











Plant	Food	Medicine	Fun Facts	Plant	Food	Medicine	Fun Facts
 <p>Coast Live Oak <i>Quercus agrifolia</i></p>	Acorns edible is treated	None	Wood used for tool making	 <p>Douglas fir <i>Pseudotsuga menziesii</i></p>	Seeds & buds edible Tea made with leaves	Resin used to poultice cuts	Hot pitch used as adhesive
 <p>California Bay Laurel <i>Umbellularia californica</i></p>	Nuts edible when roasted	Oil for tooth, ear & headaches Congestion relief	Scorched nutmeats used to make black face paint	 <p>pine tree <i>Pinus species</i></p>	Seeds are edible	none	Roots used to make patterns in baskets some species the cones only open to release seeds when burned
 <p>Big Leaf Maple <i>Acer Marophyllum</i></p>	Leaves can be used to line ovens & wrap food for storage	None	Roots & shoots used to make baskets & inner bark twisted into cord for deer net traps	 <p>Willow <i>Salix species</i></p>	For pain relief	Bark tea for headache, fever & sore throat	Ash used to make black dye
 <p>Toyon <i>Heteromeles arbutifolia</i></p>	Berries are edible	Berries used as a laxative Tea form boiled leaves for stomachache	Red dye made from berries	 <p>California buckeye <i>Aesculus californica</i></p>	Seed roasted or leached	None	Charcoal used to make black dye & paint
 <p>Manzanita <i>Arctostaphylos species</i></p>	Berries can be eaten raw or cooked & ground into a flour	None	Wood can be used to make arrow points	 <p>Soap root <i>Chlorogalum pomeridianum</i></p>	Leaves & roots roasted	Antiseptics, laxatives, diuretics, & pain-relieving body rubs	Used for cleaning, Stunning fish for harvesting, Glue is made from bulb