November-December 2008

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.

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.

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, 4th grade teacher at Valley Vista Elementary, Bonita, Ca. School phone is 619-479-7171 X5344, cell is 619-322-6674.
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 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@cnpssd.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

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

Are There Any Edible Native Berries?

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

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

Evans- Not EvanslK

I sincerely apologize for trying to change John Evans’ last name in our October issue.
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 websites, newsletters and listservs, 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@cnpssd.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@cnpssd.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@cnpssd.org for more info.

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
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 statewide 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

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.

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

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.

BOARD OFFICERS
PRESIDENT: Carolyn Martus ......................(760) 434-5033
president@cnpssd.org
VICE PRESIDENT: Dave Flietner ..............(619) 501-3789
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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@cnpssd.org or (858) 273-5242