

Clem Miller
Environmental Education
Center

This journal belongs to _____

PLANTS, FUNGI, LICHEN, MOSS

TREES & SHRUBS

- ALDER, Red
- BAY, California
- BLACKBERRY
- BUCKEYE, California
- CEANOTHUS
- COYOTE BRUSH
- DOUGLAS-FIR
- ELDERBERRY, Red
- EUCALYPTUS (non-native)
- HUCKLEBERRY
- LUPINE, Bush
- MADRONE
- MONKEYFLOWER, Sticky
- OAK, Coast Live
- PINE, Bishop
- POISON OAK
- REDWOOD, California
- SAGEBRUSH, California
- TANBARK-OAK
- WILLOW

HERBS & PERENNIALS

- CLEAVERS/BEDSTRAW
- COW PARSNIP
- GRASS, European Dune (non-native)
- ICEPLANT (non-native)
- INDIAN PAINTBRUSH
- MINER'S LETTUCE
- POISON HEMLOCK
- SOAP ROOT
- STINGING NETTLE

MISC

- FERN, Sword
- FUNGI (mushrooms, conks)
- HORSETAIL
- LICHEN
- MOSS

ADDITIONAL SPECIES SITED & FIELD NOTES



A Taste of the Clem Miller Kitchen

recipe from the Clem Miller Kitchen

A fun and yummy way to be ecological is by making food at home with natural ingredients. It's tastier, healthier, and makes less trash — better for us and our beautiful green earth.



Glory Bound Granola

makes about 4 cups or 12 servings

1. MIX TOGETHER IN LARGE BOWL
 - 2 cups rolled oats
 - ½ cup almonds, chopped
 - ½ cup shredded, unsweetened coconut
 - ½ cup sunflower seeds

2. WHISK TOGETHER IN SMALL BOWL
 - 4 Tablespoons honey
 - 3 Tablespoons orange juice concentrate
 - 1 Tablespoons canola oil
 - 1 teaspoon cinnamon

3. PUT ASIDE FOR LATER
 - ½ cup raisins, dried cranberries, or other bits of dried fruit

4. Preheat oven to 325 degrees
5. Pour honey mix over oat mix & mix together with clean hands
6. Spread evenly across large baking pan
7. Bake for 20 minutes until golden brown
8. Take pan out, stir and turn, smooth, put back in oven
9. Bake for 10 minutes or until golden brown - watch carefully or it might burn!
10. Take pan out & pour granola into big bowl to cool
11. Add dried fruit, if desired
12. Enjoy as is or with fresh fruit, milk or yogurt - YUM!

HAIKU

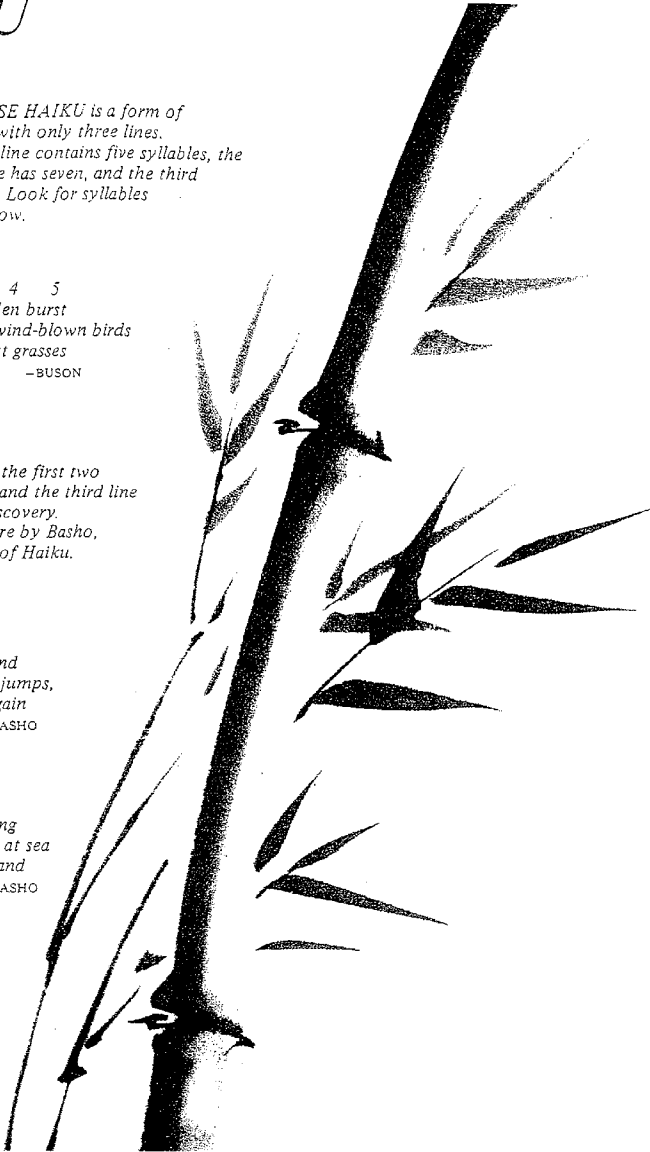
JAPANESE HAIKU is a form of poetry with only three lines. The first line contains five syllables, the second line has seven, and the third line has five again. Look for syllables in the haiku poem below.

1 2 3 4 5
In the sudden burst
Of summer rain... wind-blown birds
Clutching at grasses
—BUSON

ALSO, in haiku poetry, the first two lines describe the scene and the third line expresses surprise or discovery. The two poems below are by Basho, another famous master of Haiku.

An old silent pond
Into the pond a frog jumps,
Splash! silence again
—BASHO

My eyes following
Until a bird was lost at sea
Found a small island
—BASHO



MARINE MAMMALS

Seals & Sea Lions

- SEA LION, California
- SEAL, Harbor
- SEAL, Northern Elephant

Whales, Dolphins, Porpoises

- DOLPHIN (10 species in Pt Reyes)
- PORPOISE (2 species in Pt Reyes)
- WHALE (15 species in Pt Reyes)

INVERTEBRATES

LAND

- ANT
- BEE
- BEETLE
- BUTTERFLY
- CENTPEDE
- CRICKET, Jerusalem
- DAMSELFLY
- DRAGONFLY
- EARTHWORM
- GRASSHOPPER
- MILLIPEDE
- MOTH, Ceanothus silk
- PRAYING MANTIS
- SLUG, Banana
- SPIDER, Garden
- TICK

MARINE

- ABALONE
- ANEMONE, Sea
- BARNACLE
- CHITON
- CLAM
- CRAB, Hermit
- CRAB, Mole
- CRAB, Shore & Rock
- JELLYFISH
- LIMPET, Owl
- MUSSEL
- OYSTER
- SANDDOLLAR
- SNAIL, Turban
- SEASTAR
- SUNSTAR

STREAM

Insect Nymphs

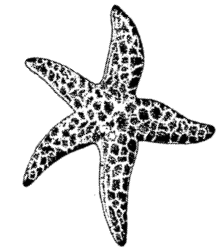
- CADDISFLY
- DOBSONFLY
- DRAGONFLY & DAMSELFLY
- MAYFLY
- STONEFLY

Insect Adults

- BACKSWIMMER
- BEETLE, Aquatic diving
- WATER BOATMAN
- WATER STRIDER

Other Stream Invertebrates

- CLAM
- FLATWORM
- LEECH
- MITE, Water
- SNAIL
- WORM, Horsehair



AQUATIC PLANTS

MARSH

- DODDER
- PICKLEWEED
- SALTGRASS

FRESHWATER

- CATTAIL
- TULE

MARINE

- ALGAE, Brown (bull kelp, sea palm)
- ALGAE, Green (sea lettuce)
- ALGAE, Red (Turkish towel)
- SURFGRASS

Species Lists

AMPHIBIANS & REPTILES

AMPHIBIANS

Newts & Salamanders

- ENSATINA
- NEWTS, Calif. & Rough-skinned
- SALAMANDER, Arboreal
- SALAMANDER, Calif. slender
- SALAMANDER, Pacific giant

Frogs & Toads

- BULLFROG (non-native)
- TREEFROG, Pacific
- FROG, California red-legged

REPTILES

Lizards

- LIZARD, Western fence
- LIZARD, Alligator (No. & So.)
- SKINK, Western

Snakes

- BOA, Rubber
- SNAKE, Garter (3 species in Pt Reyes)
- SNAKE, Gopher
- KINGSSNAKE, Common
- RACER

Turtles

- TURTLE, Western Pond
- SEA TURTLE (4 species in Pt Reyes)

BIRDS

LANDBIRDS

- BLACKBIRD, Redwing
- CHICKADEE, Chestnut-backed
- DOVE, Mourning
- FLICKER, Northern
- GOLDFINCH, American
- HUMMINGBIRD, Anna's
- JAY, Scrub & Steller's
- JUNCO, Dark-eyed
- PHOEBE, Black
- QUAIL, California
- RAVEN, Common
- ROBIN, American
- SPARROW, White-crowned
- SWALLOW, Barn
- TOWHEE, Spotted
- WOODPECKER, Acorn
- WOODPECKER, Downy
- WRENTIT



RAPTORS

- HARRIER, Northern
- HAWK, Red-tailed
- KESTREL, American
- OSPREY
- OWL, Great horned
- VULTURE, Turkey

SHORE, SEA & WETLAND BIRDS

- COOT, American
- CORMORANT, Double-crested
- EGRET, Great
- GODWIT, Marbled
- GULL, Western
- HERON, Great Blue
- KILLDEER
- MALLARD
- OYSTERCATCHER, Black
- PELICAN, Brown
- SANDERLING
- SCOTER, Surf
- WILLET

MAMMALS

- BADGER
- BAT (14 species in Pt Reyes)
- CHIPMUNK, Sonoma
- JACKRABBIT, Black-tailed
- OTTER, River & Sea
- RABBIT, Brush
- RACCOON
- RINGTAIL
- SKUNK, Striped
- SQUIRREL, Western Gray
- WEASEL

Canids

- COYOTE
- FOX, Gray

Felids

- BOBCAT
- COUGAR (puma, mountain lion)

Rodents

- GOPHER, Botta's pocket
- MOUSE, Deer
- MUSKRAT
- VOLE, California meadow
- WOODRAT, Dusky-footed

Ungulates

- DEER, Black-tailed
- ELK, Tule

My Haiku

California Slender Salamander

Batrachoseps attenuatus



Rough-skinned Newt

Taricha granulosa



California Newt

Taricha torosa



Pacific Tree Frog

Pseudacris regilla



Western Fence Lizard

Sceloporus occidentalis



Garter Snakes

Thamnophis sp.



Sword Fern

Polystichum munitum

Ethnobotany

- Primitive plant family dating from Mesozoic (250 million years ago)
- Reproduce via spores on undersides of fronds
- Spores rubbed on skin can soothe Stinging Nettle sting



Willow

Salix species

Ethnobotany

- Strong flexible shoots & limbs used for basketry & construction
- Broken shoots will take root
- Bark & leaves contain salicylic acid (chemical in aspirin) & can be chewed or drunk as tea to treat pain
- Look for deer stag antler rub marks



Old Man's Beard

Usnea species

Ethnobotany

- Composite organism made of photosynthetic algae or bacteria & fungus
- Antibiotic tincture used internally & externally for infection
- Look for inner "rubberband" when pulled apart



Sticky Monkeyflower

Mimulus aurantiacus

Ethnobotany

- Sticky leaves can be bandaids
- Leaf poultice can help heal cuts & scrapes
- Stigma is adapted for successful pollination: When insects leave stigma, lobes close around pollen grains



Stinging Nettle

Urtica dioica

Ethnobotany

- Adapted for protection via formic acid-injecting hairs on stems & leaves
- Leaves edible when boiled or crushed
- Strong stem fibers useful for cordage
- Rich in iron & B vitamins, helps to regulate menstrual cycle



Soap Root

Chlorogalum pomeridianum

Ethnobotany

- Bulb used to make soap & shampoo
- Brush-like roots bound into brushes using glue made from bulb



Banana Slug

Ariolimax columbianus



Western Black-legged tick

Ixodes pacificus



Coyote
Canis latrans



track & scat



Bobcat
Lynx rufus



track & scat



Black-tailed Deer
Odocoileus hemionus columbianus



track & scat

Poison Hemlock

Conium maculatum

Ethnobotany

- When ingested, all parts highly toxic to humans
- Look for “blood of Socrates” spatters on stem



Poison Oak

Toxicodendron diversilobum

Ethnobotany

- Black sap used for dye & tattoos
- Young leaves sometimes eaten to build immunity/ prevent reaction



Red Elderberry

Sambucus racemosa

Ethnobotany

- Straight hollow stems used for flutes, clapper sticks, bows, arrow shafts, & fire starter
- Flowers & berries used to reduce fever & help stop onset of flu or cold
- Berries cooked, fermented, or steeped in alcohol are medicinal & used for wine, jam, cordials, tinctures



Horse Tail

Equisetum arvense

Ethnobotany

- Primitive plant family dating from Paleozoic (500 million years ago)
- Silica-rich tissues make plant useful as scouring pad or scrub brush (aka Scouring Rush)
- Reproduces via water requiring spores - always found near water



Indian Paintbrush

Castilleja affinis

Ethnobotany

- Parasitic roots grow into roots of nearby plants (Coyote Brush, California Sagebrush, Poison Oak)



Miner's Lettuce

Claytonia perfoliata

Ethnobotany

- Leaves, seeds & flowers are edible
- Named for miners who ate it



Raccoon

Procyon lotor



tracks



scat



Brush Rabbit

Sylvilagus bachmani



tracks



scat

Botta's Pocket Gopher

Thomomys bottae





Dusky-footed Woodrat
Neotoma fuscipes



track



California Meadow Vole
Microtus californicus



track

Cleavers/Bedstraw

Galium aparine

Ethnobotany

- Good for mattress stuffing - keeps its loft when compressed
- Hooked hairs on stem & leaves allow plant to stick (or cleave) to animal fur allowing seed dispersal



Cow Parsnip

Heracleum lanatum

Ethnobotany

- Carrot family (Apiaceae)
- Exposing skin to phototoxic sap causes painful chemical burn
- Root can be eaten if necessary (“famine food”)



Coyote Brush

Baccharis pilularis

Ethnobotany

- When pruned, straight new growth good for arrows
- Small waxy leaves adapted for water retention
- Male (yellow) & female flowers (white) grow on separate plants

California Bay Laurel

Umbellularia californica

Ethnobotany

- Avocado family (Lauraceae)
- Strong odor prevents herbivory
- Fruit can be eaten raw
- Nuts edible when roasted
- Used by humans as an insect repellent
- Leaves used to alleviate headaches & sinus congestion



California Buckeye

Aesculus californica

Ethnobotany

- Nut contains a nerve toxin used to stupefy fish



California Sagebrush

Artemisia californica

Ethnobotany

- Dry leaves make excellent tinder when rolled into a ball
- Plant induces vivid dreams when drunk as tea or tincture or placed under pillow



Ceanothus/California Lilac

Ceanothus gloriosus

Ethnobotany

- Flowers & fresh/dried fruits produce a lathering soap
- Used in cosmetics, softens skin & may reduce wrinkles

California Quail

Callipepla californica



Great Horned Owl

Bubo virginianus



Turkey Vulture

Cathartes aura



Osprey

Pandion haliaetus



Red-tailed Hawk
Buteo jamaicensis



Anna's Hummingbird
Calypte anna



Black Phoebe
Sayornis nigricans



Common Raven
Corvus corax



Steller's Jay
Cyanocitta stelleri



Wrentit
Chamaea fasciata



California Towhee
Pipilo crissalis



American Robin
Turdus migratorius

