

Comparative Seed Manual: CUPRESSACEAE
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This seed manual consists of photos and relevant information on plant species housed in the Integrative Subsistence Laboratory at the Anthropology Department, University of California, Santa Barbara. The impetus for the creation of this manual was to enable UCSB graduate students to have access to comparative materials when making in-field identifications. Most of the plant species included in the manual come from New World locales with an emphasis on Eastern North America, California, Mexico, Central America, and the South American Andes.

Published references consulted¹:

1998. Moerman, Daniel E. *Native American ethnobotany*. Vol. 879. Portland, OR: Timber press.
2009. Moerman, Daniel E. *Native American medicinal plants: an ethnobotanical dictionary*. OR: Timber Press.
2010. Moerman, Daniel E. *Native American food plants: an ethnobotanical dictionary*. OR: Timber Press.

Species included herein:

Cupressus arizonica

Hesperocyparis sargentii

Juniperus californica

¹ **Disclaimer:** Information on relevant edible and medicinal uses comes from a variety of sources, both published and internet-based; this manual does **NOT** recommend using any plants as food or medicine without first consulting a medical professional.

Cupressus arizonica



Family: Cupressaceae

Common Names: Arizona cypress, Blue ice, Glabra, Glauca, Golden pyramid, Smooth cypress

Habitat and Growth Habit: This plant grows in the southwestern United States and Mexico. The Arizona cypress is the only cypress at this time that is found to be native to the southwest. It can be distributed along rocky mountain slopes and canyon edges.

Human Uses: The Arizona cypress is used for many ornamental purposes due to its coloring and aroma. For instance, the bark is a deep red and brown color and the branches have a lacy appearance. The plant can also be used as a windbreak and in xeriscaping. Xeriscaping is a form of landscaping that decreases the need for additional water or irrigation.

Sources Consulted:

<https://plants.ces.ncsu.edu/plants/all/cupressus-arizonica/>, accessed October 21, 2019.

https://plants.usda.gov/factsheet/pdf/fs_cuar.pdf, accessed October 21, 2019.

<http://davesgarden.com/guides/pf/go/54341/>, accessed October 21, 2019.

Hesperocyparis sargentii



Family: Cupressaceae

Common Names: Sargent's cypress, Sargent cypress, *Cupressus sargentii*, *Cupressus scugentii* (no longer an active name)

Habitat and Growth Habit: This plant is native to California along the central and northern coasts.

Human Uses: There are documented current uses of Sargent's cypress for landscaping purposes.

Sources Consulted:

https://www.calflora.org/cgi-bin/species_query.cgi?where-taxon=Cupressus+sargentii, accessed October 21, 2019.

<https://selectree.calpoly.edu/tree-detail/hesperocyparis-sargentii>, accessed October 23, 2019.



Family: Cupressaceae

Common Names: California juniper

Habitat and Growth Habit: This plant is native to the western portion of North America (California and its borders) and is distributed along coastal ranges, valleys, and woodlands.

Human Uses: California juniper is an important Native American medicinal plant, food source for indigenous people of California, has ornamental value, and is used for erosion control. Moreover, the Apache, White Mountain, as described by Moerman, use this scorched twigs from the plant as an anticonvulsive when rubbed on the body, a cold and cough remedy when the leaves are taken as an infusion, and a gynecological aid (leave infusion drink) to relax muscles before childbirth. The Costanoan use the plant as an analgesic made by leaves for pain, and a diaphoretic to increase sweating. Additionally, Moerman explains the Diegueno have used an infusion of leaves and bark to treat hangovers and for high blood pressures. The Gosiute use the leaves as an infusion for cold and cough remedies. Lastly, Mahuna have other medicinal uses described by Moerman, such as a febrifuge and a miscellaneous disease remedy made by an infusion of berries or chewed berries. Many native peoples also use this species as a food source. Cahuilla eat dried berries, fresh berries, and also make a porridge from ground dried berries. Costanoan eat the fruit along with the Diegueno.

However, Moerman notes that the fruit is also a starvation food for the Diegueno. Kawaiisu make bread and cake from seeded berries pounded into a meal. Other populations also consume this species in various ways as a food source.

Sources Consulted:

Moerman 2009, 2010

http://www.calflora.org/cgi-bin/species_query.cgi?where-calrecnum=4503, accessed October 23, 2019.

<http://www.laspilitas.com/nature-of-california/plants/367--juniperus-californica>, accessed October 23, 2019.

<https://plants.usda.gov/core/profile?symbol=JUCA7>, accessed October 23, 2019.

<http://mojavedesert.net/plants/shrubs/juniper.html>, accessed October 23, 2019.