

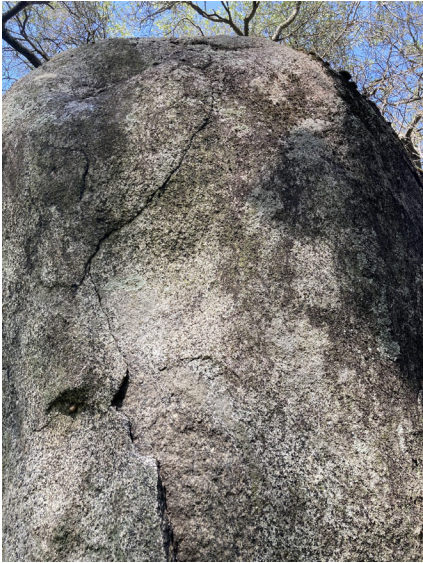
### **Doton's Cove Trail**

Doton's Cove Trail is an out-and-back, wheelchair accessible, self-guided nature path that has two rest areas and a picnic area. Its total length is approximately 2,738 feet. The trail is smooth but has some ups and downs. Many of the plants along the trail are still used by Indigenous people today. Please stay on the trail and watch for Poison Oak.

**Interior Live Oak** (*Quercus wislizenii*) is an evergreen tree found along foothill slopes and valleys, and it is endemic to California and Baja California. It has a smooth, grayish bark. Its shiny green leaves may have pointed edges that eventually become smooth. Its narrow, egg shaped acorns have a scaly cap and grow to about 1-1/2" long. The wood that is harvested serves no purpose for lumber due to the uneven nature of the tree's trunk, which has seen settlers primarily use the tree for fuel instead. (see Blue Oak).



**Granite** is an igneous (meaning "fire") rock because it is formed from hot magma. Granite forms as the magma cools far beneath the earth's surface. It is an excellent material for construction of bridges and buildings because it can with-stand thousands of pounds of pressure. It is also used for monuments since it wears slowly and allows engravings to be read for hundreds of years. Granite was used to build the Folsom dam and the transcontinental railroad. Granite Bay (originally called Granite Bar) was a small mining camp, named after the granite rock quarried there. As a settlement, Granite Bar was one of the wealthiest encampments along the American river, housing saloons, stores and rooms for rent. However, although prominent in the latter half of the 19th century, the industry of granite mining (and subsequently Granite Bar) largely declined in later years as the surrounding area became more focused on agriculture. Today, the remnants of the original mining town are largely destroyed, as the town and its surrounding farmland were flooded in the creation of the Folsom Lake Reservoir.



***Invasive Plants*** are not native to the area, and frequently ruin the habitat of native plants. Migrating animals and humans are responsible for transporting the plants to their new habitat. *Briza maxima* and *Briza minor* (known as Rattlesnake Grass) are two examples of invasive plants. Like many other invasive species, Rattlesnake Grass was initially grown in gardens for decorative purposes, but easily spread to the surrounding wilderness and became synonymous with coastal Californian landscape, which was similar to its home in northern Africa and southern Europe. Invasive species such as Rattlesnake Grass tend to grow in rocky areas and along road embankments.



**Blue Oak** (*Quercus douglasii*) likes any soil with plenty of sunlight. Its common name comes from the bluish-green hue of its leaves. It is deciduous and its bark is light gray with many cracks. The blue oak typically grows 15-30 feet high.



**California Buckeye** (*Aesculus californica*) is endemic to (only grows in) California, and is found in canyons and hillsides. Its leaves are palmate (spread out your fingers to see the resemblance). Its bark is thin, smooth, and gray. This tree blooms white flowers in the early spring, which mature into a light brown pear-shaped seed.



**Spring Vetch** (*Vicia sativa*) is common along roadsides and in fields because it escaped from cultivation as a crop cover (it is native to Europe). Spring Vetch is a climbing plant with tendrils that extend from its ends of the pinnate leaflets. Its purple, pea-like blossoms appear from April to July and are often confused with Lupine. Its presence among the natural environment is common, but incredibly important towards preserving much of the biodiversity seen in our surrounding landscape, acting as a natural fertilizer for soil as well as being incredibly versatile

and resistant to weather patterns, which causes it to be beneficial to ecosystems in multiple types of climates and conditions.



**Foothill Pine** (*Pinus sabiniana*) is an evergreen tree found in our dry Sierra foothills. The trunk is forked and its bark is dark gray and scaly. The most distinguishing feature is its long (6"-10"), green-gray needles that grow in bundles of three. The seeds were then eaten. Smell the pitch (the sticky resin that leaks from the trunk); the seeds taste like the pitch smells. The pitch was used as glue and to heal burns and sores. Settlers also used the wood from the tree for fuel and structural lumber, although they did not place much prevalence on these materials as they were seen as poor when compared to other trees.



**Western Redbud** (*Cercis occidentalis*) is a native to California and grows in canyons; along rocky slopes; and on dry creek banks. Its leaves are kidney shaped and bright green. It blooms

around March or April. Observe the magenta, pea-like flowers and you'll notice they look like drops of blood.



**Bur Chervil** (*Anthriscus caucalis*) is found in the disturbed soil of shaded banks and moist, open places. Its erect, branched stems have divided, pinnate leaves that are shaped like a triangle. Native to Europe, this plant blooms with small, white flowers from April to June. It was brought here as a garden herb, and is classified as an invasive species. Be careful when you touch its small, delicate flowers—they contain toxins that irritate the skin despite its non-threatening appearance.



**Goldback Fern** (*Pentagramma triangulatis*) is usually found in cool and shady areas. Look at the underside of the triangular shaped fronds and you'll see how it got its name. The mature spores are bright yellow in color and very powdery. Take a dark piece of paper and press it against the back of a frond to see a beautiful design.



**Miner's Lettuce** (*Claytonia perfoliata*) is native to California and is usually found in damp, shady soil. Notice that its mature leaves are perforated with a flower stem. It blooms annually with either pink or white flowers. Miner's used the stems and leaves as a food source by eating them raw or boiling them like spinach. The roots are also edible and have a chestnut flavor.



**Dutchman's Pipe** (*Aristolochia Californica*) is a native plant which grows along stream banks and in oak woodlands. It blooms in late winter/early spring. Its pipe-shaped flowers are cream colored (with red-purple veins) that mature to brown seedpods. The heart-shaped leaves may grow up to 6 inches long. In summer, you may see a smooth, black caterpillar (Pipevine Swallowtail). This plant is the caterpillar's only food.



**Mule Ears** (*Wyethia angustifolia*) are native to California and grow on open hillsides and in meadows from the foothills to the mountains. Notice the long, narrow green leaves that resemble a mule's ear. Gently touch them... they are fuzzy and thick. This plant is in the sunflower family, and blooms from May to July. Its flowers are an orange/yellow color.



**Blue Elderberry** (*Sambucus Mexicana*) are common in open woods, valley floors and along stream banks. Its leaves are long and slim, with pointed edges that are sharp to the touch. Clusters of small white flowers bloom from May to July. The flowers mature into black berries that have a white film (making the berries appear blue). This plant contains a dangerous toxin (especially the leaves and bark). The berries must be cooked and the seeds removed before being used as food. The Blue Elderberry is host to the endangered Valley Elderberry Longhorn Beetle.



**Elegant Brodiaea** (*brodiaea elegans*) grows on grassy hills, Meadows, vernal pools, and Moist grasslands. Its funnel Shaped flowers appear from April to June, and may be yellow, white, pink, or purple.



**Styrax** (*Styrax officinalis*) is a slow growing deciduous shrub. Styrax grows on rocky slopes; limestone; in woods and thickets; and by streams. The shrub has beautiful, drooping, bell-shaped, white flowers from April through June. Its flowers emit a sweet, lemon fragrance. It also has a role in the pharmaceutical world of today, being used against ulcers, scabies, and amenorrhea.





**Pacific Willow** (*Salix lasiandra*), also known as the Western Black Willow, can be found along streams, lakes and seeps. There are many small unisex flowers on the tips of new branches in the spring; the males are yellow and the females are green. The Pacific Willow has long, lance-shaped leaves with finely toothed edges. Gently bend a branch, and notice how flexible it is. Willows are used to make unique looking furniture.



**Toyon** (*Heteromeles arbutifolia*), also called Christmas Berry or Hollywood, is common to canyons or brushy slopes. Its finely toothed leaves are 2-4 inches long, leathery, and lighter underneath. Touch the leaf's toothed edges; can you think of other plants with toothed leaves? Clusters of white flowers bloom in June/July and red berries appear around Christmas time. The berries are food to several birds. Hollywood was named for this plant that was common to that area.



**Yerba Santa** (*Eriodictyon Californicum*) named “Sainty Herb” by the early Spaniards due to its medicinal qualities. It grows on dry slopes and has long, narrow leaves that are shiny and sticky on top (from an oily substance the stem secretes). If you touch them, your hands will get sticky too. The shine reflects the sunlight and the sticky oil keeps the leaves from drying out in the summer heat. It blooms from May to July, producing clusters of pale-blue or lavender flowers.



**Lupines** (*Lupinus* (sp.)) grow almost everywhere in Calif. They bloom from March to June, with erect spikes of showy pea- like flowers that come in a range of colors including: blue, purple, pink, white, yellow and orange. Many of the varieties of lupines seen today are due to the work of the horticulturalist George Russell, who developed multiple colors of lupines that deviated from the original blue and purple color of the flower and made their way to the natural world. The leaves are divided into many leaflets that spread out like fingers on a hand. Lupines are members of the pea family and return nitrogen into the soil for other plants to use.



**Sticky or Bush Monkey Flower** (*Mimulus aurantiacus*) is a native plant that grows on rocky hillsides in the lower foothills. It is so named because its yellow flowers (that appear from March to August) resemble a grinning monkey. Gently feel one of its long, dark leaves and you'll notice the sticky coating. The coating helps retain moisture. The flowers are a source of nectar for hummingbirds.



**Wild Cucumber** (*Marah macrocarpus*) prefers moist soil and shade. It is a sprawling or climbing vine with tendrils. Notice that its large leaves are slightly hairy. Wild Cucumber blooms from April--June. The star-shaped

flowers are green-ish-white and grown loose clusters. The round green fruit is spiked.



***Fairy Lantern (Calochortus albus)***

Also referred to as “globe lanterns”, there are several species of fairy lanterns in California, with the most common variant being white. While preferring shaded spaces, the long stalks and delicate, orblike petals are striking in their natural environment. The blossoms are one inch in diameter.



***Wild Hyacinth (Dichelostemma capitatum)***

Being incredibly widespread along the trail, the heads of wild hyacinth are 1 inch wide and vary from white, lilac, and violet. It has 1-3 foot long stalks.



**Soap Plant (*Chlorogalum pomeridianum*)** has long, smooth leaves that surround a 4-8 foot flower stalk once the plant is in bloom. The stalk contains hundreds of 1 inch wide white flowers that bloom in late spring and summer, in the evening.



**Five Spot (*Nemophila maculata*)** is a plant that grows low to the ground, only reaching 4-6 inches in height and spreading 12 inches wide. It is mainly white, but has a purple spot at each of its five petals. Its full colors can be witnessed ahead of other plants as it is an early bloomer.

