

Comparative Seed Manual: ADOXACEAE

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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:

Sambucus canadensis

Sambucus nigra subsp *canadensis* (formerly *Sambucus mexicana*)

Viburnum opulus v. *americanum*

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.

Sambucus canadensis



Family: Adoxaceae

Common Names: American Elderberry and Elderberry

Habitat and Growth Habit: *Sambucus canadensis* can be found in the Eastern part of North America and down to Central America to Panama. The species grows along moist soil and can be found along streambanks and roadsides.

Human Uses: This plant creates clusters of black elderberry fruits that are edible. These berries are often used to make jam, wine or dye. Elderberry syrup is used as traditional medicine in cough syrups and illness prevention. The flowers are also known to reduce fevers. Humans also use clusters of these plants for landscaping.

Web Sources consulted:

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=f470>, accessed February 8, 2019.

<http://www.prairienursery.com/store/shrubs-and-vines/common-elderberry-sambucus-canadensis#.WI-WQzgqOXk>, accessed February 8, 2019.

<http://www.usefulplants.org/index.php/medicinal-plants/elderberry>, accessed February 8, 2019.

Sambucus nigra subsp *canadensis* (formerly *Sambucus mexicana*)



Family: Adoxaceae

Common Names: Blue Elderberry, Elderberry, Mexican Elder, and Tapiro

Habitat and Growth Habit: *Sambucus mexicana* grows in forests, canyons, coastal sage scrubs, freshwater marshes, and woodlands. They grow well on river banks and areas where the roots can access deeper water. They range from Oregon to Baja, and out to western Texas, as well as British Columbia, Utah, and New Mexico. They are also distributed into Mexico and Central America.

Human Uses: This species has edible fruits, which are used to make jelly, syrup, and dye. Its flowers can be used to make tea, which in traditional medicine is used as a tonic to fight colds. Other traditional medical uses include treatment of skin sores and bruises. The Gabrieleno/Tongva tribes of California created flutes and clapper sticks out of hollow stems. Stems were also used to create arrow shafts, pegs, and combs. This species is commonly used in landscaping to create shade.

Sources Consulted:

http://www.calflora.org/cgi-bin/species_query.cgi?where-calrecnum=7320, accessed February 8, 2019.

<http://www.laspilitas.com/nature-of-california/plants/620--sambucus-mexicana>, accessed February 8, 2019.

<http://mother-natures-backyard.blogspot.com/2012/08/plant-of-month-august-blue-mexican.html>, accessed February 8, 2019.

http://hort.ufl.edu/database/documents/pdf/tree_fact_sheets/sammexa.pdf, accessed February 8, 2019.

http://www.biology.sjsu.edu/facilities/garden/plants/Sambucus_mexicana.html, accessed February 8, 2019.

[http://calscape.org/Sambucus-nigra-ssp.-caerulea-\(Blue-Elderberry\)](http://calscape.org/Sambucus-nigra-ssp.-caerulea-(Blue-Elderberry)) , accessed February 8, 2019.
http://www.moosacreeknursery.com/Native_Plants/143/Sambucus-mexicana, accessed February 8, 2019.

Viburnum opulus v. americanum



Family: Adoxaceae

Common Names: American Cranberrybush, Cramp Bark, Cranberry Viburnum, European Cranberry Bush, Guilder Rose, Highbush Cranberry, Snowball Tree, and Water Elder

Habitat and Growth Habit: The *Viburnum opulus v. americanum* can be found in Eastern North America in moist and low-elevation well-drained soils. They can be found in swampy woods, bogs, and lake margins.

Human Uses: The berries of this plant can be used to make jelly. This plant has ornamental usages to create a border or margin in landscaping.

Sources Consulted:

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=c365>, accessed February 8, 2019.

http://www.wildflower.org/plants/result.php?id_plant=VIOPA2, accessed February 8, 2019.

<https://gobotany.newenglandwild.org/species/viburnum/opulus/>, accessed February 8, 2019.

<http://www.friendsofthewildflowergarden.org/pages/plants/highbushcranberry.html>, accessed February 8, 2019.

<http://www.mortonarb.org/trees-plants/tree-plant-descriptions/american-cranberry-bush>, accessed February 8, 2019.

<http://dendro.cnre.vt.edu/dendrology/syllabus/factsheet.cfm?ID=267>, accessed February 8, 2019.