

	Plant Name	Latin Name	Medicinal Uses	Edible Uses
1	Nopal	Opuntia	The sap of the plant was used to heal wounds.	Leaves when tender can be used for soups, grilled, and added to a variety of dishes.
2	Dragon Fruit Pitayah	Selenicereus undatus	Saved the Spanish explorers from malnutrition.	Spanish would consume for hydration
3	Laurel Sumac	Rhus laurina	Used to aid digestion	make lemonade either acidic as a cold or hot beverage
4	Bladderpod	Peritoma arborea	Bitter flowers are used as a liver tonic.	Beans and flowers are both edible
5	Sugar bush	Rhus ovata	Berries dried and eaten fresh as a good source of vitamin C.	Tea can be used to cure coughs and colds
6	Blackberry	Rubus ursinus	A remedy for dysentery or diarrhea. Leaves can be used to make tea for mouth ulcers and sore gums.	Chumash consumed blackberries as a delicacy
7	Golden Currant	Ribes aureum	Can be used to make a tea for women incurring uterine difficulties. Good source of vitamin C.	Currants can be used to make pies, tarts, jams, and syrups.
8	Lemonade Berry	Rhus intergrifolia	Root tea utilized for indigestion and indisposition. Berries are a good source of vitamins.	Indigenous peoples consumed the berries and made into mush. Berries were soaked to make beverage
9	California Honeysuckle	Lonicera hispidula	Tea is used to cure a runny nose, sores, and wounds.	Flowers can be dried to make a fragrant herbal tea.
10	California Sun Flower	Helianthus Californicus	Root used to cure erectile dysfunction or tuberculosis	Seeds were a source of food for Luiseño Indians
11	Fig Tree	Ficus carica	Leaves used to treat corns, warts, and piles.	Fruit has vitamins, minerals, and fiber.
12	Chinese Jujube	Ziziphus jujuba Mill.	Traditional medicine in Korea, China, and Japan. Drought-resistant tree bears heavy fruit in summer and fall.	High in vitamin C and fiber
13	Yerba Mansa	Anemopsis californica	Herbs is used for washing cuts and ulcers. Tea is used to purify the blood and cure asthma.	
14	Guava Tree	Psidium guajava	Leaves used to cure stomach ache and a loose stomach.	Contains Vitamin C
15	Pomegranate Tree	Punica granatum	Healthy food for diabetics and the seeds contain soluble fiber	Fruit contains protein, juice used in fruits, cakes, or jellies
16	Manzanita Tree	Arctostaphylos manzanita	Berries can be used to make jam.	An unspecified species of Manzanita was described to have fruit the size of a large chick-pea
17	Golden currant	Ribes Aureum	Berries are a good source of vitamins.	
18	Coyote Mint	Monardella villosa	Leaves can be used to cure a stomach ache.	Leaves used to make a tea.
19	Thyme	Thymus vulgaris	Can be used to treat dry coughs, whooping cough, bronchitis,	Seeds and leaves can be used as a spice to flavor food.
20	Sweet Potato	Ipomoea batatas	none found	High in nutrients and minerals. Leaves can be consumed as a salad.
21	Moringa	Moringa oleifera	Flowers and leaves protect the liver	Leaves and flowers can be used to make tea
22	California Rose	Rosa Californica	Petals and leaves can be used reduce acidity	Seed pods also called gabernedas roasted on a slow fire have a pleasant flavor. Seed pods are very high in vitamin C and can be used to make jams; Flowers and leaves are used to make a tea for acidity and urinary tract infections
23	Artemisia?		grounded to make pinole-like mush	leaves can be used as sagebrush
24	Wormwood	Artemisia absinthium	Leaves are used to cure bruises or bites. A powerful anti-viral used to control your appetite and for covid	Leaves used as flavoring and for tea.
25	Longevity Spinach	Gynura procumbens	treatment of fever, kidney troubles, and dysentery	Leaves can be cooked as spinach.
26	Broccoli	Barassica Oleravea var	none found	healthy food for lowering cancer risk
27	California Grapes	Vitis californica	Leaves are a good source of calcium and minerals.	leaves eaten fresh, in soups, and fresh and dried fruit
28	Aloe vera	Aloe Vera	Used for burns and scrapes.	leaves can be cooked
29	White Sage	Salvia apiana	The strong scented leave was used to relieve headaches, colds, and menopause symptoms	Seeds eaten in pinole after being roasted
30	Mountain Coyote Mint	Monardella odoratissima	Used to calm nervous stomachs	
31	San Miguel Savory	Clinopodium chandleri	Used for sore throats, nausea, and bloating	Used to flavor foods.
32	Love Child Sage	Salvia hybrid		Used to flavor foods.
33	Rose Geranium	Pelargonium graveolens		Used to make essential oils and tea
34	Douglas Iris	Iris douglasiana		The roots can be eaten like a potato.
35	Lemon Verbena	Aloysia citrodora	Reduces inflammation and stress	Used to make tea and liqueurs, and used as a flavoring agent
36	California Bee balm	Monarda Pectinata	Used for nausea, cramps, colds, and sore throat	flowers and leaves used to make a tea
37	Blue California Lilac	Ceanothus	Roots can be used for bronchitis, whooping cough, tonsillitis, diphtheria, sinus conditions, nosebleeds, uterine bleeding, and hemorrhoids.	
38	Gum Weed	Grindelia stricta var. platyphylla		
39	Elk Blue Rush			
40	Fiesta Marigold Monkeyflower			
41	Toyon	Heteromeles arbutifolia		Berries are edible after they are cooked.

42	Chamise	Adenostoma fasciculatum		
43	He Shou Wu Herb	Fo Ti Polygonum Multiflorum	Used for menopause and for nervous disorders.	Leaves can be used for soup.
44	Catalina Cherry	Prunus ilicifolia ssp. lyonii		Berries are a great source of vitamins
45	Big Berry Manzanita	Arctostaphylos glauca		
46	Coffee Berry	Frangula californica		
47	California Sage Brush	Artemisia californica		
48	Mugwort	Artemisia vulgaris		
49	Ashy Buckwheat	Eriogonum cinereum		
50	Yucca			