

Welcome to the Cabrillo Marine Aquarium Native Garden!

At Cabrillo Marine Aquarium there are two areas for visitors to learn and enjoy native plants. Cabrillo Beach Coastal Native Plant Garden is located in the back of the Aquarium and has a walking trail to immerse yourself in diverse foliage. Salinas de San Pedro Native Garden is the walking pathway down to the Salt Marsh. Both gardens contain unique plants that are native to Southern California and the Channel Islands. We are lucky to have a rich and beautiful native flora, however it is becoming increasingly rare as more generic non-native species replace our local heritage in the landscape. The gardens provide examples of how local native plants can be incorporated into gardens and how we can invite nature back into our yards and open spaces.

Why are native plants important to our environment and ocean?

Many of the impacts we have on the ocean start on land. Landscapes that require fertilizers, other chemical inputs, and extensive watering leach pollutants into our watershed which flows directly to the ocean. This can cause imbalances in our marine ecosystem resulting in toxic algae blooms and dead zones in our coastal areas. Native plants do not contribute to these damaging issues. Our native plants are adapted to survive in our local soils on the small amounts of annual rainfall we get in Southern California. Their unique adaptations to local conditions mean that once they are established they do not need to be watered or fertilized. This results in beautiful landscapes without needing harmful pollutants, thus protecting our oceans. Walking through our gardens, you will notice a diversity of species from birds, butterflies, and if you're lucky enough, maybe our elusive red foxes. Local wildlife rely on native plants for food and shelter as their habitat is vanishing due to urban development. We hope you enjoy the native flora that once dominated Southern California and consider introducing native plants into your homes and communities to help protect local ecosystems!



Family: Adoxaceae

Common name: Common Elderberry

Latin name: *Sambucus mexicana*

Where it can be found: Canyons, slopes, and chaparral. Found in areas that retain more moisture.

Flower color: Cream

Flowering season: Spring

Native uses of them: Elderberry can be used as a diuretic, laxative, and astringent. The inner bark can be used as a painkiller. The branches contain a soft pith that can be easily hollowed, which is great to make musical instruments such as clapper sticks, flutes, and whistles.

What animals use this plant: Birds, insects, and small mammals. Flowers attract insects and hummingbirds. The berries are eaten by birds and small mammals.



Family: Amaranthaceae

Common name: Parish's Pickleweed

Latin name: *Arthrocnemum subterminale*

Where it can be found: Salt marshes.

Flower color: N/A -- no true flower

Flowering season: N/A

What animals use this plant: Pickleweed is a primary habitat for the Salt Marsh Harvest Mouse and Belding's Savannah Sparrow

Interesting Fact: Pickleweed can handle salty environments because it stores the excess salt at the very tip of the plant. When the plant can no longer hold any more salt, the cells at the tip die and the top segment falls off.



Common name: Big Saltbush

Latin name: *Atriplex lentiformis*

Where it can be found: Habitats of high saline or alkaline soils.

Flower color: Yellow and brown

Flowering season: Summer

Native uses of them: Crushed flowers and leaves can be steamed to treat congestion. The seeds could be ground up into a nutritious meal.

What animals use this plant: Butterflies and birds. Quail use the bush for protective covering and eat the seeds, this plant is also known as Quail Bush. The leaves are a food source for the larvae of the Pygmy Blue butterfly.

Interesting Fact: The shrub thrives near the ocean with saltier soils. If you look closely at the leaves, you can see salt crystals where the plant has stored the excess salt.



Family: Anacardiaceae

Common name: Laurel Sumac

Latin name: *Malosma laurina*

Where it can be found: Coastal sage scrub and chaparral.

Flower color: White/cream

Flowering season: Winter, Spring

Native uses of them: Native Americans would chew sumac to ease stomach pains. To help with chest pains and coughs, a tea could be made out of the leaves. The fruit (berries) can be eaten to help with coughs as well.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators. Birds and small mammals will also eat the fruits.



Common name: Lemonade Berry

Latin name: *Rhus integrifolia*

Where it can be found: Chaparral and coastal canyon slopes.

Flower color: Pink

Flowering season: Winter, Spring

Native uses of them: When ripe, the seeds are covered in a delicious sticky goo that tastes similar to a lemon (thus how it got its name). The berries can be used to quench your thirst by licking the sour goo off or by adding it to water to make a tasty drink similar to lemonade. The Native Americans also used the plant to aid with women's health. Tea from the leaves was known to reduce menstrual cramps and help new mothers regain strength after giving birth.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators. Hummingbirds like to build their nests among the branches of this sturdy shrub. Small mammals will also eat the seeds.



Common name: Sugar Bush

Latin name: *Rhus ovata*

Where it can be found: Chaparral.

Flower color: White and pink

Flowering season: Winter, Spring

Native uses of them: Sugar Bush was used for medicinal purposes. A concoction from the leaves would treat colds and coughs.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators. Birds enjoy the fruit. Insects are attracted to the flowers. The fruit is also a food source for animals such as foxes, raccoons, and coyotes.



Family: Asteraceae

Common name: California Aster

Latin name: *Corethrogyne filaginifolia*

Where it can be found: Coastal sage scrub and chaparral.

Flower color: Pink, Purple, White

Flowering season: Summer, Fall, Winter

What animals use this plant: Butterflies, native bees, flower flies, and other pollinators.



Common name: California Bush Sunflower

Latin name: *Encelia californica*

Where it can be found: Coastal side of mountains and openings of chaparral.

Flower color: Yellow

Flowering season: Winter, Spring

Native uses of them: The Tongva would boil the plant into a thick paste to treat body aches.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators. Goldfinches enjoy eating the sunflower seeds.

Interesting Fact: During the dry seasons, this shrub goes into dormancy and appears to be dry and dead. Once the rainy season rolls along, the bright yellow flowers pop right back up!



Common name: Catalina Silver Lace

Latin name: *Constancea nevinii*

Where it can be found: Native to the Channel Islands, found along coastal sage scrub.

Flower color: Yellow

Flowering season: Spring, Summer

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators.



Common name: Coast Goldenbush

Latin name: *Isocoma menziesii*

Where it can be found: Coastal bluff, bottom of canyons, and flats.

Flower color: Yellow

Flowering season: Spring, Summer, Fall

Native uses of them: The leaves of Coast Goldenbush would be boiled in water to reduce body aches and pains.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators.



Common name: Coyote Bush

Latin name: *Baccharis pilularis*

Where it can be found: Bluffs, chaparral, and coastal sage scrub.

Flower color: Yellow and white

Flowering season: Year round

Native uses of them: The leaves of Coyote Bush can be heated to reduce pain and swelling externally. Arrow shafts could be made from the branches.

What animals this plant: Birds, butterflies, native bees, flower flies, and other pollinators.



Common name: Mulefat

Latin name: *Baccharis salicifolia*

Where it can be found: Sandy washes.

Flower color: Pink, yellow and white

Flowering season: Flowers year round

Native uses of them: Mule fat could be used to make eyewashes and alleviate toothaches. The limbs of the shrub can be used to make arrow shafts, fire making drills, and for construction of buildings.

What animals use this plant: Birds, butterflies, native bees, flower flies and other pollinators.



Common name: Giant Coreopsis
Latin name: *Leptosyne gigantea*
Where it can be found: Coastal sage scrub.
Flower color: Yellow
Flowering season: Winter, Spring
What animals use this plant: butterflies, native bees, flower flies and other pollinators.



Common name: California Sagebrush
Latin name: *Artemisia californica*
Where it can be found: Coastal sage scrub.
Flower color: White and yellow
Flowering season: Spring, Summer, Fall
Native uses of them: Sagebrush is one of the most important medicinal plants for the Tongva. A poultice made from the leaves were used to relieve toothaches and to treat burns and wounds. The leaves were also steeped in water to treat respiratory problems. Before the men would go out for a hunt, they would smudge their bodies with sagebrush to mask their own smell.
What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators. The California Gnatcatcher is known to use Sagebrush as a nesting site.



Family: Cleomaceae

Common name: Bladderpod

Latin name: *Peritoma arborea*

Where it can be found: Dry slopes of coastal sage scrub.

Flower color: Yellow

Flowering season: Winter, Spring

Native uses of them: The Tongva used the plant to help with sore throats and upset stomachs by making tea from the pods and/or leaves.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other insects. Hummingbirds enjoy the nectar from the flowers. It is common to find Harlequin beetles as they like to munch on the leaves.

Interesting Fact: The shape of the fruit/ seed pod looks like a bladder, which is how this plant got its unique name.



Family: Cucurbitaceae

Common name: Wild Cucumber

Latin name: *Marah macrocarpa*

Where it can be found: Shrubby areas. Wild cucumber is a vine that likes to grow amongst other native plants.

Flower color: White

Flowering season: Winter, Spring

Native uses of them: Wild Cucumber can be toxic so do not eat it. Native Americans would use Wild Cucumber for a variety of purposes. To treat sores, they would steep leaves and flowers to create a wash. They would crush up the roots and use it to stun fish for an easy catch.

What animals use this plant: Butterflies and moths.

Interesting Fact: The spiky fruit will keep growing until it explodes to disperse their seeds nearby.



Family: Fabaceae

Common name: Arroyo Lupine

Latin name: *Lupinus longifolius*

Where it can be found: Grasslands and openings of chaparral.

Flower color: Blue, lavender, and white

Flowering season: Winter, Spring

Native uses of them: The plant was boiled into a steam bath to ease stomach problems. The leaves can be made into a poultice to apply on skin irritations.

What animals use this plant: Birds, butterflies, bees, and other insects.



Family: Lamiaceae

Common name: Black Sage

Latin name: *Salvia mellifera*

Where it can be found: Flats, canyons, bottom of slopes.

Flower color: Blue, lavender, and white

Flowering season: Winter, Spring, Summer

Native uses of them: Black sage can be used for smudging in spiritual ceremonies. The burnings are used to cleanse and purify.

What animals use this plant: Bees, birds (hummingbirds), and other pollinators.

Interesting Fact: The leaves of Black Sage have a more pungent, fragrant smell than Purple Sage.



Common name: Purple Sage

Latin name: *Salvia leucophylla*

Where it can be found: Bottom of slopes.

Flower color: Light lavender

Flowering season: Spring, Summer

Native uses of them: The leaves of Purple Sage can be dried and steeped to be made into a tea to aid for digestion and congestion.

What animals use this plant: Bees, birds (hummingbirds), and other pollinators.

Interesting Fact: Purple Sage leaves have a soft, leathery feel compared to Black Sage.



Family: Malvaceae

Common name: Island Mallow

Latin name: *Lavatera assurgentiflora*

Where it can be found: Native to the Channel Islands, found along the coastal bluffs.

Flower color: Pink

Flowering season: Winter, Spring, Summer

What animals use this plant: Birds, bees, and butterflies. Hummingbirds and orioles enjoy the sweet nectar of the flowering plant. The flowers attract many butterflies such as the Painted Lady and Gray Hairstreak.



Family: Onagraceae

Common name: California Fuchsia

Latin name: *Epilobium canum* ssp. *latifolium*

Where it can be found: Dry slopes.

Flower color: Red

Flowering season: Summer, Fall

What animals use this plant: Hummingbirds and butterflies/moths.



Family: Papaveraceae

Common name: California Poppy

Latin name: *Eschscholzia californica*

Where it can be found: Open grassy areas.

Flower color: Yellow and orange

Flowering season: Year round

Native uses of them: The roots of the California Poppy can be used to cure stomach aches and toothaches. The leaves and flowers can be eaten. If boiled, the leaves and flowers can make strong sedatives.

What animals use this plant: Butterflies, native bees, flower flies, and other pollinators. The seeds are a food resource of small mammals, such as ground squirrels.

Interesting Fact: The California Poppy is California's state flower. After the winter rains, super blooms of this flower can be seen among the foothills of California.



Common name: Matilija Poppy

Latin name: *Romneya coulteri*

Where it can be found: Coastal sage scrub and chaparral.

Flower color: White

Flowering season: Spring, Summer

Native uses of them: Matilija Poppy can be used for an external skin wash. The sap has good microbial properties where it can be used to treat mild burns. It can treat skin, toothaches, and stomach problems as well.

What animals use this plant: Bees and butterflies.

Interesting Fact: The Matilija Poppy produces the largest flower of all California native plants. The look of the flower resembles a sunny side up egg, however has a fragrant scent of apricots.



Family: Plantaginaceae

Common name: Island Snapdragon

Latin name: *Gambelia speciosa*

Where it can be found: Native to the Channel Islands, found along coastal sage scrub.

Flower color: Red

Flowering season: Winter, Spring

What animals use this plant: Hummingbirds enjoy the nectar from the flowers.



Family: Platanaceae

Common name: Western Sycamore

Latin name: *Platanus racemosa*

Where it can be found: Wetland riparian areas.

Flower color: Yellow and cream

Flowering season: Winter, Spring

Native uses of them: The wood of Sycamores was used for construction materials, such as for building houses.

What animals use this plant: Butterflies, birds, and insects. The tree provides food and shelter for birds including red-tailed hawks, hummingbirds, and woodpeckers. The leaves are a food source for the larva of the Western Tiger Swallowtail Butterfly.



Family: Polygonaceae

Common name: Ashleaf Buckwheat

Latin name: *Eriogonum cinereum*

Where it can be found: Bluffs, coastal scrub, and chaparral.

Flower color: Light pink and white

Flowering season: Year round

What animals use this plant: Birds, butterflies, native bees and wasps, flower flies, and other pollinators.



Common name: California Buckwheat

Latin name: *Eriogonum fasciculatum*

Where it can be found: Coastal scrub, chaparral, and desert scrub.

Flower color: Yellow, white, and pink

Flowering season: Spring, Summer, Fall

Native uses of them: The Tongva would use buckwheat for medicinal purposes. A tea made of leaves and roots would help with headaches and stomach problems. A poultice of flowers and leaves would also be made to apply on sores and wounds directly. The seeds can be ground up to make buckwheat flour.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators. The nectar of the flower is a food source for bees and butterflies (Mormon Metalmark, Bernardino Dotted-Blue, Lupine Blue). It is also a host plant for a variety of butterfly larva (Western Green Hairstreak, Acmon Blue)

Interesting Fact: CA Buckwheat is an important native plant that contributes to production of honey.



Common name: Saint Catherine's Lace

Latin name: *Eriogonum giganteum*

Where it can be found: Native to the Channel Islands, found along coastal sage scrub and chaparral.

Flower color: Cream and pink

Flowering season: Spring, Summer, Fall

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators



Common name: Santa Cruz Island Buckwheat

Latin name: *Eriogonum arborescens*

Where it can be found: Native to the Channel Islands, found among coastal sage scrub and chaparral.

Flower color: White, pink, and brown

Flowering season: Spring, Summer, Fall

What animals use this plant: **What animals use this plant:** Birds, butterflies (Gray Hairstreak), native bees, flower flies, and other pollinators.



Family: Rosaceae

Common name: California Wildrose

Latin name: *Rosa californica*

Where it can be found: Coast and foothills of California.

Flower color: Light pink

Flowering season: Summer, Spring

Native uses of them: The fruit (rose hip) makes a delicious tea. Native Americans would eat the rose buds raw and soak the petals in water to make a flavored drink. The stalks can be used to make arrow shafts and the bark could be made into twine.

What animals use this plant: Birds, bees, and butterflies (Gray Hairstreak). The thorny shrub provides protective shelter for birds to build their nests to avoid predators. Foxes, coyotes, raccoons and bears also enjoy the fruit.



Common name: Catalina Cherry

Latin name: *Prunus ilicifolia* ssp. *lyonii*

Where it can be found: Native to the Channel Islands, found among coastal sage scrub and chaparral.

Flower color: White/ cream

Flowering season: Winter, Spring

Native uses of them: This shrub produces cherries that are best enjoyed when they become a dark rich red color. The Tongva would enjoy the fruit and use the seed as a food source as well. The seed can be roasted and ground up to create a paste similar to peanut butter.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators. Birds enjoy the ripe berries.

Interesting Fact: Although delicious when ripe, the cherry is 80% seed not providing much fruit.



Common name: Toyon

Latin name: *Heteromeles arbutifolia*

Where it can be found: Coastal sage scrub, chaparral, and oak woodlands.

Flower color: White

Flowering season: Summer

Native uses of them: The bark and leaves of Toyon can be boiled to alleviate stomach aches. When ripe, the berries can be eaten fresh, roasted, or boiled.

What animals use this plant: Birds, butterflies, native bees, flower flies, and other pollinators. Birds, raccoons, coyotes and bears like to eat the ripe red berries and bees are attracted to the flowers.

Interesting Fact: Toyon is also known as California Holly. This shrub was grown all over the hills of Hollywood, which gave the iconic place its name.

