



Photo by: © Michael Simpson of San Diego State University

Common Name: Arroyo Willow

Scientific Name: *Salix lasiolepis*

Description: The seeds of the Arroyo Willow are tiny with cottony hairs.

According to the plant identification guide from Mission Trails, it would take 3 million seeds to make one pound. The leaves are narrow, simple, and deciduous. Willows often grow along river banks. The flowers are called catkins. The flowers grow in clusters in the spring.

The Kumeyaay used the bark strips for skirts. They also chewed the bark as a tooth ache remedy or boiled it to make tea to treat fevers. They used the branches for building material, cradles, and storage baskets. They also used the bark to make "aspirin" to relieve pain.

You can read about this plant in *Indians of the Oaks* on page 110. Kwee-tahk said: "I wanted once more to run down to the willows where Hutl-yah-mi-yuck and I had cut branches for the sho-kwin." On page 112 you can read, "Now I will take a last look at the patch of willows,' I said to myself. (Kwee-tahk) I ran lightly down the slope, and the cool smell of moist willows reached me. 'Ah!' I thought. 'Soon these willow branches will be covered with snow. I will take one now, before it is white.' I broke off a little branch and stuck it into my braided belt."

By: Azin