



SAN GABRIEL MOUNTAINS

CHAPTER OF THE CALIFORNIA NATIVE PLANT SOCIETY

JANUARY & FEBRUARY 1997

IN THIS ISSUE:

President's Message	1
Chapter Events	1
From the Editor	2
The Native Bookshelf	2
Complete Calendar	3
Chapter Information	4
Map	4

CHAPTER EVENTS

Chapter meetings are held at Eaton Canyon Nature Center (map on back cover). No Feb. activity.

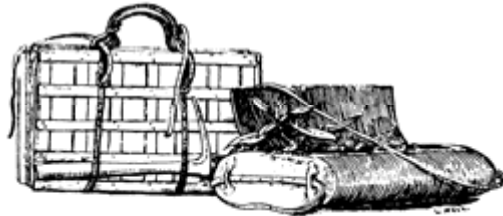
Jan. 10, Fri, 7:30 pm: Winter Workshop: Plant Family Identification. R.T. Hawke will use slides to hone our identifying skills before the spring wildflower season begins. This event will take place in snowy Wrightwood where R.T. hangs out. Please call him to RSVP: 619-649-3431.

Jan. 16, Thurs, 7:30 pm: Flora of Baja by Eva Morgan. Eva's presentation, based on her trip last spring, will describe the change in flora from north to south in Baja California. She'll explain how geology and climate interact on plant life.

INTREPID LADIES

Well, the odometer has ticked over again; it's a new year and there's nothing to be done but use it up or be used up by it. So happy 1997, goshdarn it! 1996 ended on a high note: those willing to brave the elements (two elements, actually: hydrogen and oxygen, mixed two-to-one and coming down hard) for the October program were rewarded by Kathy LaShure's elegant slide show, inspired by the travels of the redoubtable female botanist Lester Rowntree, author of *Hardy Californians*. Lots of beautiful slides, lots of ideas for botanical daytrips from Los Angeles, plus a whole tray of Kathy's no-fat, high-flavor travelling snacks (see page 2). If you missed her program, you might be able to catch it at a local library--watch these pages.

And speaking of Lester Rowntree, why has California's flora inspired such a tradition of intrepid, sometimes downright eccentric, women? The latest issue of



Discovery, the magazine of the California Academy of Sciences, has a wonderful article by Elizabeth Rush about Katharine Layne Brandegee, the strong-willed, self-taught botanist who preceded Alice Eastwood as Curator of Botany at the Academy of Science in the late 19th century. Married to a wealthy engineer and fellow plant-enthusiast, Brandegee dressed like a bag lady, travelled alone on a mule throughout Baja California, and brought order, scientific method, and autonomy to the naming of new species in California--a process that had "previously been routed through the Eastern hegemony of Asa Gray at Harvard," says Rush. Between them the Brandegees described and named 45 new species of California plants that still stand.

Better get started.

—Becky

Penstemon floridus Brandegee
Rose Penstemon



FROM THE EDITOR

These cookies are based on a recipe in Maida Heatter's *Book of Great American Desserts*. I use Mixed Dried Fruit (already chopped) from Trader Joe's in them but you may use any combination that suits your fancy. Pecans can be substituted for the walnuts. Steaming the fruit really makes a difference, as does toasting the nuts. These are great trail snacks!

California Fruit-Nut Bars

2 cups assorted dried fruits
4 large eggs or 1 cup liquid egg substitute
1 1-pound box light brown sugar
¼ teaspoon salt
1 teaspoon vanilla
2 cups flour
2 cups walnut halves or large pieces

Butter and flour a 10½" x 15½" x 1" jelly-roll pan. With scissors cut the dried fruit into small pieces. Steam the fruit over boiling water for 15 minutes. The fruit should be very soft and moist.

Toast the walnuts in a 350° oven for 10 minutes.

In a 2½ to 3-quart sauce pan, beat the eggs with a whisk to mix well. Add the sugar and stir well.

Place over low-medium heat, stir with a rubber spatula for 10 to 15 minutes until the sugar is dissolved; taste to test.

Remove from heat.

Add the salt, vanilla, and the flour, 1 cup at a time. Beat briskly with a heavy whisk to incorporate the flour smoothly. Then stir in the fruit and nuts and mix well to be sure that the fruit is not lumped together.

Turn into the prepared pan and spread. Smooth the top. It will be a thin layer.

Bake at 400° for 15 minutes until the top is a rich golden color and shiny.

Let stand until cool. Turn out of pan onto cutting board. Using a long, thin knife, cut into 32 bars. If you are taking these on the trail, wrap them individually in foil. They may be frozen.

THE NATIVE BOOKSHELF

Instead of reviewing a single book for this newsletter issue I'm offering my list of useful books for Southern California Wildflower Sojourns which I passed out at the Nov. meeting. The rain that night kept many of you at home but was a welcome reminder that the seasons had changed & that this spring might be as florific as some years past.

Adventuring in the California Desert: The Sierra Club Travel Guide to the Great Basin, Mojave, and Colorado Desert Regions of California by Lynne Foster (Sierra Club Books, 1987)

California Wild Lands: A Guide to the Nature Conservancy Preserves by Dwight Holing (Chronicle Books, 1988)

Desert Wild Flowers by Edmund C. Jaeger (Stanford University Press, 1941)

A Flora of Kern County by Ernest C. Twisselmann (Calif. Native Plant Society, 1995)

A Flora of Southern California by Philip A. Munz (Univ. of CA Press, 1974)

Flowering Shrubs of California by Lester Rowntree (Stanford Univ. Press, 1947), currently out-of-print

Flowering Plants: The Santa Monica Mountains, Coastal & Chaparral Regions of Southern California by Nancy Dale (Capra Press, 1986)

Hardy Californians by Lester Rowntree (Peregrine Smith, 1980, reprint of 1936 ed.), currently out-of-print

The Jepson Manual: High Plants of Calif. by James C. Hickman, ed. (Univ. of CA Press, 1993)

100 Desert Wildflowers by Janice Emily Bowers (Southwest Parks & Monuments Assoc., 1989)

75 Great Hikes in & Near Palm Springs by P. Ferranti, B. Hagerman, D. Hagerman (Kendall/Hunt, 1995)

Southern & Central California Atlas & Gazetteer (DeLorme Mapping Co., 1990)

Trails of the Angeles: 100 Hikes in the San Gabriels by John Robinson (Wilderness Press, 1993)

any of John Kinney's many books on California hiking

any of Bob Muns' many booklets on California flora

—Kathy

Xylorhiza tortifolia Torrey & A. Gray
Mohave Aster



CALENDAR OF EVENTS

Jan. 10, Fri: *a*Chapter Winter Workshop, **Plant Family Identification**. R.T. Hawke will use slides to hone our identifying skills before the spring wildflower season begins.

Jan. 16, Thurs, 6:00 pm: Our Chapter Board Meeting at Eaton Canyon Nature Center. Dinner provided (a change from the usual pizza). Please RSVP to Kathy at 818-355-7064.

Jan. 16, Thurs, 7:30 pm: Our monthly program, **Flora of Baja** by Eva Morgan. See page 2 for details.

Jan. 17-18, Fri-Sat: Southern California Watersheds: Working Together to Make a Difference. Sponsored by the California Coordinated Resource Management and the Los Angeles and San Gabriel Rivers Watershed Council. Held at Burbank Airport Hilton. Cost: \$35 including lunches. For information call Dorothy at 310-270-4151 or Lisa at 916-447-7237.

Jan. 25, Sat, 8:30 am: Work Day sponsored by Friends of Elyria Canyon. Also Nature Walk at 10:00 am. Meet at Red Barn which is a half mile hike from the parking lot on Wollam St. off of Division St., Mt. Washington. For information call Jerry Schneider, 213-225-2748.

Feb. 22, Sat: Deadline for March-April newsletter. Call Kathy at 818-355-7064.

Feb. 22, Sat, 8:30 am: Work Day sponsored by Friends of Elyria Canyon. Also Nature Walk at 10:00 am. Meet at Red Barn which is a half mile hike from the parking lot on Wollam St. off of Division St., Mt. Washington. For information call Jerry Schneider, 213-225-2748.

March 1, Sat, 9 am: State CNPS meeting at Rancho Santa Ana Botanic Garden, 1500 N. College Ave., Claremont. All members are invited to attend. Call State CNPS office for details, 916-447-2677.

April 26-27, Sat-Sun: Kern Valley Bioregions Festival. Guided bird & natural history hikes, bird banding demonstrations, activities for children and more. For information call Karen Phillips, 619-378-2407 or Kernville Chamber of Commerce, 619-376-2629.

May 2-4, Fri-Sun: a Chapter field trip to **Catalina Island** led by R.T. Hawke. More details next issue.

May 16-18, Fri-Sun: a Bristlecone Chapter event, **Sierra Spring Sojourn**. More details next newsletter.

The Newsletter of the San Gabriel Mountains Chapter of the California Native Plant Society is published bi-monthly and is free to Chapter members. Non-member subscription is \$5.00.

To join the California Native Plant Society, write to
CNPS, 909 Twelfth St., Suite 116, Sacramento, CA 95814;
please specify San Gabriel Mountains Chapter.
Enclose check payable to CNPS. Membership categories: Individual/
Library - \$35; Student/Retired/Limited Income - \$20; Family/Group - \$45;
Supporting - \$75.

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4

Dedicated to the Preservation of the California Native Flora

The California Native Plant Society is a statewide nonprofit organization of amateurs & professionals with a common interest in California's native plants. The mission of the Society is to increase understanding & appreciation of California's native plants & to preserve them in their natural habitat through scientific activities, education, & conservation. Membership is open to all.

Membership includes the quarterly journal *Fremontia*, the quarterly *Bulletin* which gives statewide



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