

## Event # 5 Plant Identification (Concluded)

The following is a list of plants that are considered “useful” and have been used on more than one of the previous Field Days.

<u>Scientific Name</u>	<u>Common Name</u>	<u>Use</u>	<u>Useful Part</u>
<i>Artemisia californica</i>	California Sagebrush	Medical Tea	Leaves, Wood used as Fragrance
<i>Avena fatua</i>	Wild Oats	Forage	Stem and Leaf, Seed*
<i>Brassica sp.</i>	Mustard (common, field, black)	Food	Leaves-boiled
<i>Capsella bursa-pastoris</i>	Shepherd's Purse	Food, Medical	Leaves and Seeds
<i>Chenopodium album</i>	Goosefoot, Lambsquarter White Pigweed, Wild Spinach	Food	<u>YOUNG</u> Leaves as Salad
<i>Erigeron canadensis</i>	Horseweed	Medicine	Leaves, Stem
<i>Eschscholzia californica</i>	California Golden Poppy	Medicine	Root Juice
<i>Foeniculun vulgare</i>	Sweet Fennel, Licorice, Anise	Food	Edible Root. Stem, Leaf, Seed
<i>Fraxinus sp.</i>	Ash	Lumber	Stem
<i>Heteromeles arbutifolia</i>	Toyon, Christmas Berry	Edible Fruit	
<i>Malva parviflora</i>	Cheese Weed	Food	Edible Fruit
<i>Marrubium vulgare</i>	Horehound	Medicine	Cough Syrup, Candy from Oil
<i>Medicago sativa</i>	Alfalfa	Medicine	Seeds to make “medical tea”
<i>Opuntia littoralis</i>	Prickly Pear Cactus	Food	Edible Fruit
<i>Raphanus sativus</i>	Wild Radish	Food	Leaf, Root*
<i>Ricinus communis</i>	Castor Bean	Medicine	Castor Oil@@
<i>Rhus integrifolia</i>	Lemonade Berry	Food	Tea from Fruit
<i>Rhus ovata</i>	Sugar Bush	Food	Tea from Fruit
<i>Rubus ursinus</i>	Blackberry	Food	Fruit
<i>Salix sp.</i>	Willow	Medicine	Aspirin from Bark
<i>Tragopogon porrifolius</i>	Salsify or Oyster Plant	Food	Root
<i>Tropaeolum majus</i>	Garden Nasturtium	Food	Flowers, Leaf
<i>Urtica holosericea</i>	Stinging Nettle	Food	Cooked Leaves
<i>Vicia sp.</i>	Vetch	Forage	Stem and Leaf

\* In domesticated form these plants are useful, but in wild form their food value is miniscule.

@@ Plant seed is VERY VERY poisonous. Larger than recommended amounts of Castor Oil will be very harmful even fatal