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Common Name: Chia

Scientific Name: *Salvia Columbariae*

Kumeyaay Name: mulh' amulh

Description: The leaves are skinny and long. On top they are dark green, but underneath they are fuzzy. From April to June they bloom. The flowers can be light lavender to white and grow in a tiny ball. Bees really like this plant and make a lot of honey from it. This plant can be up to 2 meters tall and has a very strong scent.

The Kumeyaay would take the seeds with them on trips. They would eat them. They would make a mush from them.

(From *Delfina Cuero* by Florence Shippek, Ballena Press, Menlo Park, CA, 1991)

You can read about this plant in *Indians of the Oaks* on page 32. "Chia seeds,' said Pion.

'Seeds of a bright-blue flower. Op-a-chuck gathered them in the mountains last fall.' He took a little clay bowl from his net and kindled a small fire with his oak punk, which he carried in the bowl. Then he toasted the seeds over the fire, shaking them all the time so they would not burn. When they were brown he spread them in a shallow hole in a rock and ground them into meal with a stone. Then he put the meal into the bowl and poured into it some cool water from the little jar. He stirred the liquid with his finger, and in a few seconds there was a jelly-like mush in the bowl."

by Nick