



Photo: by David Graber of the California Academy of Sciences

Common Name: Manzanita

Scientific Name: *Arctostaphylos*

Kumeyaay Name: hesill or haasill

Description: The trunk or branches are crooked, very hard and red. The leaves are gray-green and fuzzy. The berries can be pink, yellow, or blue. They're good to eat.

The Kumeyaay used the leaves of this plant to make a tea that was good for kidneys. The berries were made into jelly or eaten plain. They also used the berries to make juice. (From: *The Kumeyaay, Secrets of the Trails* by Roberta Labastida, San Diego County Office of Education, San Diego, CA, 1996)

You can read about this plant in *Indians of the Oaks* on pages: 107 and 108

In the book, manzanita is mentioned in chapter 17 in one of the legends. The Old Man in the Spring caused a cyclone that tore a manzanita bush up and sucked it and the girl into the earth

By Mason