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# torreyana

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Judy P. Schulman, Editor

THE NEXT DOCENT MEETING WILL BE OUR ANNUAL CHRISTMAS BRUNCH at 9 a.m. in the Lodge on December 16th! Invited guests will include Joe Agozino-State Park Ecologist, Dominic Gotelli-District Interpretation Specialist, Ron McCullouch-District Supervisor, and Al Ulm-Assistant District Supervisor.

### CHRISTMAS BRUNCH MENU

- scrambled eggs
- fresh fruit cup
- coffee

\*good things from around the world

\*Please bring your favorite Christmas-time homemade cookies, pastries, breads, or any other delicacies of a Christmas nature to be shared and sampled with other docents.

This holiday brunch is being planned for us by our hostesses Joan Neuman and Elsa Evans.

### THE PRESIDENT'S HOPPER

Merry Christmas and Happy New Year! We expect to have a nice Christmas meeting on the 3rd Saturday Dec. 16. Please remember to bring a food item which could be your favorite holiday dish. If you need a suggestion call Elsa Evans or Joan Neuman. There will be no formal speaker but we will be prepared to eat and relax. Bring your favorite slides or photos to this meeting especially from the last docent field trip to one of the remotest areas of the Torrey Pines State Reserve. The gray whales should be visible so bring your binoculars.

HOPPER con,

It is time for Docent of the Year award and it will brighten someone's holiday at this meeting-Who will it be?

-Regards, Bob H.- 453 2422-

P.S. Have you called Julie Marine, lately? 755-5598.

THE SECRETARY'S NOTES by Sue Karcher

A warm welcome to new associate docents Howard Ceri, Larry Eaton, and Jim Whitehead.

Bob Anderson, a professional photographer, talked about the possibility of having postcards of Torrey Pines made. He also mentioned a possible trip to Santa Rosa Island-location of the only other stand of Torrey Pines.

Ranger Robards gave an exciting talk on marine mammals. He urged us to visit Año Nuevo State Reserve during the winter months and take a tour to see the elephant seals. Our thanks to Ranger Robards for an entertaining and very informative talk.

AN INVITATION-by Ranger Hank Nicol

All of the pines here are not P. torreyana. Some other pines look a lot like the Torrey Pine if you are not paying attention. Somebody wasn't.

A few years ago, the maintenance area was dressed up by planting Torrey Pines around it. Last fall someone mentioned that two of the Torrey Pines down by the shop "looked funny". I went down and looked around. The reason the Torrey Pines looked funny was because they were Coulter Pines.

Last Christmas one of those funny looking pines was sacrificed to be a Christmas tree at San Elijo State Beach. We had quite a party. Campers brought chains of pop tops, aluminum foil balls, spray painted, besequined beer cans, and even a few "real" ornaments. We sang songs and heard about Christmas at home from campers from Denmark and England. One camper gave a puppet show. Another brought his guitar and sang some barroom ballads. Two girls from Utah sang a duet. We had a ball.

We still have one Coulter Pine, so we're going to do it again. Any docents who want to lead a song, tell a story, or just join the party can show up at the campfire center at San Elijo at 3 p.m. on Saturday, December 23.

And Merry Christmas.....

-Hank-

IN APPRECIATION

On behalf of those of us who went on the last docent outing, we would like to express our sincere appreciation to Ranger Leroy Ross for planning that walk. Special thanks also go to Ranger Hank Nicol and Docents Rowdy James and Larry Eaton for leading us through some of the more difficult parts of the trail.

PLANT USES BY EARLY INDIANS OF SAN DIEGO-these are from the notes that Ken Hedges used in his lecture to us in September.

12-72

Chamise-construction material, arrowshafts, leaves and branches for wash for sores and infections. Gum from scale insects used for adhesive.

Shaw's Agave-Fit roasted the heart, stalk, and blossom for food.

California Sagebrush-A general tonic was made by boiling the leaves to control menstrual flow and to control postpartum bleeding after childbirth. The leaves were chewed or smoked for colds.

Indian Paintbrush-Children sucked nectar from the flower.

Amole-Along with being used for soap, brushes were made from the fiber, and the bulb was roasted for food.

Croton-Boiled leaves were used for earaches. Small amounts were given to cure colds and coughs. It was also reputed to cause abortions.

Dudleyas (all types)-Young leaves were eaten raw.

Chalk Dudleya-A cooked leaf was punctured or peeled and put on a toe to cure corns and calluses. The roots were boiled for asthma.

Flat-top Buckwheat- The shoots and seeds were edible. A tea was made from it for colds, stomachache, headache, diarrhea, eyewash, mouthwash and childbirth medicine.

Golden Yarrow-The seeds were parched and ground for food.

California Poppy-Pollen was used as a facial cosmetic. It was also used as a sedative for restless babies.

Barrel Cactus-The buds were parboiled or pit roasted for food. The flowers were cooked for food. The spines were used as fishhooks.

Bladderpod-Pods, seeds, and flowers are edible. The pods were pit roasted.

Deerweed- It was used as thatching material for house construction. The roots were used for soap.

Iceplant-The young leaves were used as greens. The seeds were ground and cooked.

Prickly Pear-The fruit was eaten fresh. The seeds were ground and cooked. The pads were peeled and cooked. Plugs were used to heal wounds.

Cholla (all types)-The buds and fruit were edible. The stalks can be peeled and eaten as famine food.

Toyon-The berries were eaten raw or parched as famine food. The bark and leaves were steeped for washing wounds.

Scrub Oak-The wood was used in construction. The acorns were used in famine times or to vary the flavor of mush. The galls were boiled to wash wounds or sores or for eyewash.

Redberry-The fruit was edible. The seeds were ground for food.

INDIAN PLANT USES con.

Lemonadeberry-The fruit was soaked to make an acid drink.

White Sage-Seeds were eaten. The leaves were good in cooking. It was made into tea for colds, sorethroats, poison oak, childbirth, and dandruff. The leaves were smoked for colds. They were also roasted for fumigation and ritual purification.

Black Sage-The seeds were eaten.

Elderberry-The fruit was eaten fresh, or dried and later cooked. The blossoms and leaves were used for tea for eye infections, colds, fever, menstruation and childbirth.

Manzanitas (all types)-The fruit was soaked to make a drink.

Mojave Yucca-The leaves were used for fiber and for house building. The roots were used for soap. The fruit was eaten fresh or baked. The rootlets were used to make the red designs in baskets.

Yucca Whipplei-The flower stalks were pit baked. The buds and flowers were cooked.

NOTEABLES

There are two types of MAT drawing Christmas Cards available for sale.

Ranger Ross suggested that we plan a DOCENT DAYS weekend at Torrey Pines. We would give different specialized walks during the day. More about this at the next meeting. Have some ideas ready!



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FIRST CLASS