The Pipe Vine

October, 1984

Next Meeting

1 October, 1984, Monday

Board Meeting 6:00 p.m.  General Meeting 7:30 p.m.  Program 8:00 p.m.

The MTL Executive Board will meet at 6:00 p.m. Board members are encouraged to attend and join in our latest discussion, issues and comming events. We need your participation, ideas and support. Feel free to bring "munchies" for supper. Coffee and tea are supplied by the chapter.

Our Program begins at 8:00 p.m. Featuring a MYSTERY guest speaker. Watch local newspapers to find out who is is going to be.

Enloe Conference Hall, Fifth and Magnolia, Chico.

Fieldtrips

Leader: Wes Dempsey (895-6362 or 342-2293)

30 September, Sunday. Carter Mt. hike. Climb Carter Mt. (7,900 ft.) from Deer Creek Meadows: 6 miles with 2,500 ft. of gain. Marvelous views of Mt. Lassen. Meet at 7th & Cherry St. at 8:30 a.m. with lunch and water.

7 October, Sunday. Brokeoff Mt. hike. Climb Mt. Brokeoff in Lassen Park (9,300 ft.): 7 miles with 3,000 ft. of gain. Red Fir Forest and subalpine.

20 October, Saturday. Butte Creek hike from Ponderosa Way (Doe Mill Rd.) Bridge along BLM trail. Four plant communities merge along this beautiful trail. Meet at 7th and Cherry St. at 9:30 a.m. with lunch and water. 4 miles of forested trail.
11 November, Sunday. Bike tour of Chico trees. See China Fir, Pawonia, Hybrid Walnuts, Red Beech and other rarities. Meet at 7th and Cherry St. with bicycles at 9:30 a.m. End at noon.

General News

Election of new Officers and Chairpersons

At our last meeting, September 10, the MTI Executive Board regretfully accepted the resignation of President Jay Fuller and unanimously approved our Vice President, Mike Foster as our new President. Mike is still acting as Director of Programs until the oncoming election.

Mimi Plant was also appointed at that time as Editor of the Pipevine Newsletter.

Ruth Cunningham, Mary Meyer and Jim Jokerst were appointed as the Nominating Committee for next year. Elections shall be held at our November election meeting.

Featured Flora

NATURE'S PHARMACOPiA

by Mimi Plant

This begins a series of articles focusing on the medicinal, poisonous and useful plants of Butte County, California and surrounding counties.

California's native flora abounds with plants and trees whose leaves, bark, stems, roots, flowers and berries contain organic compounds that directly influence the nutritional and healing needs of mankind. If you have ever watched a dog happily munching a native grass, you can be sure it has found the remedy. Animals that are of the wild or unconfined and free to roam, know their remedies and where to find them. How rarely do we find a sick animal in the wild? Early mankind the world over used these same instincts which over the generations became a valid materia medica. For a barrage of reasons including sheer curiosity, modern man has begun to show a renewed interest in what nature's pharmacy has to offer.

Let us begin with the useful plants that we are most likely to find in our own backyard or neighborhood. Here, we are most likely to discover: Dandelion (Taraxacum officinalis), Chickweed (Stellaria media), Plantain (Plantago major and minor), Clover (Trifolium spp.) and Miner's lettuce (Montia perfoliata).

The common but virtuous Dandelion of the Sunflower family is not only found inhabiting Butte Co., California, but in waste places, parks, yards and vacant lots in many parts of the world.

The young leaves are often added to salads to boost the nutritional content or cooked and eaten like spinach. Medicinally, the root is used in the form of a decoction for cleansing the system, specifically the liver, kidneys, gallbladder, spleen and urinary tract. In the same form it is drunk for constipation, gout, rheumatism, fever and insomnia. The ground roots are
also used as a coffee substitute. I generally mix the ground roasted roots in equal parts with coffee and brew them together. The result is a strong flavorful beverage with the virtues of the Dandelion as a cleanser and tonic.

All parts of the plant including flowers, have produced a fine tasting and nutritious wine. The roots are employed in the form of a decoction for purifying the blood stream.

Plants to be used as medicine must first be positively identified and used with prudence and proper guidance. For those interested in discovering how to correctly identify, prepare and use these plants, I suggest further reading, attendance of local classes and fieldtrips or contacting me. A good beginner's book for general use is Back to Eden, J. Kloss and for more technical information, A Modern Herbal Vol. I and II, M. Grieve.

The following issues will continue with Chickweed, Plantain, Clover, Miner's lettuce and an astounding variety of California's native medicinals.

NOTES AND COMMENTS

We encourage you to submit articles to the Pipevine. The deadline each month is the 15th. Articles may be dropped off at the Herbarium, California State University, Chico or mailed to the same.

We also encourage members to conduct field trips. Interested persons should contact Fieldtrip leader, Wes Dempsey. Mike Foster, our Program Director welcomes persons or suggested persons for conducting presentations at our monthly meetings.

The Mt. Lassen Chapter of the California Native Plant Society

Address
Mt. Lassen Chapter, CNPS
Department of Biological Sciences, Herbarium
California State University Chico
Chico, CA 95929

Officers
President: Mike Foster
Vice-President/Programs: Ruth Gray Cunningham
Secretary: Dana Von Bargen
Treasurer: Mike Foster

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Publicity: Carol Bordin 342-8822
Education: Joseph Silveira 343-8071
Escaped Exotics: Mike Foster 342-2293
Fieldtrips: Mary Meyer 893-8999
Legislative: Joyce Lacey 342-6188
Membership: Tim Devine 345-8444
Native Landscaping: Mimi Plant 894-5853
Newsletter Editor: Jim Jokerst 554-9029
Rare Plants: Nancy Wurlitzer 342-4525
Refreshments:
We notice that many of our members have not paid their yearly dues. Due to printing costs and other intangibles we will have to drop them from our mailing list if membership is not renewed by the end of October, 1984.

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<th>APPLICATION FOR MEMBERSHIP</th>
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<td><strong>I WISH TO BECOME A MEMBER OF CNPS</strong></td>
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I wish to participate at the following level in the Society:

- **Life** $350*
- **Supporting** 30
- **Organization** 18
- **Family** 18
- **Individual & Library** 12
- **Student** 8
- **Retired** 8

*$400 for a couple

**Dues $___**

In addition to my dues, I enclose a gift to support CNPS activities. Please use my contribution:

- for the Conservation Trust Fund.
- where most needed.

**GIFT**

[Dues and gifts to CNPS are tax deductible.]

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I wish to affiliate with the Chapter indicated below so that it may receive a portion of my dues:

- Bristlecone (Inyo-Mono)
- Channel Islands (Ventura-Santa Barbara)
- Dorothy King Young (Ft. Bragg-Jenner)
- Kern County
- Marin
- Milo Baker (Sonoma Co.)
- Monterey Bay
- Mt. Lassen
- Napa Valley
- North Coast
- North San Joaquin Valley (Modesto)
- Orange County
- Riverside/San Bernardino Counties
- Sacramento Valley
- Sanhedrin (Ukiah)
- San Diego
- San Francisco Bay
- San Luis Obispo County
- Santa Clara Valley
- Santa Cruz County
- Santa Monica Mountains (Los Angeles)
- Sequoia (Fresno)
- South Coast (Palos Verdes)
- Tahoe

Please make your check payable to "CNPS" and send to:

Membership Chairman, CNPS
2380 Ellsworth St., Suite D
Berkeley, California 94704

Did you check a Chapter affiliation?