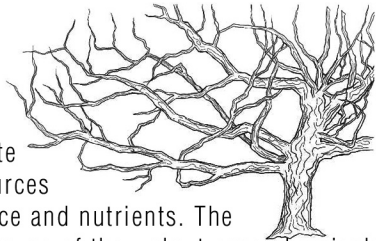


16 10TH AND J STREETS WALNUT TREE (*Juglans nigra*)

The walnut has an interesting means to defend itself from other plants which may compete for precious resources such as water, space and nutrients. The roots and fallen leaves of the walnut pass chemicals into the soil around it to inhibit the growth and development of other plants growing in its vicinity. Medicinally, these very chemicals have been identified as effective in treatment for intestinal parasites or skin fungus. These chemicals are anti-bacterial as well as anti-fungal. The hulls of the fruit render a deep brown dye for yarn or cloth. And, best of all, these trees provide a lovely edible nut.



17 974 10TH STREET COAST REDWOOD (*Sequoia sempervirens*)

Coast Redwoods are Earth's tallest living trees, growing to 300 feet or more. They have graced the planet for more than 240 million years and with their remarkable resistance to insects, fire and rot, they live an average of 500-700 years. The oldest living Coast Redwood is at least 2,200 years old and the tallest reaches over 360 feet high. Though they once thrived throughout much of the Northern Hemisphere, today Redwoods are found exclusively along the Pacific Coast, from Big Sur to southern Oregon. The redwood forests of this region serve as an incredible resource, treasured for their natural beauty, endangered wildlife habitat and carbon sequestration.



18 1021 I STREET GINGKO (*Ginkgo biloba*)

Ginkgo is an ancient species of tree. Originally from China, it is considered one of the oldest of all flowering plants. The leaf shape is so lovely it is not uncommon to find gold plated ginkgo leaves worn as jewelry. As a medicine, it is respected as a vasodilator, increasing the blood flow to the tissues and is widely accepted for enhancing brain activities and improving memory.



19 814 13TH ST JERUSALEM SAGE (*Phlomis fruticosa*)

The heart-shaped gray-green leaves of this plant are covered with fine hairs which keep wind from drying them out. These hairs also assist in retaining small droplets of water from dew or fog. When in bloom, the unique flowers radiate as whorls around the stalk. The fragrance of the flower is intensely unusual.



20 8TH AND H STREETS GUNNERA (*Gunnera tinctoria*)

This magnificent prehistoric plant harkens from as far back as the Cretaceous period, 95 million years ago. You can tell by the fantastic size of the leaves that it is native to a water rich environment. The texture of the leaves exhibits protective adaptations from being eaten in the wild. Ecologically, gunnera is a nitrogen fixer and improves the soil by transforming nitrogen, found naturally in our atmosphere, into a usable form for the plant.

IN CONCLUSION

We hope you have enjoyed this tour and will take home with you a renewed understanding and appreciation about plants, their many uses, and the intricacies of Nature. There are beautiful and amazing plants everywhere, whether intentionally placed in a garden, found in wild fields and forests, or coming up between the cracks in the sidewalk.

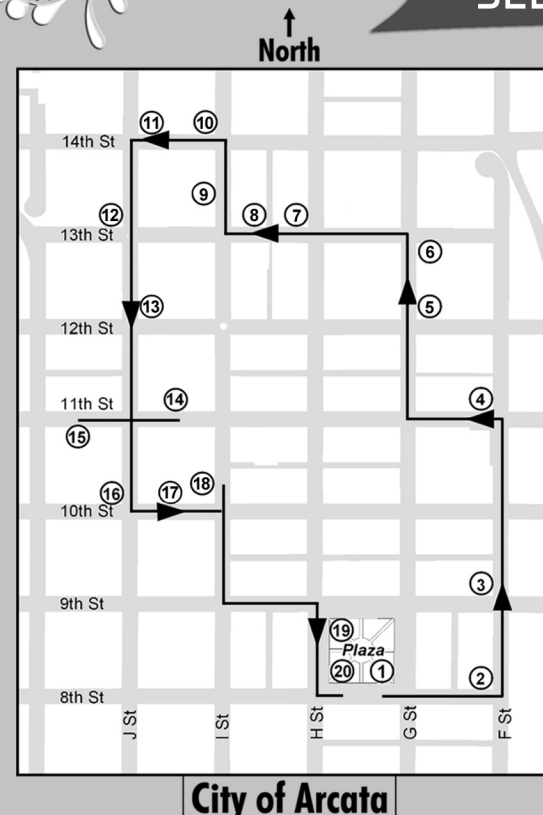
"WHEN WE TUG AT A SINGLE THING IN NATURE,
WE FIND IT ATTACHED TO THE REST OF THE WORLD."
- MUIR

For comments on this walk or to find other activities in Arcata, please contact Arcata Recreation at (707) 822-7091

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Special Thanks to everyone
involved in this project!



Tour requires approximately one hour

The Plant and Garden Tour of Arcata has been designed to enhance understanding and appreciation of the plant world. The tour highlights both exceptional and common plants and trees. These can be viewed in a variety of garden settings while one enjoys a stroll through the heart of our unique town.

As you tour the twenty sites, we hope that you will be inspired by what you see and come away with an enhanced appreciation for those growing things which delight the eye, lighten the heart, and heal our ills, as well as providing an essential view into the web of life.

Though we encourage you to enjoy, touch, and smell the plants along the tour, kindly resist the temptation to pick them so that those who come after you may enjoy them as well.

1 8TH AND G STREETS GARDENING ON THE PLAZA

The garden beds on the plaza are created and maintained by the City of Arcata, local businesses and community volunteers. The many people caring for the gardens help beautify our town Plaza and create a small oasis for the public to appreciate and enjoy. When you're ready, follow the map along to the next site on the tour.

"The earth laughs in flowers."
- Emerson

2 8TH AND F STREETS VETERANS MEMORIAL GARDEN

Throughout the ages, plants and flowers have been used to memorialize loved ones. Is it due to the deep sense of awe, care and beauty we experience of the plant itself, or is it the fact that our loved ones "live on" through a beautiful garden? The local chapter of Veterans For Peace resurrected this once lonely part of town.

3 9TH AND F STREETS ROSES (*Rosa sp.*)

Of all flowers, roses are among the most familiar and highly prized. In addition to varieties of every color in the rainbow, roses vary from the smallest miniatures (just six inches), to the vast climbers such as the Cecile Brunner gracing this porch. Fragrant petals from some roses can be made into a tasty jelly. Rosewater, a fragrant and refreshing astringent splash for the skin, has been used since the time of Cleopatra. Rosehips, the fruit of the fertile variety of roses, are renowned to be high in vitamin C. Legends abound about the rose, which has long been a symbol of love, grace and beauty.



4 11TH AND F STREETS
ARCATA HEALTH & WELLNESS GARDEN

This garden has been a cooperative project since 1986 and is currently being tended by Arcata's Open Door Community Health Center. The community is invited to participate in weekly Volunteer Work Days on Wednesdays from 11am-2pm.

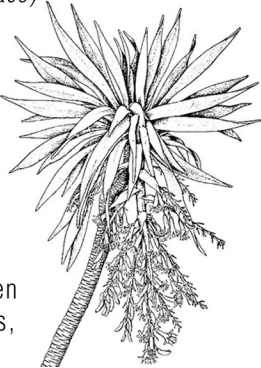
5 EMERALD CITY ■ 12TH AND G STREETS
NEW ZEALAND FLAX (*Phormium tenax*)

Flax produces long leaf fibers used in traditional weaving practices which played an important role in the cultural and economical history of New Zealand. The indigenous Maori people used it to make cordage and rope with great tensile strength which was vital to the production of many items including baskets, canoes, mats, fishing nets and clothing.



6 CARMELLAS ■ 13TH AND G STREETS
DRACENA (*Dracaena draco*)

Though it looks like a tree, the Dracena is actually part of the asparagus family. Starting out from a single stem, it grows for 10-15 years before it produces white, lily-like flowers followed by coral berries. A crown of terminal buds then forms and the plant branches, slowly maturing outwards until it has an umbrella-like form.



7 814 13TH ST
WEeping BIRCH TREE (*Betula pendula*)

The bark of birch trees has historically been used in the making of bark canoes, baskets, and paper. At this site, the birches add architectural accent as well as color and texture to the garden. You may wish to linger here for this garden has been inspirational to many who have seen it.

8 862 13TH STREET
LAVENDER (*Plavendula angustifolia*)

Originally found growing in the Mediterranean, lavender has been used for centuries, both medicinally and cosmetically. Its effectiveness in healing infections, as a stomach settler and an anti-depressant, has long been employed throughout the world. The fragrance of lavender is beneficial in relaxing the nerves and lifting the spirits, thus the flowers are frequently used in perfume and cologne. Try a small pouch filled with lavender flowers in your clothing drawer. The name lavender comes from lavare, Latin for "to wash," as it was often added to wash water for bathing and washing clothes, leaving its fresh fragrance. It is a common, refreshing scent found in soaps, lotions and hair products. When added to massage oil, lavender is soothing to the muscles, yet stimulating at the same time.



9 13TH AND I STREETS
HAWTHORN TREES (*Crataegus sp.*)



In England, the festive Maypole was decorated with the branches of the hawthorn, symbolizing "Hope". It was one of the earliest blooming plants, signifying that the winter had come to an end. There are many hawthorn species, some of which provide berries that are considered a highly effective herbal medicine for the heart and circulatory system. Birds are also attracted to hawthorn berries, and thus assist in the dispersal of seeds.

10 902 14TH STREET
PALM TREES (*Arecaceae sp.*)

Climate is a very important aspect as to where plants can exist. Palms are found mostly in tropical to subtropical regions, although the moderating influence of the ocean allows some hardier varieties such as these to thrive here. The interesting markings on the trunk are scars left over from where leaves were once attached, marking the growth over the years. These trees are as old as the house, which was built in 1888.

11 980 14TH STREET
MONKEY PUZZLE TREE (*Araucaria araucana*)

This magnificent and unique tree is a relict species that has been on the Earth for over 200 million years, when dinosaurs first roamed the planet. At one time, this tree species grew worldwide, but today its natural range is limited to only Chile and Argentina. An individual tree can grow as wide as 9 feet in diameter, and live up to 1800 years. The tree at this site is male, as evidenced by the pollen sacs extending from the ends of the branches. The large ball shaped fruits found on female trees can produce hundreds of large pine-like nuts. The nut, rich in carbohydrates, is a staple of the native Mapuche people of the Andes. In Chile, the Monkey Puzzle Tree is a national monument, protected by law, and cannot be cut.



12 1301 J STREET
ARTICHOKE (*Cynara scolymus*)

This close relative to the common thistle is a wonderful example of "edible landscaping," being grown both for the food it provides as well as its beauty. The artichoke leaves we eat as a delicacy are actually the protective covering of the bulb of the flower. When allowed to complete its bloom, the beautiful purple flowers are spectacular, and are an excellent ornamental as a dried flower.



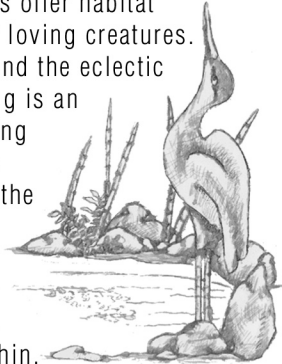
13 NE CORNER OF 12TH AND J STREETS
JUNIPER (*Juniperus sp.*)

Juniper produces berries which are commonly used as a spice in a variety of culinary dishes and is best known as the primary flavoring in gin. In prehistoric times, people lived close to juniper forests because they provided food, fuel and wood and the tree has since been seen as a symbol of longevity, strength and fertility. It has also been used by indigenous peoples to treat diabetes or asthma and as a contraceptive.



14 948 11TH STREET
WATER FEATURE

Notice how large an area can feel in such a small space. The presence of the Japanese maple tree, the river, and rocks create a sense of infinite possibilities. The river is created by pumping water from the high water table beneath the house. Water features such as this offer habitat for a vast amount of water loving creatures. The mosaics, the garden and the eclectic artistry of the whole setting is an inspiration in itself. Passing through the garden on the way to the house, leaving the hubbub of the city life behind, this graceful garden and the tranquility of the river is a portal to the sanctuary that lies within.



15 1051 11TH STREET
POLLINATION

This floral display is a good setting to discuss pollination. Generally speaking, for a flower to reproduce it must transfer pollen from one flower to the next. Plants obviously cannot move around, so they rely on outside assistance in dispersing their pollen. One method is by attracting insects and birds who fly from one flower to the next, gathering nectar and at the same time, spreading pollen. Notice the many colors, tones, shapes and markings in this floral array. Bees, among the most important pollinators, are attracted to both sweet fragrance and color, seeing all colors except red. Flowers wishing to attract bees will display these preferences, and frequently offer some sort of landing pad from which the bee can work. The intricate markings found on many flower petals can be likened to road signs, directing the pollinator to the source of nectar.

