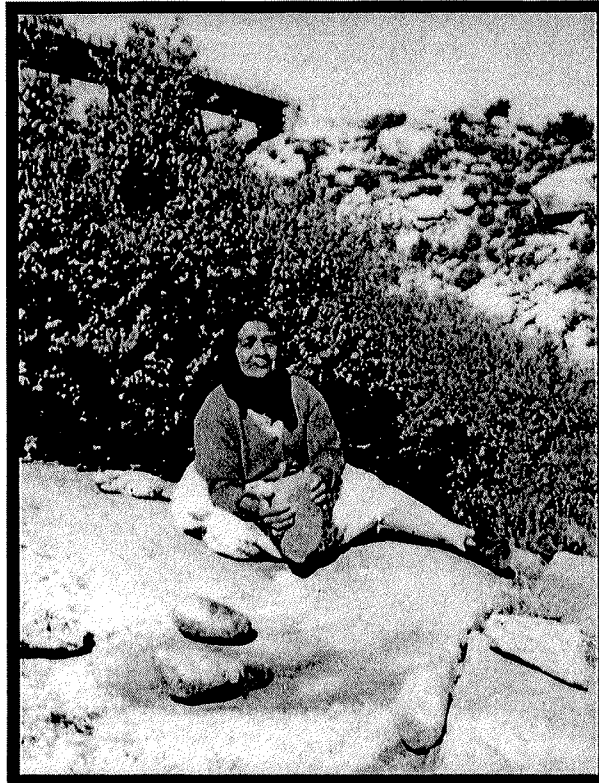


Delfina Cuero



*Her Autobiography
An Account of Her Last Years
and
Her Ethnobotanic Contributions
by
Florence Connolly Shipek*

A Ballena Press Publication

THRETBROOK

HER ETHNOBOTANIC CONTRIBUTIONS

For ethnobotanical identification I had taken Delfina to many locations in southern San Diego County, as I did with many Kumeyaay elders, and rewalked some areas many times, in different seasons, and after rainfalls, as was done with the other Kumeyaay. However, Delfina was the only witness that I had been able to take to Torrey Pines State Park and the Mission Bay Salt Marsh Reserve. Therefore it is appropriate to include this portion of her ethnobotanical work in this epilogue. Her plant identifications in other locations will be included in the general Kumeyaay ethnobotany under preparation and which includes the work of a number of Kumeyaay elders.

Unlike other locations, to both Torrey Pines and the Mission Bay Salt Marsh Reserve, we made only one visit. Delfina noted that in other seasons of the year, we would see additional or different useful plants. At Torrey Pines, in April, 1968, we were taken on a lengthy path through the trees by the State Park Ranger but did not go near the cliffs; from the marsh area which adjoined the park on the northeast, some plants were brought to us. Later Delfina said that there were many plants used in the past which we did not see on this trip.

At the Mission Bay Salt Marsh we walked over the firmer areas and places where we did not sink too deeply in the mud. Again, Delfina stated that additional plants

had been used in the past but that she had not seen them. She particularly looked for a plant with a white tuberous root which she said was like a small potato but was unable to find it. She also said that there used to be a mud worm that they would dig up and fry. We visited the reserve in June 1966 and Delfina said that usually they went to the desert in June. This could be the reason she did not find all the plants for which she looked.

It had been so long since Delfina had been in both these areas, she could not always remember the Kumeyaay name for the plants, but she could remember those her family used.

In the chart that follows, the Kumeyaay name is boldface and italics. (For pronunciation refer to the new guide by Dr. Langdon on pages 19 and 20.)

In working with the plant specialists and elders, I discovered that each had his or her own special knowledge of medicinal and food plants. Also if a plant was not used at the time we went through an area, I often was told "no use," but several months later, on another visit was told a use for the plant at that stage of its annual growth. Thus with only one visit to these locations, the information is incomplete and the words "no use" may have referred only to that growth stage, or use by Delfina's family. Botanical identifications are according to Philip A. Munz, A Flora of Southern California (1974, University of California Press).

Adenostoma fasciculatum (chamise, greasewood) ***Hamuchi***
Torrey Pines State Park

"I never used this."

Antirrhinum n
Torrey Pines

"We
flowe
oil, ar

Artemisia cal
Torrey Pines

"Grin
or bo
it for
for sr

Atriplex cali
Mission Bay

Delfi
this p
a poi
tea fo

Atriplex sem
Mission Bay

Then
used
and
remc

Avena fatua
Mission Bay

Antirrhinum nuttallianum (snapdragon)
Torrey Pines State Park

Pullaay

"We made tea for colds by gathering purple flowers. Boiled it and added a little oil, now olive oil, and drink."

Artemisia californica (sage)
Torrey Pines State Park

Kuchash

"Grind leaves and use fresh as poultice on ant bites or boil and use for tea when ill; boil and bathe in it for measles. It was dried and used as a tobacco for smoking also."

Atriplex californica (saltbush)
Mission Bay Salt Marsh Reserve

Delfina stated that this was one of two kinds of this plant. "Grind leaves and stems to use fresh as a poultice on ant bites; also leaves are boiled for tea for stomach ache."

Atriplex semibaccata (salt weed, Australian saltbrush)
Mission Bay Salt Marsh Reserve

Then we saw this, the second kind, which was used for food. "Kumeyaay gathered young leaves and ate them after boiling them several times to remove the bitterness. The seeds are no good."

Avena fatua (wild oats)
Mission Bay Salt Marsh Reserve

Nyipaay

ot seen them.
hite tuberous
ut was unable
a mud worm
he reserve in
y went to the
did not find

been in both
e Kumeyaay
er those her

yaay name is
er to the new

and elders, I
al knowledge
was not used
was told "no
it was told a
rowth. Thus
formation is
eferred only
y. Botanical
inz, A Flora
f California

od)*Hamuchi*

(This was grass introduced from Europe which replaced the semi-domesticated grain which was broadcast and harvested when the Spanish arrived, but destroyed by overgrazing). "Kumeyaay collected the seeds and ground them for pinole."

Chenopodium
Torrey Pines

"The
ground

Batis maritima
Mission Bay Salt Marsh Reserve

Millykami

Chenopodium
Mission Bay :

The leaves and stems can be chewed fresh for the water in them, or they are boiled and eaten as a vegetable.

"We g
older
bitter
pinole

Brassica nigra
Mission Bay Salt Marsh Reserve

Hamull

Chrysanthemum
Mission Bay :

Plant naturalized from Europe. "Our name means greens, any greens used for food. We cooked leaves for greens. The seeds of this one were used as medicine. When ground, boiled, and strained, the liquid is used to wash eyes, for pink eyes especially."

"Anot
moun
leaves
We a
flowe
or aft
and a

Brodiaea sp.
Both locations; *B. capitata* at Torrey Pines

Cneoridium d
Torrey Pines

"We ate the bulbs after baking them."

"Boile
gargle

Bromus carinatus
Mission Bay Salt Marsh Reserve

Perhaaw

Convolvulus a
Torrey Pines

"We collected the seeds and ground them for pinole."

Europe which
ain which was
anish arrived,
"Kumeyaay
n for pinole."

Millykami

l fresh for the
and eaten as a

Hamull

r name means
We cooked
one were used
and strained,
or pink eyes

Perhaaw

nd them for

Chenopodium sp.
Torrey Pines State Park

Hakwach

"The roots are mashed for soap. The seeds are
ground for pinole."

Chenopodium murale
Mission Bay Salt Marsh Reserve

Pilluull

"We gathered young leaves to boil for greens; the
older leaves required 2 or 3 boilings to remove
bitterness. When seeds form, we gather them for
pinole."

Chrysanthemum coronarium
Mission Bay Salt Marsh Reserve

Istap

"Another slightly different form of this is in the
mountains, both are used same way; boil stems and
leaves and bathe in water when the body aches.
We also boil seeds (without grinding) or dried
flowers for tea for stomach trouble to take before
or after meals. We also give the tea just before
and after a baby is born."

Cneoridium dumosum (spice bush, bushrue)
Torrey Pines State Park

"Boiled, the plant was used as mouthwash and a
gargle, and also for a toothache."

Convolvulus aridus (morning glory)
Torrey Pines State Park

Mu'uch

We used it as a medicine; boiled the whole plant
and bathed sores in the liquid.

"Be
too

Coreopsis maritima (sea dahlia, tickseed)
Torrey Pines State Park

Tesa

"Boiled roots for tea for stomach ache."

Distichlis s
Mission Ba
Pines State

Corethrogyne filaginifolia (sand aster)
Torrey Pines State Park

Kumhwaay

"Bo

"Boil purple flowers then boil and drink tea for
aching chest."

Dudleya ed
Torrey Pine

Croton californicus

Ahwaay kahwaw

Torrey Pines State Park, down on slough side

"We
swe
we

"Gather the leaves and flowers and whole plant,
boil it and use liquid to wash eyes, especially for
pink eye."

Dudleya lar
Torrey Pine

Cryptantha intermedia (Popcorn flower)
Torrey Pines State Park

Shemap

"I do not know any use for this one."

"We
Delf
Mrs
cutt.
rese:
out

Cuscuta salina (dodder)
Mission Bay Salt Marsh Reserve

Haakwal pehaa

"The name means 'lizard's guts'. I don't know any
use."

Encelia cali
Torrey Pine

Daucus pusillus (rattlesnake weed)
Torrey Pines State Park; down on slough side

"The
it."

whole plant

"Boil whole plant and use as medicine for a toothache; also for fevers, drink as a tea."

Tesa

Distichlis spicata (salt grass)
Mission Bay Salt Marsh Reserve and slough below Torrey Pines State Park

e."

Kumhwaay

"Boil and use as mouth rinse when mouth is sore."

rink tea for

Dudleya edulis (live-forever)
Torrey Pines State Park

Millykumil

waay kahwaw

"We ate the fleshy parts raw. Some are salty, some sweet and some bitter. There is a bigger one that we ate also. They are best when young and fresh."

whole plant,
specially for

Dudleya lanceolata (live-forever)
Torrey Pines State Park

Millykumaay

Shemap

"We ate the leaves green and raw, not cooked." Delfina had not seen this one in years and, through Mrs. Robertson, asked permission for a small cutting to transplant to her new home on the reservation. The ranger smiled and walked rapidly out of sight.

akwal pehaa

Encelia californica (sunflower)
Torrey Pines State Park

Nahekwi

i't know any

"The name means 'it watches the sun'; I did not use it."

Eriogonum fasciculatum (buckwheat)
Both locations

Hamill

Gnaphalium
Torrey Pine

"We gathered the flowers or roots and boiled them to drink as tea for stomach trouble; roots are best. The tops are eaten for food." At the marsh, she called the form there *hamillta* meaning "big *hamill*."

"Boil

Haplopappu
Torrey Pine

"Dry

Eriophyllum confertiflorum (yarrow)
Torrey Pines State Park

Chanewan

Hedypnois c
Mission Bay

"This is used for someone with pimples on their face. They were told to boil the whole plant and wash face in water to clear away the pimples."

"The
drink

Foeniculum vulgare (sweet fennel)
Torrey Pines State Park
(naturalized from Europe)

Helianthemum
Torrey Pines

"We boiled the seeds to drink the liquid as tea for stomach aches."

"Boil
havin

Frankenia grandifolia
Mission Bay Salt Marsh Reserve and Torrey Pines Slough

Chayaaw

Heliotropium
Mission Bay

"We used this as a medicine; made tea with the whole plant and drank the tea for colic."

"The
mens

Galium angustifolium (bedstraw)
Torrey Pines State Park

Hatpat

Hemizonia re
Mission Bay

"Used for diarrhea by boiling as a tea. It was gathered when green and in bloom and could be dried and saved till needed."

"We t
has
sweat
over

Hamill

Gnaphalium bicolor (pearly live forever)
Torrey Pines State Park

Kumil

and boiled them
trouble; roots
for food." At
form there
l."

"Boiled and used as poultice on sores."

Haplopappus venetus
Torrey Pines State Park

Michashi

Chanewan

"Dry stalks were used for brooms."

Hedypnois cretica
Mission Bay Salt Marsh Reserve

ples on their
ole plant and
pimples."

"The whole seeds (not ground) are boiled for tea to
drink for stomach trouble."

Helianthemum scoparium (rock rose)
Torrey Pines State Park

uid as tea for

"Boil yellow flowers for tea to give to mothers
having a difficult birth."

Chayaaw
Pines Slough

Heliotropium curassavicum
Mission Bay Salt Marsh Reserve

Millykupish

tea with the
lic."

"The roots are boiled for medicinal tea to regulate
menstruation."

Hatpat

Hemizonia ramosissima (tarweed)
Mission Bay Salt Marsh Reserve

Hatuun

tea. It was
and could be

"We boiled whole plant for steam when someone
has a headache. Formerly we used it in
sweathouses; now put it in a pan and put a towel
over your head."

Heteromeles arbutifolia (toyon)
Torrey Pines State Park

Huuchih

Malva pa
Mission F

"Make a pulp of the leaves and wash sores with the liquid. The berries were bitter and used for food only when we were starving."

"y
di
pl
le

Isomeris arborea (bladderpod)
Torrey Pines State Park

'epshash

Marah ma
Torrey Pi

"We eat flowers after they are cooked and drained several times to remove the bitterness."

"y
w
w

Jaumea carnosa
Mission Bay Salt Marsh Reserve

"There are two kinds, one with smell is best; this one has no smell and is not as good and not used. The other kind used to be in the marsh but I can't find it. It was boiled as a tea for fever; it was also cooked and eaten as a vegetable."

Mesembry
At both lo

"y
w

Limonium californicum
Mission Bay Salt Marsh Reserve

Mesembry
Both loca

"We boiled the young leaves to eat as vegetables. The leaves also can be dried and stored, they keep well for future use."

"l
pa
A
ea
sa

Limonium sinuatum (sea-lavender)
Mission Bay Salt Marsh Reserve

Mesembry
Mission B

"We boil leaves for a tea to take for diarrhea. Generally we saw the one with blue flowers instead of white like this."

"W
yo

Huuchih

Malva parviflora (cheeseweed)
Mission Bay Salt Marsh Reserve

Mal

res with the
ed for food

"We made medicinal tea from the dried buds for drinking when feverish; also boiled the whole plant for a bath. As food, we boiled the young leaves for vegetables."

'epshash

Marah macrocarpus (wild cucumber, big-root, chilicothe)
Torrey Pines State Park

and drained
"

"We ground the black seeds, mixed them with water and used the black as makeup. As medicine, we boiled the leaves to use on hemorrhoids."

is best; this
d not used.
but I can't
; it was also

Mesembryanthemum chilense (sea fig)
At both locations

Hayaaw

"We ate fruit fresh; leaves were as a vegetable; seed was ground for pinole."

Mesembryanthemum crystallinum (ice plant) *Sii'ii nesii*
Both locations

vegetables.
, they keep

"Used red berries and red leaves as face rouge and paint; roots or whole plant was ground for soap. Away from the salt marsh, leaves are cooked and eaten as greens; at the marsh or beach they are too salty to eat."

Mesembryanthemum edule (hottentot fig)
Mission Bay Salt Marsh Reserve

Hayaaw

r diarrhea.
ue flowers

"We boiled and ate young green parts, just like young green shoots of cactus were boiled."

Mimulus puniceus (monkeyflower)
Torrey Pines State Park

Raphanu
Mission

"We boiled the plant for tea to regulate menstrual periods. It can be used fresh or dried and stored."

"
F
t
p

Mirabilis californicas (four o'clock)
Torrey Pines State Park

Meshkatull

"We used the root, flower and the whole plant to make a tea to drink for stomach aches."

Rhamnus
Torrey P

Opuntia occidentalis (prickly pear)
Torrey Pines State Park

Melltat

"We eat the fresh fruit and fry or boil the young green pads. All types of *Opuntia* were eaten in these ways."

Rhus inte
Torrey P

Pinus Torreyana (Torrey Pine)
Torrey Pines State Park

'ehwiiw

"The name means 'pine nut.' The pine nuts are generally collected in September (when ripened), sometimes the cones had to be roasted to get the seeds out. Eaten as nuts raw or roasted; they are also ground and cooked as pinole or added to other seed flours for flavoring."

"
(
fr
w
g
T
b

Polypodium californicum (fern, Polypody)
Torrey Pines State Park

'awi hatat

"Boil the roots and leaves to use for internal bleeding. The name means "rattlesnake's back;" that's what it looks like."

Rosaceae
Torrey Pi

"
b

Raphanus sp. (radish)
Mission Bay Salt Marsh Reserve

Hamull

ate menstrual
and stored."

Meshkatull

"We cooked the young leaves and stems for greens. For medicine, we grind the seeds, boil and strain to use the liquid to bathe inflamed eyes, and for pink eyes."

whole plant to
be used."

Melltat

Rhamnus crocea (redberry)
Torrey Pines State Park

Tat

"When someone had a captive mocking bird, gathered these to feed to the bird. We kept the birds for their songs."

oil the young
were eaten in

'ehwiiw

Rhus integrifolia (lemonadeberry)
Torrey Pines State Park

Huusill, Huutat

"The name used depended upon the berry color red (*huusill*) or orange (*huutat*); the berries were eaten fresh or soaked to flavor water; the seed (*keha*) was ground and used with fruit for tea. We also ground the seeds to drink when sick and feverish. The bark was also made into a tea to use after a baby was born."

pine nuts are
when ripened),
used to get the
seed; they are
added to other

Rhus laurina (Laurel Sumac)
Torrey Pines State Park

'ektii

'awi hatat

"The bark was used for tea after the birth of a baby. Some used it for venereal diseases also."

for internal
wound's back;"

Rosaceae sp. (wild rose)
Torrey Pines State Park down on slough side

kwa'ak

"The wild rose was used as a medicine; gather flower petals or leaves (if no flowers available); boil them and use liquid to bathe eyes when have a cold in the eyes. The fruit and seed ground as food."

Sanicula a
Torrey Pir

"R
cra

Rumex crispus (curly dock)
Torrey Pines State Park

Kish

Sisyrinchia
Torrey Pir

"We ate the young leaves boiled as greens. When the plant is old, gathered only the seed to grind on a metate for pinole."

"Bo

Solanum x
Torrey Pir

Salicornia pacifica and
Salicornia virginica (glasswort)
Mission Bay Salt Marsh Reserve

Semull

"W
pla
me

"Some people chew them for the salt."

Salvia apiana (white sage)
Torrey Pines State Park

Pestaay

Spartina f.
Mission Be

"We ground the seeds for pinole; gathered young branches (before the flowers come) to dry, crumble and store to make tea for chest colds and coughs. Heat and smell steam when congested."

"W
for
roc
to

Salvia mellifera (black sage)
Torrey Pines State Park

Ha'anya yul

Stephanom
At both lo

"We used it for a medicine. The leaves and stems could be used fresh or dried. They were boiled and the water used for bathing when a person ached due to flu, rheumatism and arthritis."

"G
Bo
int
boi
har

Sanicula arguta (cow parsley, sanicle, snakeroot) **Chap**
Torrey Pines State Park

"Roots are boiled to eat; leaves are boiled as tea for cramps."

Kish

Sisyrinchium bellum (blue eyed grass) **Michkal**
Torrey Pines State Park

"Boil whole plant as tea for cramps."

Solanum xanthii (purple nightshade) **'ewii eyiiw**
Torrey Pines State Park

Semull

"We gathered this, dried and ground the whole plant to put on feet for athletes foot. The name means 'snake eyes'."

Pestaay

Spartina foliosa (marsh grass) **Tapish**
Mission Bay Salt Marsh Reserve

"When this grows big, we made them into bundles for house walls. Other uses were as medicine; boil roots and give to baby when constipated or unable to urinate."

Ia'anya yul

Stephanomeria virgata (wire lettuce) **Telkuu**
At both locations

"Gather the whole plant, it can be dried and saved. Boil the roots and drink liquid to get rid of intestinal worms. From Mexicans, we learned to boil whole plant to clean stomach after a hangover."

Suaeda Torreyana (sea-blite, seep-weed)
Mission Bay Salt Marsh Reserve

"We crushed the whole plant to use for soap."

Urtica holosericea (nettle) *Hampasis*
Torrey Pines State Park, down in the slough

"Formerly we gathered and boiled for greens. We also cooked a lot to a real strong liquid and bathed in it when we got into poison oak, and also for skin diseases."

Xylococcus bicolor (manzanita) *Haasill*
Torrey Pines State Park

"Soak ripe berries and use as a cool drink. Put in water jar so that evaporation cools the drink."

Yucca schidigera (Spanish bayonet, Mohave yucca) *Sha'a*
Torrey Pines State Park

"The roots are mashed and used for soap. The leaves were used for fibers in many ways. Leaves were split into narrow strips and used to tie houses together; or strips braided to make pottery rests. Leaves were shredded to fibers to make sandals, or quick containers which were used and then thrown away. Flower petals were eaten raw when young and tender; they were boiled twice and the water thrown off when the petals were older. Some people did not eat the flowers, others did. We strung seeds for beads; chopped them for tea, or ground to cook as mush."