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Torreya californica

[Synonyms : *Torreya myristica*, *Tumion californica*]

CALIFORNIA NUTMEG is an evergreen tree (deciduous in cooler regions). Native to western North America ie. California, it has needle-like leaves and yellow-spotted pale green flowers.

It is also known as California nutmeg-yew, California torreya, Nutmeg, and *Toreja kalifornská* (Czech).

Californica means ‘of or from California (United States)’.

North American Pomo Indians used the pointed leaves as tattooing needles and the roots provided them with basketry material.

The Mendocino Indian tribe ate the roasted nuts.

The tree was also a source of medicines for several tribes. Pomo Indians used it to treat tuberculosis, and the Costanoan tribe valued it as a remedy for fever, indigestion and headaches, and as an agent that would promote sweating.