



# CALIFORNIA NATIVE PLANT SOCIETY

## *San Diego Chapter Newsletter*

November-December 2008

[www.cnpssd.org](http://www.cnpssd.org)

CNPS (916) 447-2677

[info@cnpssd.org](mailto:info@cnpssd.org)

### **LAKE HODGES NATIVE PLANT BOTANICAL GARDEN**

Lake Hodges Native Plant Club's Botanical Garden near Escondido is seeking volunteers. Work takes place Wednesday and/or Saturday mornings, followed by a brown-bag lunch and group discussion of gardening issues.

For information: (858) 592-9782 or [www.lhnpc.org](http://www.lhnpc.org).

### **WATER WISE PLANTING**

Wednesday November 12<sup>th</sup>, 2008 10:00A.M.  
Point Loma Garden Club Monthly Meeting

Program: Kurt Peacock, Kurt will present a program titled "Water Wise Trees, Plants and Flowers". He believes you can have trees, plants and flowers and still conserve water. He has been involved in horticulture for twenty nine years. He is currently with Walter Anderson's Point Loma in customer service and is independently a Consulting Arborist and Horticultural Consultant.

### **CALENDAR**

**Nov. 12 (2nd Wed) CHAPTER BOARD MEETING**, 6:30-8:30 p.m., Tecolote Nature Center. Take the Sea World Drive/Tecolote exit from I-5. Proceed east until the road ends at the Tecolote Nature Center. Board Members, please e-mail Carolyn Martus if you are unable to attend. Members are always welcome at the board meetings, please RSVP.

**Nov 18 (3rd Tue) CHAPTER MEETING & PROGRAM**

**NO MEETINGS IN DECEMBER**

### **NATIVE PLANT USES**

#### **Native plant uses by the Santa Ysabel Kumeyaay by Ken Hedges**

The Kumeyaay People of Southern California have been mastering the use of native plants for thousands of years. Author and ethnobotanist Ken Hedges has studied this history in Santa Isabel and together with Christina Beresford wrote a book in 1986 which highlights some of the most important uses of native plants in Kumeyaay culture.

Please join Ken to hear this fascinating presentation on native plant uses for food, medicine and basketry.

Ken Hedges is Webmaster, Publications Editor, and a former curator of the San Diego Museum of Man. He graduated from Mount Miguel High School, Spring Valley, California, in June 1961, and received his BA (1966) and MA (1970) Degrees from San Diego State University, where his thesis title was *An Analysis of Diegueño Pictographs*.

Ken is the author of *Santa Ysabel Ethnobotany*, based on fieldwork with his collaborator, Christina Beresford, now deceased, who was one of the last Northern Diegueño individuals to have an extensive knowledge of native plant uses. Published in 1986 and continuously in print since that time, the book has become minor classic since few studies of Kumeyaay/Diegueño ethnobotany have been done. In 1997 Ken published *Fibers and Forms*, a comprehensive overview of American Indian basketry of the west, from Alaska to the Mexican border. He has authored over 100 published papers, edited volumes, books, and reports on Native American rock art, shamanism, archaeoastronomy, ethnobotany, Southwestern ceramics, American Indian basketry, and other topics.

### **HELP A SCHOOL GARDEN**

Valley Vista Elementary School Garden in Bonita is looking for a volunteer to consult with them and help them with their irrigation for their native plant garden. If you can help, contact Mary Kasimatis, [mkasimatis@cox.net](mailto:mkasimatis@cox.net), 4th grade teacher at Valley Vista Elementary, Bonita, Ca. School phone is 619-479-7171 X5344, cell is 619-322-6674

## ARE THERE ANY EDIBLE NATIVE BERRIES?

Are there any native berries that are edible, and taste good, and are easy to grow?

writer ?

## YES, HERE ARE SOME

Our golden currant (*ribes aureum* var. *gracillimum*) has excellent sweet berries. The indians would use it to sweeten their venison, and it can be used just like European currants (apparently Lewis and Clark found it to be as least as good, if not better).

Here are some other yummy native berries that I have personally tried:

Woodland strawberry    Serviceberry    Blackberry,  
California grape        Raspberry     Barberry,  
Manzanita                Prickly pear  
Elderberry (should be cooked)

CNPS San Diego Vegetation Committee

## AND SOME MORE

*Sambucus mexicana* (or it might be given its new name, *Sambucus caerulea*): elderberry.

This grows into a huge bush and eventually a small tree. Take the time to prune it every summer when the berries are ripe, so you can harvest what you need and clean up the structure, which can be a tangle. Also this time of year you can see what is dead and prune it out too.

Cleaning the berries takes patience. I clean them and then freeze in 1 qt ziplocs, and then pour out what I want when I want them.

The berries should not be eaten raw - they require a small amount of heat to deactivate the compound that when raw gives belly-aches. I toss them into the waffle batter after spooning it into the waffle iron, or into pancake batter. That is enough heat and time to deactivate it. Or put them in a saucepan with equal amount of sugar, or less, to taste, and bring to a boil then cool. Store the syrup in the freezer in a glass jar and pull out to spoon onto waffles or pancakes or french toast. Or onto cheesecakes, my all-time favorite.

Kay Stewart

## EVANS- NOT EVANSLK

I sincerely apologize for trying to change John Evans' last name in our October issue.

Jim Harrison, editor

## WELCOME JACK TRACEY

Please welcome Jack Tracey, our new Development Director. Jack comes to CNPS with extensive experience in fund development and management of non profit organizations, primarily in the human services sector. Prior to working for CNPS, he was the Program Developer for Strategies for Change, an agency that provides outpatient substance abuse services in Sacramento County, where he was responsible for all phases of program development and fundraising.

He is on the Board of Directors of the California Capital Chapter of the Association of Fundraising Professionals (AFP). He is also a member of the Planned Giving Forum of Sacramento. Jack has a Master of Science in Applied Management from Lesley University and a Bachelor of Arts in Legal Education and Services from UMass-Boston.

Jack has proven to be a strong advocate for the causes he has championed and is excited about this career transition with CNPS. Please give Jack a warm welcome to CNPS and wish him the best in his new position. His email address is [jtracey@cnps.org](mailto:jtracey@cnps.org) and phone number 916-447-2677 Ext. 202

Amanda Jorgenson

## RAPID ASSESSMENT SCHEDULES

The Vegetation Committee visited Crest Ecological Reserve in June, and a nature preserve near Rancho Bernardo that is under volunteer management in July. We conducted rapid assessments at both conservation areas.

Rapid assessments (see <http://www.cnps.org/cnps/vegetation>) are a tool for understanding composition, habitat, and site quality across a landscape. We work to help the California Department of Fish and Game further classify vegetation associations, while also aiding local organizations or individuals get a better understanding of the property under their management. Rapid assessments provide a snapshot in time of the condition of particular vegetation associations, and thus can be relocated and repeated over time to reveal broad patterns due to any number or combination of factors like disturbance and weed invasion. We took a break in August and September, but are returning to our monthly survey schedule, starting this October. Surveys take place the fourth Saturday of every month. Survey events are free and open to the public (although CNPS membership is encouraged!). Light snacks and beverages are provided for volunteers.

We could use your help, regardless of your experience. To RSVP for a survey, or more information, you may email: [vegetation@cnpsd.org](mailto:vegetation@cnpsd.org). I will email you directions and a list of what to bring. You may call 619 549 4142 if this is a preferred method of contact.

Patrick McConnell

## **VOLUNTEER OPENINGS**

**NEWSLETTER EDITOR:** Edit and publish our monthly (except Aug and Dec) newsletter. Time commitment is ten hours per month; strong writing, communication and computer skills required.

**HOSPITALITY:** Provide refreshments for our monthly meetings. Duties include buying the food and drinks and setting them out for the meetings. Time commitment is four hours per month and you need to come to the meetings or find someone to fill in for you.

**LIBRARIAN:** CNPS has a small library that is available to CNPS members during our meetings. We need someone to oversee the library and check out books to members. Time commitment involves coming to our monthly meetings which are always on the 3rd of the month or finding someone to fill in if you can't make it.

**PUBLICITY:** Write press releases and announcements about CNPS events. Time commitment is approximately 5 hours per month but can be done on your own time. It mainly involves writing e-mails, submitting our info to web-sites, newsletters and listserves, and following up with newspapers and magazine editors. Strong e-mail and writing skills are necessary.

**PROGRAM'S ASSISTANT :** Help coordinate and set up the room for our monthly meetings which are held the 3rd Tuesday of the month (except Aug and Dec). Duties include: assisting with the refreshments for our monthly meetings and/or plant sales.  
Welcomes members to the meeting and answers general questions at the meetings  
Helps set up and clean up the meeting room

**SALES TABLE:** At our monthly meetings and plant sale we sell books to raise money for our chapter. We always need help at our sales table. Duties include: Take books, brochures, and other materials out of lockers and set up sales tables at each meeting. This means arriving about 6:00 pm or so (for a 7:00 pm meeting). After the meeting, replace the books in the lockers. For more information e-mail [book-sales@cnpsd.org](mailto:book-sales@cnpsd.org)

**PUBLIC OUTREACH:** We attend many environmental fairs and garden events throughout the year and around San Diego County. We are always in need of extra volunteers to staff our booths at these events and interact with the general public. Inquire at [puboutreach@cnpsd.org](mailto:puboutreach@cnpsd.org)

**CONSERVATION:** We review development projects throughout San Diego County to ensure that environmental rules and regulations concerning native plant habitats are followed. We have a team of volunteers that works to review environmental documents (such as EIRs and EISs), write comment letters, attend public hearings, or meet with public officials and resource managers.

**VEGETATION SURVEYS:** Anyone who would like to help survey is welcome to attend; the only prerequisites are an interest in preserving native habitat, attention to detail, and a patient attitude, as the surveys are quite detailed. If you have not done Rapid Assessment before, training will be provided on-site. You will be able to work with more experienced surveyors to see how the survey is done. Please contact [vegetation@cnpsd.org](mailto:vegetation@cnpsd.org) for more info.

## **PROPAGATION WORKSHOP**

Saturday November 8, 2008 9:00 am - 12:00 pm (noon)

Learn the basics of native plant propagation including seed germination techniques and vegetative propagation. Behind the scenes tour of Recon's Native Plant Nursery – one of the largest growers of California's native plants.

Who is invited? CNPS members (join online at [www.cnpsd.org/membership.html](http://www.cnpsd.org/membership.html)) AND School teachers/parents/volunteers working on a school garden.

RSVP to [sandiegonaiveplants@yahoo.com](mailto:sandiegonaiveplants@yahoo.com). Directions will be sent out sometime after you RSVP. **You must RSVP!** Please indicate whether you are a CNPS member (individual or family) or if you're working with a school garden. Those working on school gardens should include the name and location of the school and a few sentences describing your garden plans.

## **AUCTIONS LIVE & SILENT**

In preparation for the CNPS conference in January, we are soliciting items for donation to the live auction, silent auction, and drawing which will be held before and during the conference banquet on Sunday January 18th. The proceeds from the auctions and drawing will benefit CNPS' conservation programs and we would love to have donations from chapter members to make this a success! We are especially interested in promoting the sustainable spirit of the conference by receiving donations that are produced within California! If someone in your chapter is interested in donating but needs some inspiration, please suggest to them that they can put together a gift basket of locally produced items for the silent auction or drawing. If your chapter has a great t-shirt or has other chapter-based CNPS merchandise, please consider donating something to the auction.

Rachel Hutchinson  
[rahutchinson@gmail.com](mailto:rahutchinson@gmail.com)

## CHAPTER ELECTION

### CHAPTER OFFICERS AND THE ELECTION PROCESS

The Executive Board consists of 11 members each elected to a two year term of office. Ordinarily six members are elected in even numbered years and five in odd numbered years. This year we are electing six members.

Officers for the Chapter are selected by the Board from the Board membership subsequent to the annual board election. The officers are: President, Vice-President, Secretary, and Treasurer

Ballots for the annual election are distributed as a part of the November chapter newsletter and may be returned via mail or in real time at the November general meeting.

Even though the annual election is non-competitive, chapter members are encouraged to submit a ballot to show support for the Board and for the chapter officers.

## CANDIDATES FOR 2009 ELECTION

**Cindy Burrascano** graduated from San Dieguito High School and stayed locally where she went to San Diego State University. She has a M.S. degree in Science and is currently a Senior Product Development Associate at a local biotech company. Her primary interests are rare plants, conservation, weed control, and volunteer empowerment. She has previously served as Chapter President and on the State Board as an At-Large representative. She is a poor gardener but has taken great delight in seeing the wildlife interactions with and on native plants that have managed to survive in her yard.

**Dave Flietner** has been a member of CNPS for over a decade. He currently serves as the Field Trip Chair and the representative to the Chapter Council. Dave is the Chapter Council representative to the Board of Directors, where he has promoted a state-wide membership campaign and fund-raising appeal to environmental consultants. He has an M.S. in Botany from the University of Florida and works as a botanist with a local environmental consulting firm.

**Hank Kraus** is a 3rd generation Californian who enjoys the outdoors and has a passion for Native Plants. Hank and his wife live at and operate Moosa Creek Nursery in Valley Center.

**Carolyn Martus** has served as president of the San Diego Chapter board for the past two years. She has helped publish outreach and educational materials for landscapers and gardeners on the issue of invasive plants and to promote the use of appropriate native plant material in cultivated landscapes. For the past two years she has also co-chaired the fall native plant sale. She would like to continue to serve on the board and help protect more native plants and their habitats while increasing the public's awareness and appreciation for our native flora. She works as an environmental consultant on habitat restoration projects in north county.

**Carrie Schneider** has been a board member for several years, and her interests lie in habitat conservation and locally native landscaping. She knows that San Diego residents have only just begun to appreciate the amazing plants in their neighbor open spaces and looks forward to establishing a collaboration between CNPS and the newly formed San Diego Canyonlands organization.

## PLANT SALE RECAP

Just a note to everyone involved with the plant sale went.

Who said we needed rain to a successful sale? We had:

234 cash sales

204 check sales

32 membership signups

Particular congratulations: to our ticket writers for taking 438 orders, some 2 pages long (87.6 orders per hour!) and to our cashiers for their reports that went together so easily.

Sandra Feiock  
Treasurer

## WELCOME NEW MEMBERS

M. Alexander, Eileen Edwards, Julie Ellison, Diane Gage, Brian Garrett, Scott Griffiths, Pamela Haehn, Mitchell Jenkins, Charlene Kasian, Ed Linares, Mark Matson, Dona Nordstrom, Scott Olson, Kathy Pettigrew, John Redlinger, Tracy Richmond, Kurt Schmitt, Claire C. Smith, Tim Schultheis, and YMCA Camp Surf.

**MISSION**

To increase understanding and appreciation of California's native plants and to conserve them and their natural habitats, through education, science, advocacy, horticulture and land stewardship

**BALLOT FOR CNPS SAN DIEGO 2009 ELECTION OF BOARD MEMBERS**

Members with an individual membership should vote once using the "individual" column.  
Households with a family membership should vote twice, (once in each column)

Mark your ballot; fold it, and mail it; or bring it to the general meeting in November  
**VOTE FOR FIVE**

	INDIVIDUAL	FAMILY
Cindy Burrascano	_____	_____
Dave Flietner	_____	_____
Hank Kraus	_____	_____
Carolyn Martus	_____	_____
Carrie Schneider	_____	_____

**Would you like to get more involved in CNPS, are you interested in volunteering a few hours a month?**

*Please circle the areas that interest for volunteer work. A CNPS member will contact you very soon.*

- Plant surveys   Outreach, public displays   Membership
- Letter writing   Horticulture   Website
- Conservation planning   Fundraising, grant writing   Book sales
- Nature Guides (Education)   Newsletter   Plant Sale
- Other areas of interest: \_\_\_\_\_

Name \_\_\_\_\_ Phone No. (\_\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

We will appreciate your feedback, please tell us what you like about CNPSSD, what you dislike, and what we can do to better serve our membership and accomplish our mission.

---



---



---

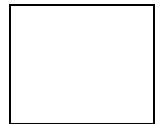


---



---

CNPS SD  
c/o San Diego Natural History Museum  
P. O. Box 121390  
San Diego, CA 92112-1390



CALIFORNIA NATIVE PLANT SOCIETY  
SAN DIEGO CHAPTER  
c/o San Diego Natural History Museum  
P. O. Box 121390  
San Diego, CA 92112-1390

# MEMBERSHIP APPLICATION

Please complete this form, make out a check payable to "CNPS", and mail to:

**California Native Plant Society**  
**2707 K Street, Ste 1**  
**Sacramento, CA 95816**

Student or Limited Income \$25  
 Individual \$45  
 Family, Group or Library \$75

Plant Lover \$100  
 Patron \$300  
 Benefactor \$600  
 Mariposa Lily \$1,500

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

e-mail address \_\_\_\_\_

San Diego Chapter: rev 3/06

## ***How to Create a Wildlife Friendly Garden***

The San Diego Audubon Society is conducting a workshop on **How to Create a Wildlife Friendly Garden that uses native plants, saves water and provides a natural habitat for wildlife.** The two-session workshop will teach you how to select, plant and maintain native plants that are adapted to our environment, attract birds and butterflies, and are beautiful. Current information on wildfire prevention will be included in the program. Audubon and CNPS members Mel Hinton and David Kimball will conduct the workshop.

**When: November 15 and 22, 9:00 -11:00 a.m. (two sessions)**

**Where: Tecolote Nature Center, (east end of Tecolote Road)**

**Cost: \$30 (includes a free 1-gal. native plant)**

Mail this form with your payment, or call the SDAS office (619 682-7200) to make your reservation.

You can pay at the door, but you must register in advance.

.....

### **Native Plant Garden Workshop**

Name/s \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ (payable to San Diego Audubon)

Mail to: San Diego Audubon, 4891 Pacific Hwy. Suite 112, San Diego, CA 92110

CNPS Newsletter is published 10 times per year.  
Chapter dues include a subscription to the chapter newsletter.  
Second class postage paid at San Diego, CA.  
Postmaster: Send address changes to:  
**CNPS, 2707 K Street Ste. 1; Sacramento, CA 95816**

## Dedicated to the Preservation of the Native Flora

The California Native Plant Society is a statewide non-profit organization of amateurs and professionals with a common interest in California's native plants. The Society, working through its local chapters, seeks to increase understanding of California's native flora and to preserve this rich resource for future generations. Membership is open to all.

Membership includes informative publications, free field trips and monthly programs and discounts on books and posters. Also included are *Fremontia*, a quarterly journal with articles on all aspects of native plants, the *Bulletin*, a quarterly statewide report of activities and schedules, and the chapter newsletter. Please call the membership chairperson for more information.

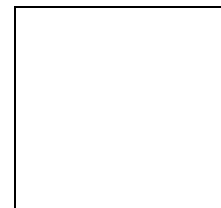
## CALIFORNIA NATIVE PLANT SOCIETY

### SAN DIEGO CHAPTER

c/o San Diego Natural History Museum

P. O. Box 121390

San Diego, CA 92112-1390



# CALIFORNIA NATIVE PLANT SOCIETY SAN DIEGO

CNPS Phone (916) 447-2677, [www.cnpsd.org](http://www.cnpsd.org), [info@cnpsd.org](mailto:info@cnpsd.org)

Nov-Dec 2008

### BOARD OFFICERS

PRESIDENT: Carolyn Martus .....(760) 434-5033h  
president@cnpsd.org  
VICE PRESIDENT: Dave Flietner.....(619) 501-3789h  
vicepresident@cnpsd.org  
SECRETARY: Diane Green.....(858) 571-2862  
Secretary@cnpsd.org  
TREASURER: Sandra Feiock.....(760) 735-8845  
treasurer@cnpsd.org

### OTHER ELECTED BOARD MEMBERS

CONSERVATION: Carrie Schneider..... (858) 352-4413w  
info@cnpsd.org  
LEGISLATION: Peter St. Clair.....(619) 683-9352  
legislation@cnpsd.org  
POSTER SALES: Cindy Burrascano.....(858) 578-8040h  
postersales@cnpsd.org  
PROGRAMS: Hank Kraus.....(760) 751-1929  
programs@cnpsd.org  
PUBLICITY: Patrick McConnell.....(619) 294-3868h  
publicity@cnpsd.org  
CHAP COUNCIL DELEGATE: MartyFoltyn..(858) 259-0283h  
chaptercouncil@cnpsd.org

### APPOINTED COMMITTEE CHAIRPERSONS

FIELD TRIPS: Dave Flietner .....(619) 501-3789h  
fieldtrips@cnpsd.org  
HOSPITALITY: Sharon Hackett.....hospitality@cnpsd.org  
INVASIVEPLANTS:.....invasiveplants@cnpsd.org  
MEMBERSHIP: Mary Kelly.....(916) 447-2677  
membership@cnpsd.org  
NEWSLETTER: .....newsletter@cnpsd.org  
Jim Harrison: editor .....(858) 273-5242  
PLANT SALE: .....plantsale@cnpsd.org  
PUBLIC OUTREACH: Julie Janssen..... puboutreach@cnpsd.org  
RARE PLANTS: Fred Roberts.....(760) 439-6244h  
rareplants@cnpsd.org  
RESTORATION: Bruce Hanson.....(619) 262-8905h  
restoration@cnpsd.org  
VEGETATION: Lexine Schroeder.....(619) 729-5715  
vegetation@cnpsd.org  
WEBSITE: .Mary Alice Kessler..... webmaster@cnpsd.org

Open positions: EDUCATION, HORTICULTURE, & LIBRARIAN  
Contact any board member if interested in any of these positions

NOTE: **For newsletter mailing label** issues contact Jim Harrison  
at newsletter@cnpsd.org or (858) 273-5242