

EXPLORE THE SAN DIEGO RIVER IN MISSION VALLEY

Mission Valley is home to the San Diego River, which means it's teeming with life and offers abundant opportunities to connect to nature!



Choose from trails, bike paths, native plant gardens, and more!

1. **MISSION VALLEY PRESERVE**
2. **FIRST SAN DIEGO RIVER IMPROVEMENT PROJECT (FSDRIP)**
3. **COMING SOON... SAN DIEGO RIVER DISCOVERY CENTER!**
4. **SAN DIEGO RIVER GARDEN**



GET INVOLVED TODAY!

VOLUNTEER

Help care for the river as a volunteer!

STAY CONNECTED

Sign up for our monthly e-newsletter or follow us on social media to stay up to date!

DONATE

Donations help support our many programs to create and conserve the San Diego River.

WHAT WE DO

The San Diego River Park Foundation is dedicated to fostering stewardship and appreciation of the San Diego River.



HABITAT RESTORATION

We restore habitat along the San Diego River in Mission Valley by removing harmful invasive plants that would otherwise disrupt natural ecosystem processes and create flooding or fire hazards.

PARTNERS

We believe that restoration must include watershed-wide efforts, so we work with many different landowners, volunteer groups, and stakeholders.

Thank you to Proposition 1, the Water Quality, Supply and Infrastructure Improvement Act of 2014, and partners like the San Diego River Conservancy for supporting our efforts to improve habitat along the San Diego River in Mission Valley through reducing invasive plant species.



CONTACT US

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PLANTS OF MISSION VALLEY

A beginner's guide to plant life along the San Diego River



*Connect.
Create.
Conserve.*

COMMON NATIVE PLANTS

The San Diego River in Mission Valley is home to over 100 different species of plants that provide valuable food and shelter to a variety of wildlife!

Here are a few of the most common native plants that can be found in Mission Valley:



Fremont Cottonwood
Populus fremontii

This tall tree is a trademark plant of riparian habitats. On a windy day, you can enjoy the gentle sounds of its leaves quaking in the wind.



Coast Live Oak
Quercus agrifolia

Adapted to survive in warm, dry climates, this evergreen tree has small, cupped leaves that hold onto moisture and limit exposure to the sun.



Laurel Sumac
Malosma laurina

Nicknamed "taco plant," this large shrub has leaves that fold like a taco shell to reduce exposure and evaporation from the hot, drying sun.



Arroyo Willow
Salix lesioides

This large, sprawling tree can only grow near a freshwater source, like the San Diego River!



California Bulrush
Schoenoplectus californicus

This dense, upright sedge can be found along the water's edge and provides food and shelter for many animals.



Lemonade Berry
Rhus integrifolia

This evergreen shrub has thick, waxy leaves, pale pink flowers, and red seeds coated in a white goo that tastes sour like lemon.



California Sagebrush
Artemisia californica

This light green shrub has long, feathery leaves that will leave a sage smell on your hands if you rub them.



Bush Sunflower
Encelia californica

This perennial shrub brightens our landscape with bright yellow flowers from February through June.



Black Sage
Salvia mellifera

This aromatic shrub produces whitish purple flowers that grow upright in whorls, rising above the rest of the plant.



California Buckwheat
Eriogonum fasciculatum

This low, spreading shrub bears clusters of white to pinkish flowers, which turn to a vibrant rust color in the fall.

INVASIVE PLANTS

In some areas of Mission Valley, you will encounter invasive plants. These are plants from outside our region that cause harm to the local ecosystem.



Black Mustard
Brassica nigra

This colorful herb spreads easily and produces a chemical that prevents native plants from germinating.



Wild Radish
Raphanus raphanistrum

This plant is common in disturbed areas where it can quickly cover large areas, preventing native plants from re-establishing.



Crown Daisy
Glebionis coronaria




This ornamental wildflower may look nice in your garden, but when in the wild, it can take over entire ecosystems.



Giant Reed
Arundo donax

This bamboo-like invader grows in thick stands that degrade habitat and create flood and fire hazards.

HELP STOP THE SPREAD OF INVASIVE PLANTS BY:

-  Replacing invasive plants in your yard with native plants!
-  Cleaning your hiking gear before exploring new areas to prevent seeds from spreading!
-  Volunteering with the San Diego River Park Foundation!