall.





## **BEE PLANT**

*Scrophularia californica*

**Bodega Miwok:** Not known

**Marin Miwok:** kawáacho (sugar)

**Medicine:** Leaves cooked and applied to cuts; Leaves dried, powdered, and sprinkled on cuts for drying effect.

**Harvest season:** February – July.



## **CHECKERBLOOM**

*Sidalcea malviflora ssp. lacinata*

**Bodega Miwok:** tokop?

**Marin Miwok:** şilay

**Food:** Leaves baked. Seeds used in pinole.

**Harvest season:** Leaves – Spring; Seeds – Summer.



## **BLUE-EYED GRASS**

*Sisyrinchium bellum*

**Bodega Miwok:** chaklik

**Marin Miwok:** chaklik

**Medicine:** Root washed and boiled for medium-strong tea. Used for stomach ailments, heartburn, ulcers, asthma, and to induce menstruation and abortion.

**Harvest season:** Before flowering in Spring and after flowering in Summer.



## **HEDGE NETTLE**

*Stachys rigida ssp. quercetorum*

**Bodega Miwok:** pín-paka

**Marin Miwok:** pín-paka

**Medicine:** Tea made from leaves and flowers for stomach ache. Poultice of leaves to relieve rheumatism.

**Harvest season:** Spring – Fall.



**SNOWBERRY**  
*Symphoricarpos albus*

**Bodega Miwok:** Not known

**Marin Miwok:** ?iskóowa

**Technology:** Stems used for making brooms.

**Harvest season:** Year round.



## **ITHURIEL'S SPEAR**

*Triteleia laxa*

**Bodega Miwok:** púuchu

**Marin Miwok:** púuchu

**Food:** Corms baked in hot ashes or underground oven, or boiled, or eaten raw.

**Ceremony:** Flowers used in dance wreaths at Strawberry Festival.

**Harvest season:** Spring – Summer.



**CALIFORNIA BAY,  
LAUREL, PEPPERWOOD**  
*Umbellularia californica*

**Bodega Miwok:** sow'-le (tree), ?úlla (nut)

**Marin Miwok:** şáwlas (tree), sóttok (nut)

**Food:** Fruit eaten raw; nut dried, parched, then pounded into flour for cakes. Leaves used for seasoning.

**Medicine:** Leaves used as tea for stomach ache, colds, sore throats, and to clear up mucus in the lungs. Fresh leaves put on head for headache. Sores washed with an infusion of leaves.

**Technology:** Shoots used for arrow shafts

**Ceremony:** Plant considered sacred.

**Harvest season:** Fruit – Fall; Leaves, Shoots – year round.