

Rattlesnakes Warning

Rattlesnakes are found routinely on the hiking trails here at San Pasqual SHP. Rattlesnakes are an important part of the native ecosystem. Rattlesnakes are protected within parks. If you encounter a rattlesnake on the hiking trail or in the park please inform staff. Be alert while you are at the park. Snakes can be seen year around, however, most sightings are during the spring and summer months. If bitten, remain calm and call 911.

Nature Trail

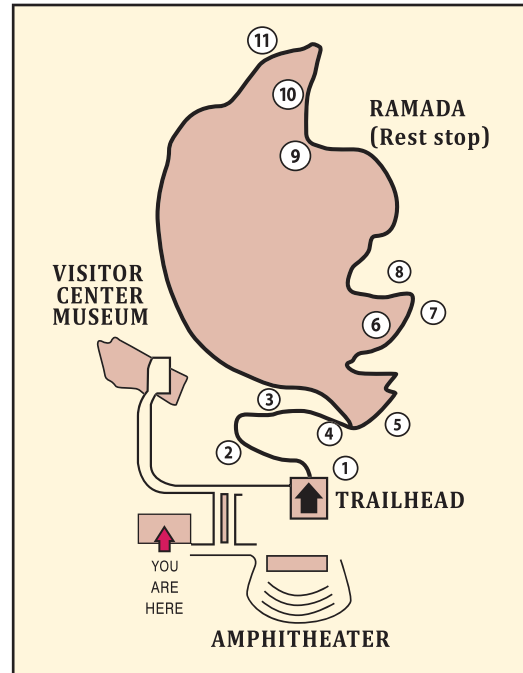
The San Pasqual Battlefield State Historic Park nature trail has been designed to offer the park visitor an opportunity not only to view the area of the battle, but also to experience the beauty of the San Pasqual flora and fauna. On the nature trail, the visitor can find some of the resources that the California Indian inhabitants utilized. At each post, the pamphlet lists uses of the particular plant or physical feature. We hope that your walk along the nature trail will add to your appreciation of the Valley's environment and the resourcefulness of its original inhabitants.

Volunteer Association

The San Pasqual Battlefield Volunteer Association is a non-profit organization that works in conjunction with California State Parks, and supports living history programs, assists with the visitor center, operations, outreach programs and provides general support. They are always looking for more members.



www.spbva.org



California State Parks supports equal access. Prior to arrival, visitors with disabilities who need assistance should contact the park at (760) 737-2201. If you need this publication in an alternate format, contact interp@parks.ca.gov.

CALIFORNIA STATE PARKS

P.O. Box 942896

Sacramento, CA 94296-0001

For information call: (800) 777-0369

(916) 653-6995, outside the U.S.

711, TTY relay service

www.parks.ca.gov

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San Pasqual Battlefield SHP NATURE TRAIL



1. Beale-Carson Monument

The monument depicts Lt. Edward F. Beale and Kit Carson hailing Commodore Robert Stockton. Beale and Carson had journeyed to San Diego from San Pasqual to get help for General S.W. Kearny and his troops stranded on Mule Hill.

2. Engelmann Oak (*Quercus engelmanni*)

The acorns of the Engelmann Oak, and other species of oak, were used to make a flour or acorn meal. Acorns were a diet staple for many tribes throughout California; they are high in fat, carbohydrates, protein, vitamins and minerals, and an excellent source of fiber. They were processed by being pounded in a mortar, sifted, and leached several times with water to remove the bitterness of the high content of tannic acid. Gathering, processing, storing, and cooking acorns were important and time-consuming activities that were an integral part of daily life.

3. Our Lord's Candle or Chaparral Yucca (*Hesperoyucca whipplei*)

The fiber of this Yucca was used but not as extensively as the Mojave Yucca found on the coast and in the desert. The stalks were used for food, often roasted and sometimes boiled. Roasted, dried stalks were also ground into flour and used to form cakes. The flowers of the Yucca could be eaten after they were cooked in water.



Image courtesy Missouri Botanical Garden

4. Wild Buckwheat (*Eriogonum fasciculatum*)

California Indians gathered the flowers and roots of the buckwheat plant to make a tea to soothe stomach ailments.

5. White Sage (*Salvia apiana*)

California Indians used white sage medicinally to treat respiratory problems. They would gather the young branches before they began to flower and dry the leaves for later use. The dried leaves were made into tea for chest colds and coughs and steam treatments when congested. The smoke from the dried sage leaves was used in sweathouses. Sage was also used as a deodorant. When preparing for a hunt, the fresh leaves were crushed and used under the armpit to disguise the scent of body odor. Crushed leaves were also mixed with water and used as shampoo.



© CSP, Faith Rumm

6. Laurel Sumac (*Malosma laurina*)

Bark of the Laurel Sumac was made into tea and given to the mother after childbirth.

7. California Gnatcatcher

The California Gnatcatcher lives in coastal sage scrub vegetation. They will eat small insects and spiders.



Image courtesy San Elijo Lagoon Conservancy

8. Sagebrush (*Artemisia californica*)

Leaves of this plant were chewed when fresh to cure colds, ground into a poultice for ant bites, boiled and used in a bath to treat measles. Sagebrush tea was used as a hair tonic and to treat sore eyes and stomach disorders.

9. San Pasqual Valley

The California Indian traveled throughout the scenic valley of San Pasqual to take advantage of seasonal availability of wild plants and migrating game. During the summer they would travel to the coast where temperatures were cooler.

10. Hunting Grounds

On occasion, you may spot one of the following animals that were hunted by the California Indians using throwing sticks and bows and arrows; mule deer, rabbits, squirrels, wild fowl and small rodents. Early or late in the day you may have the opportunity to catch a glimpse of a coyote prowling the chaparral, or at times see one of the red tailed hawks that call the park home.

11. Prickly Pear (*Opuntia oricola*)

The buds and fruits of the Prickly Pear were eaten fresh. The young green pads were boiled or fried.

End of Trail

For additional information about the San Pasqual Valley wildlife, flora and fauna or the local California Indians please visit the park's visitor center.