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Judy Schulman, Editor

NEXT DOCENT MEETING will be July 15 at 9 a.m. in the Lodge. Our speaker will be Lynn Dailey, teacher and Scripp's Docent. She will give a talk and slide show presentation on seashore life. Afterwards there will be a beach walk to Flat Rock and southward to observe some tide pools. Since the walk might extend till at least noon, it might be nice to bring a sack lunch along.

THE PRESIDENT'S HOPPER

We have some interesting programs scheduled for our July, August, and September meetings. Each one represents a part of your ongoing training as docents. Try to attend the regular meetings and get acquainted with your fellow docents. My phone is always open until 10 p.m. for anyone to talk about the Torrey Pines Docent Society. New members are especially invited to call to get answers- 453-2422- Bob H.

SECRETARY'S NOTES-by Sue Karcher

Summer schedule is in effect. Take special care to report promptly for duty as there is no overlap between shifts.

Congratulations to John and Kathy Ferrer on the birth of their son Joshua Scott.

Our thanks to Lisa Story, from the North County Wildlife Rescue Center, who gave a moving talk and slide presentation about the work of the center. Her talk helped us to understand how people and development pose threats to wildlife. The goals of the Wildlife Rescue Center are the following four R's...

- to Rescue an animal
- to Repair any injury it has received
- to Rehabilitate the animal to make sure it has the skills it needs to survive in the wild
- to Release the animal back into the wild

The Wildlife Rescue Center located at 13724 Sagewood Dr. in Poway holds an open house for visitors the second Sunday of each month from 1 to 2:30 p.m.

Bob Hopper presented slides of the Torrey Pine trees that T. Matsumato used as models for his drawings. What an interesting comparison!

BOOK REVIEW-by Sue Karcher

The Story of Pines by Nicholas T. Mirov and Jean Hasbrouck. Indiana Press, 1976, 148 pages.

Mirov and Hasbrouck's Story of Pines is a readable introduction to the life and significance of pine trees. The book includes chapters on the paleontology of pines, on pines in ancient myths and rituals, and on natural and man-made pine forests.

I highly recommend the first chapter of this book (less than 50 pages) for Docent reading. This chapter gives a brief, very informative and at times poetic description of the life cycle of a pine tree. It describes seed formation and germination, the types of cells that make up a tree, the root system of a tree (including the fascinating symbiotic relationship between pine tree roots and fungi), and much more.

Those who want to learn more about the life and uses of pine trees will find this book, and especially the first chapter, helpful and enjoyable. This book can be borrowed from the Docent Library.

HOW SEEDS ARE TRANSPORTED -by Julie Marine

In nature, many seeds are spread by wind. Some seeds have a seed wing and are carried by the wind. Some seeds with the seed wing formed around it are propelled and act like a helicopter, spiraling as the wind carries the seed downward away from the parent plant.

Some seeds have feathery attachments at one end of the seed. Thus the wind can pick these seeds up and carry them to a new growing area.

The next means of seed transportation are the birds and animals. The birds eat seeds or carry them in their beaks and may drop some. The interesting thing to me is how seeds with heavy shells and wrappings can be eaten by animals and birds, digested and then deposited by the droppings of these creatures in another area. This is the only way some seeds will germinate.

Some seeds are covered with sharp burrs and cling to the animals' and birds' fur and feathers. When the sticky seeds dry in an animal's fur, it then drops off to start growing in another area.

Some seeds are carried by water both in the oceans and even by dry desert stream beds, where flash floods will carry the seeds to a new area. Think of the coconut that is washed from one island to another by ocean currents.

Another means of seed dispersing is by expulsion. The seed capsule builds up a tension along its seams and when jarred or touched, pop open with a force so strong to expel the seeds for many feet around. Cat-tails are known for this type of method.

Methods of travel for seeds are very fascinating. Nature has been able to guarantee the survival of plant species. Now how about early Indians carrying seeds in their jars and other containers? Could they have brought the first Torrey Pine seeds from the Channel Island of Santa Rosa? Or the bush poppy, or the sea dahlia seeds? Remember the early settlers brought many seeds for crops, seeds and plants for medicine, and cooking too. It's said that the early Padres brought the field mustard and planted them around the missions. But by Nature's methods of seed dispersement, plants such as the mustards can be found all over this country today.

A LUNCHEON SURPRISE-by Judy Schulman

Welcome! Welcome to Torrey Pines State Reserve and Extension Restaurant where you can eat your meal entertained by the sounds of the roaring ocean accompanied by the whistling of the wind through the pines. How many in your group? Splendid ...two you say...this way folks! This is one of our most asked for spots. Beautiful Torrey Pines shade you as you gaze to the Canyon of the Swifts to your left and the ocean to your right. What do I suggest from the menu? Well let me tell you that we use only organic substances indigenous to the area. Here's what I suggest from the . . .

TORREY PINES LUNCHEON SPECIAL

Beverage

-Hot Lemonade (The dried berry of the plant is soaked in water and then heated)

Soup

CREAMED CHEESEWEED SOUP

2 1/2 cups milk	1 small onion, sliced
1 Tbsp flour	2 stalks celery, sliced
2 Tbsp butter or margarine	1 1/2 cups Cheeseweed fruits, husks, and a few leaves
1 tsp salt	1/2 cup chopped raw bacon or smoked ham
dash of pepper	

Put all ingredients except meat in blender and blend until smooth. Add more leaves if not green enough. Pour into saucepan, add meat, and simmer gently, covered, for 30 minutes. Serves 4.

Salad

DRESSED ICEPLANT

1/4 lb bacon, diced, fried, and drained	1/4 cup buttermilk
2 eggs, beaten	1/2 cup water
2 Tbsp brown sugar	dash of pepper
1 tsp flour	1 qt Iceplant leaves

Combine all ingredients except iceplant and cook, stirring constantly, until dressing thickens. Pour over iceplant and toss. Serve while warm. Serves 4.

Desert

FENNEL COOKIES

1 Tbsp Fennel seeds, dried (if seeds are chewy, chop them)	1/2 tsp baking soda
2 Tbsp boiling water	1 egg
2/3 cup brown sugar	2 cups flour
	3/4 cup butter or margarine

Preheat oven to 400° (mod. hot). Combine seeds and water and let stand while mixing dough. Cream butter with sugar and baking soda. Beat in egg. Drain seeds and add with flour. Mix well. Shape dough into 1/2-in balls and place on ungreased baking sheet. Bake for 10 minutes. Makes about 4 dozen. For a prettier cookie, roll in powdered sugar after removing from the oven. Dough may be made ahead and refrigerated prior to baking. These are delicate and delicious.

Bread with Jam

REFRIGERATOR MUFFINS

3 cups oat (or barley) flour	1 cup raisins, currants, elderberries, or dates
1 cup boiling water	1/2 tsp salt
2 eggs, slightly beaten	2 1/2 tsp baking soda
2 cups buttermilk	1 cup sugar
1/2 cup oil	2 1/2 cups all purpose flour

Preheat oven to 425° (hot). Mix oat flour with boiling water, stirring to moisten evenly. Set aside to cool. Add eggs, buttermilk, oil, and fruit and stir well. Sift together salt, baking soda, sugar, and flour and add to oat mixture. Fill greased muffin cups 2/3 full. Bake for 20 minutes (or refrigerate dough in a tightly covered container for as long as 2 weeks, baking muffins at your convenience. Stir batter before using.) Makes 2-2 1/2 dozen.

CACTUS JELLY

1 gal Prickly Pear fruits water	10 Tbsp lemon juice
5 cups sugar	1 tsp cinnamon (optional)

After removing spines, peel, wash and quarter a gallon or so of Prickly Pears or Tunas. Put in a kettle with barely enough water to cover. Cook slowly until fruit is tender and light in color (about 20 minutes). Run through a jelly bag or cheesecloth. Leave for several hours. Don't squeeze the bag or juice will be gummy. Skim off any particles that come to the top. Add 1 cup of sugar (or 2/3 cup honey) and 2-3 Tbsp lemon juice per cup of extract. Cook until syrup drops in sheets from spoon, about 30 minutes. Pour into hot, sterilized jars and seal. Cinnamon may be added for spiced jelly, about one tsp per 5 cups. Makes about 3 pints. Commercial pectin may also be used to jell the jelly in lieu of cooking. Follow the recipe for apple jelly.

Entree

-Yucca Omlette (Yucca flower petals tossed in the omlette)

All recipes come from Charlotte B Clarke's Edible and Useful Plants of California; University of California Press, 1977. Please check with the book before trying any recipes.

NOTEABLES

- A book that was missing, A Field Guide to Pacific State Wildflowers, is back on the library shelf. All Docents please note your book withdrawal in the file.
- The Beach Trail has been closed. Please ask one of the rangers for more details.
- Welcome to new Docent Society members Stanley Calhoun and Phyllis Trubitt.
- The-Night Walk has been scheduled for July 14 at the lodge. Meet at 7 p.m.
- Anyone objecting to having their name listed along with their address and telephone number in the Torreyana please tell one of the board members. We are thinking of printing the whole list in the next issue so that Docents can find their own replacements when they are unable to fill their assignment.
- Films have been discontinued until fall, attendance hasn't justified it.
- All Docents please read list of opening and closing procedures in sales area and lounge to be sure that you are doing it correctly.
- Has anyone seen the Torrey Pines Trail Topics Notebook recently?
- It might be a good idea for the first Docent to arrive on duty to call and remind other Docents of their duty on the same day.
- There is talk going around about reinstating the Velvet Hammer for Docents who haven't served. They should contact Julie Marine or Bob Hopper if they have not served in the last two months or haven't contacted the Docent Society. The numbers to call, respectively, are 755-5598 and 453-2422

CUYAMACA FIELD TRIP REPORT-by Sunny Rankin

Oh sumptuous moment
Slower go
That I may gloat on thee.

-Emily Dickinson-

All of which might sum up the sunset watch a handful of Docents and 3 friends thoroughly enjoyed from Cuyamaca's tip-top on June 17th. This reporter is obligated to tell you that Gene Barber's expert preparation and knowledge made this an event more of you should have attended. Highlights of the climb included an encounter with the rare mountain king snake (first sighted by Sue Mills) and star orientation by Ye Olde Astronomer, G.B. Those of us who were on hand permitted the moon to guide us back down the mountain. Night sounds, heady ceanothus and silvery meadows (only moments ahead of us emptied of deer), were in abundance. You should have been there!

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First Class