



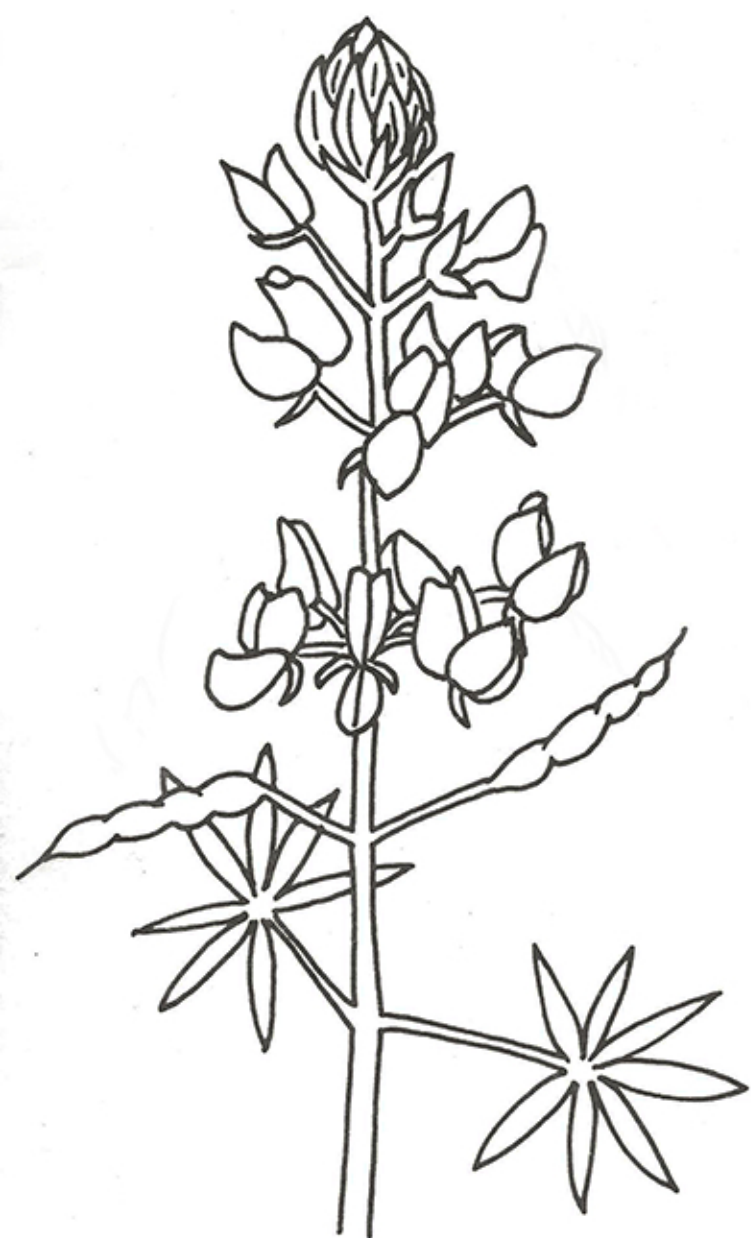
El Moro

Elfin

Forest

Coloring

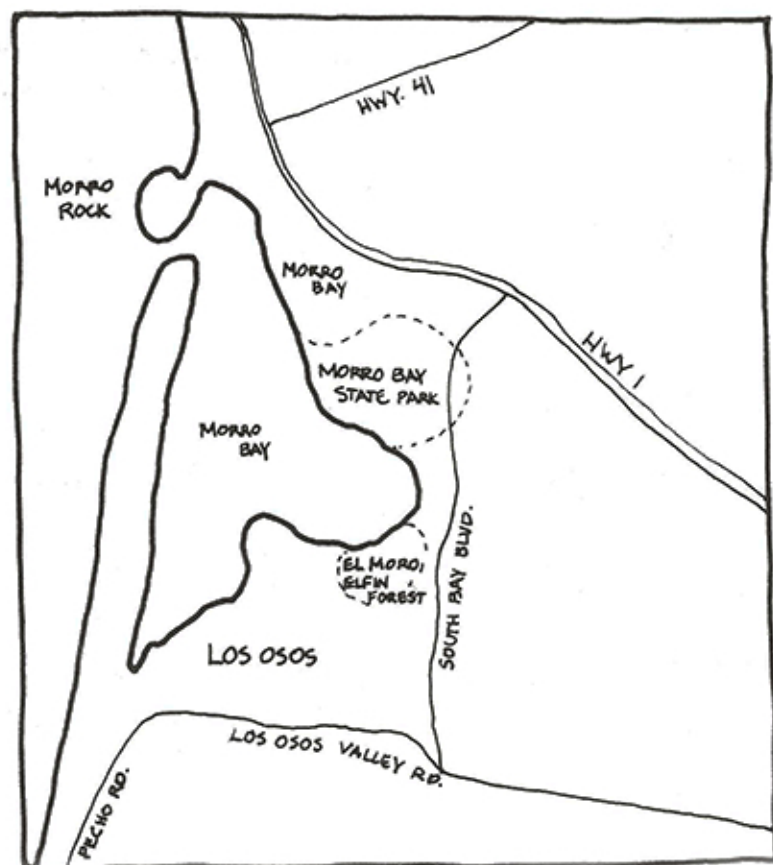
Book

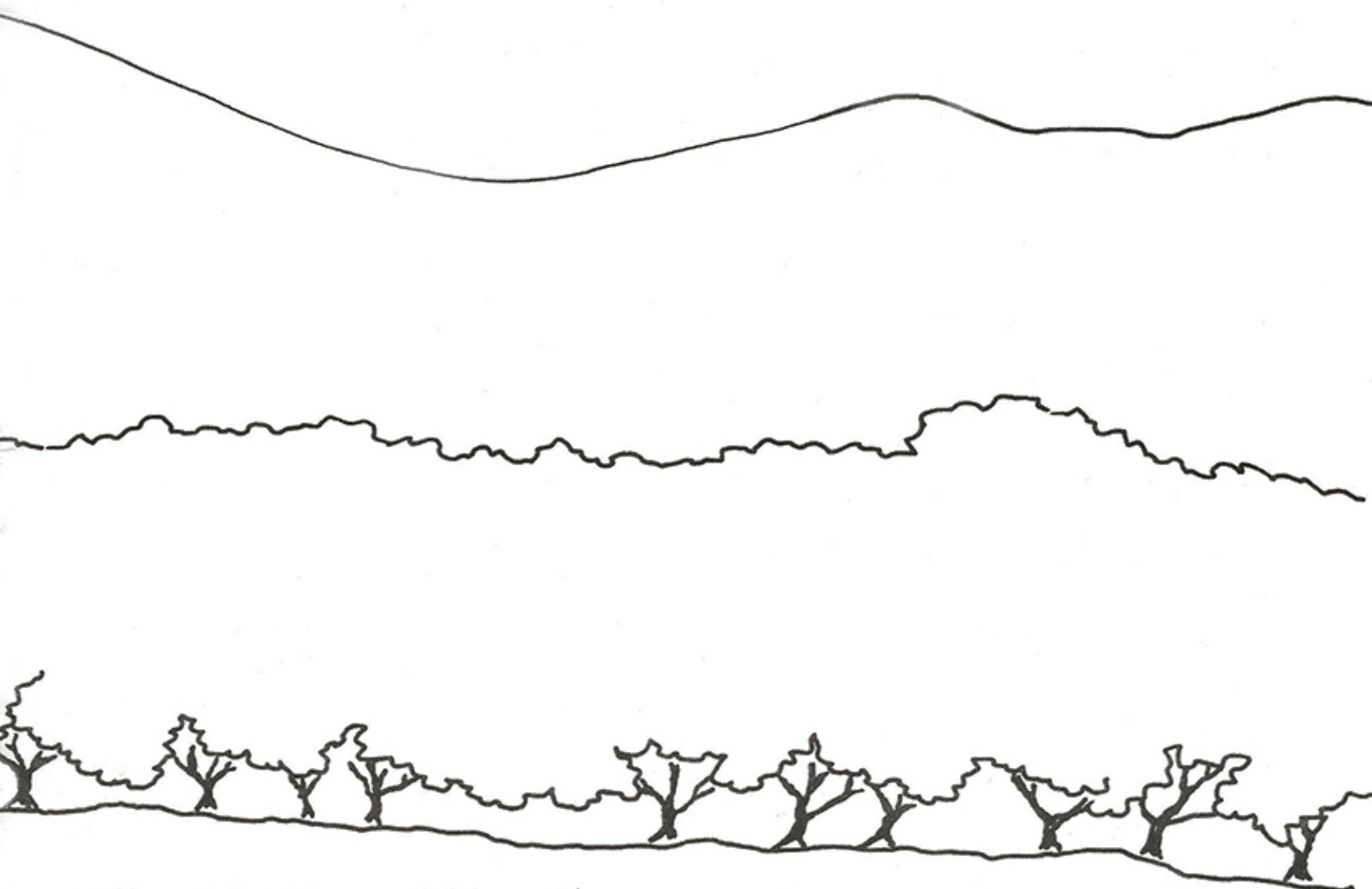


El Moro
Elfin
Forest
Coloring Book

drawings by Katie Davis
calligraphy by Lesa Smith
narrative by Rosemary Bowker

The El Moro Elfin Forest is a beautiful stand of pygmy oaks, manzanita, and coastal chaparral on the south-east shore of Morro Bay. An "Elfin Forest" is a stand of low-growing oaks associated with other plants. "Chaparral" comes from the Spanish word for "oak tree."



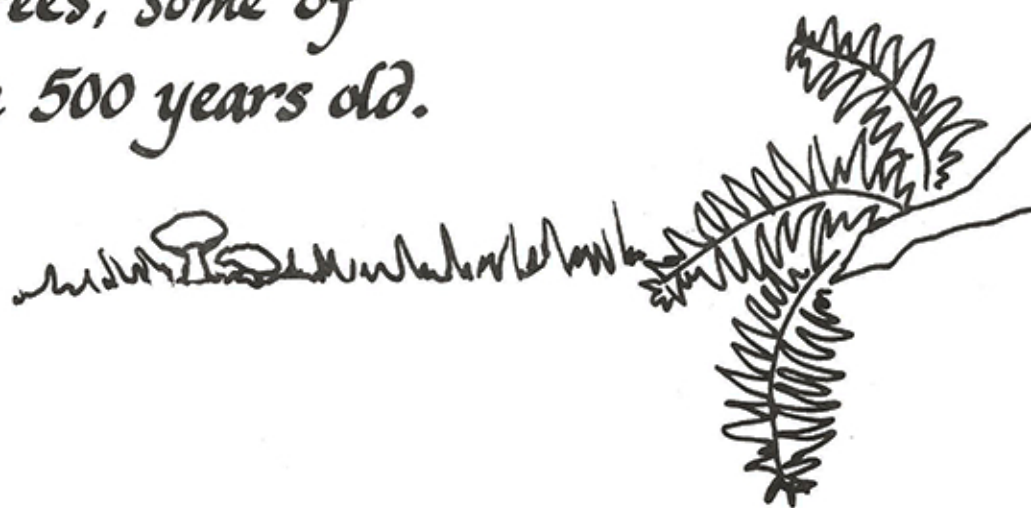


*The El Moro Elfin Forest acts as
a buffer between town and bay.*

*Local residents use it as a place to
exercise and relax. Migratory
birds use it as a place to rest
and feed.*



*In the Elfin Forest,
twisted oaks draped with lace
lichens arch over green bracken
fern. Thick green club moss
cover the sprawling trunk
of ancient trees, some of
which may be 500 years old.*





The light seeking leaves of the pigmy oaks grow only on the uppermost branches.

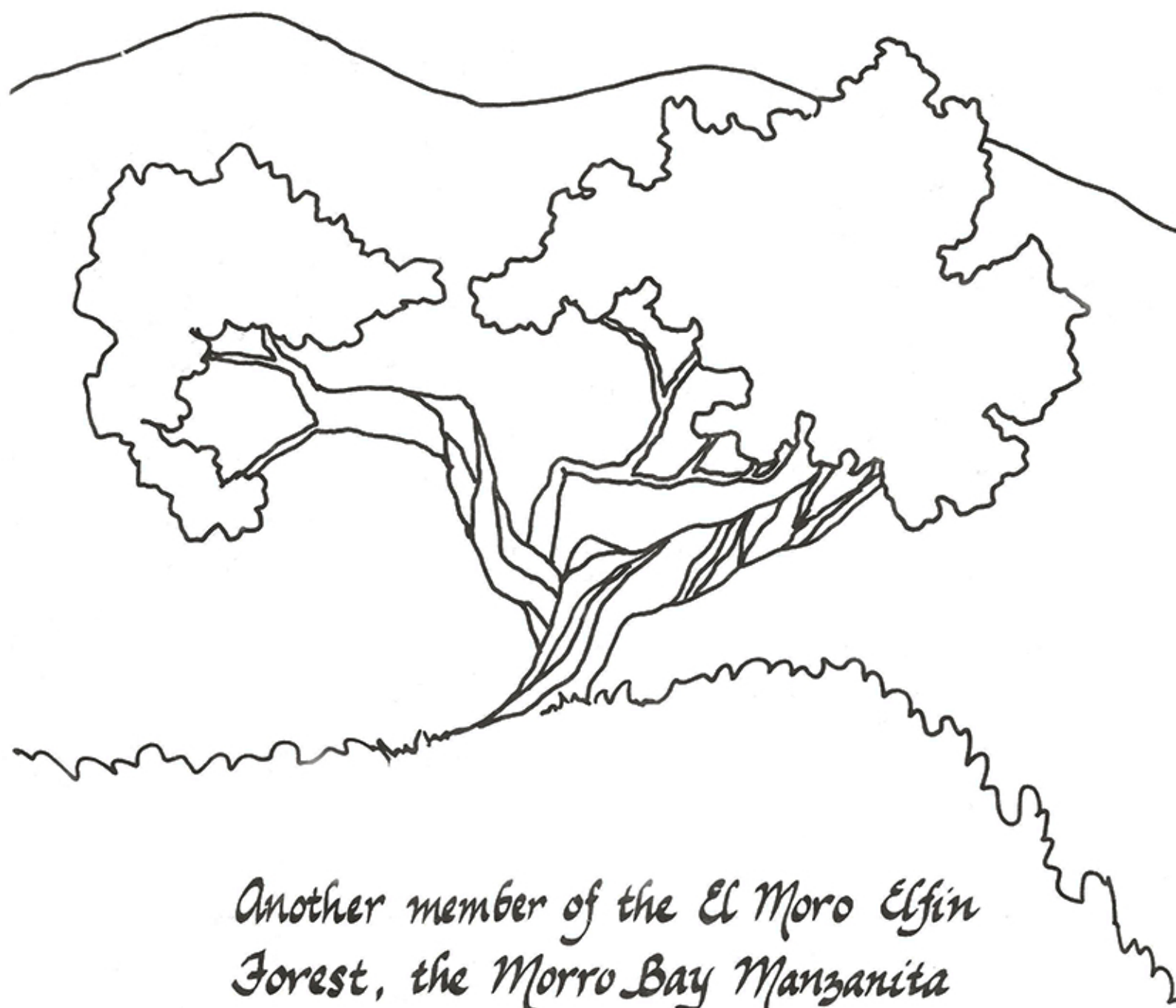


The fruit of the oak, the acorn, was the mainstay of the Chumash Indians for thousands of years. The Indians ground the acorns into flour.



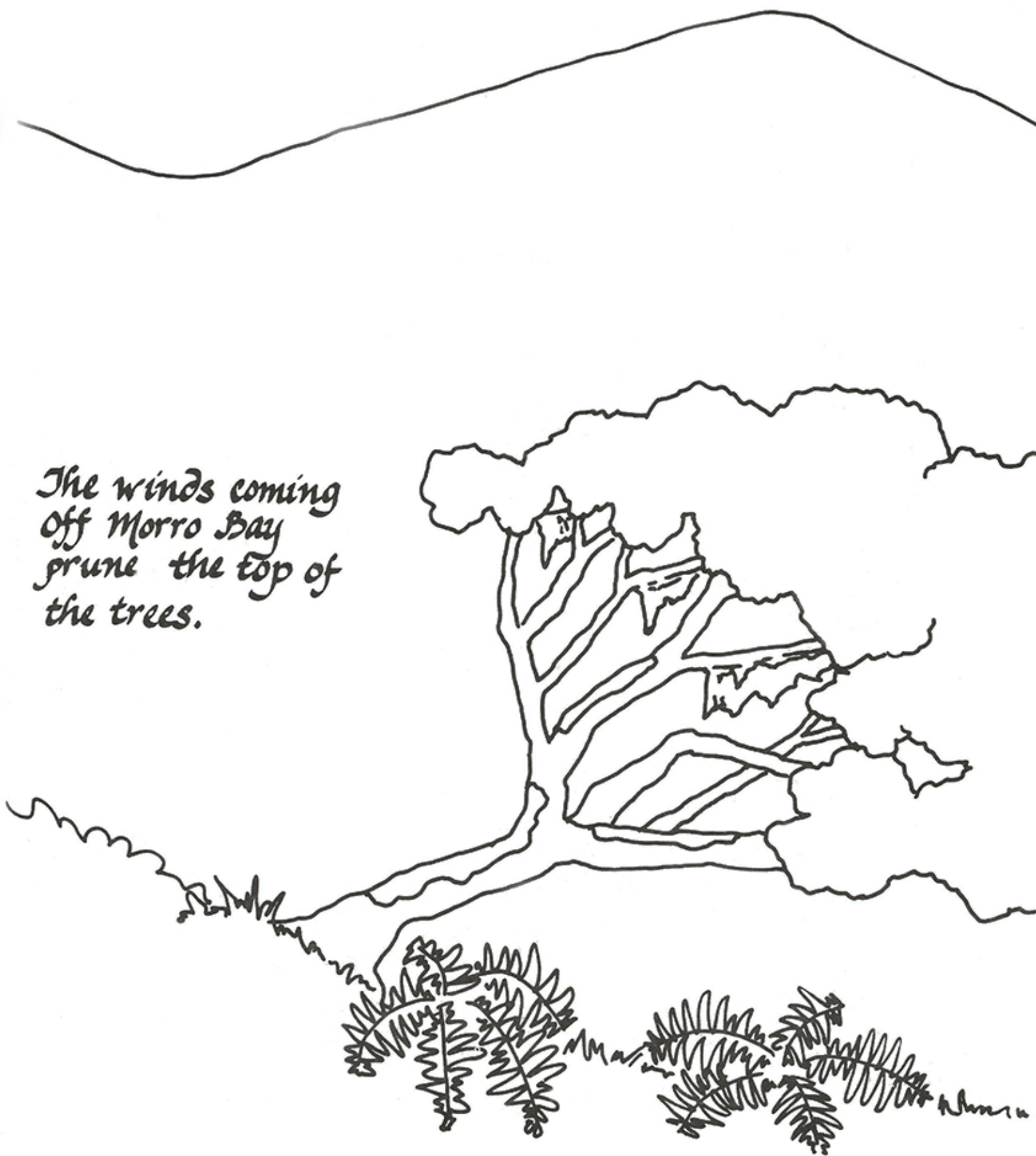
The thick leaf mold under the oaks holds enough moisture for mushrooms and other plants.





Another member of the El Moro Elfin Forest, the Morro Bay Manzanita is found only in coastal San Luis Obispo county and no where else in the world. The manzanita thrives in the foggy climate producing rich harvests of berries that provide food for birds.

The winds coming
off Morro Bay
prune the top of
the trees.



*The chaparral surrounding the
Elfin Forest boasts an ever changing
show all year long.*



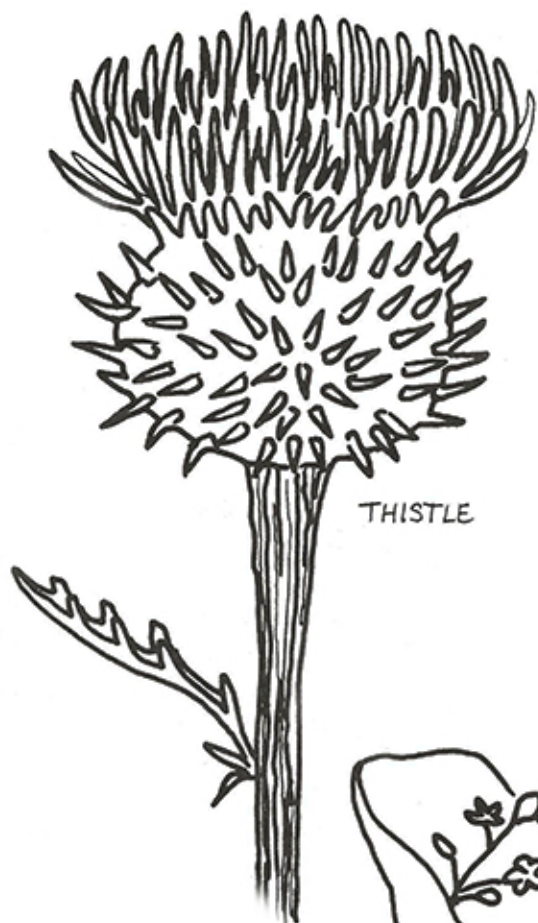
FIDDLENECK



LUPINE



INDIAN PINKS



THISTLE

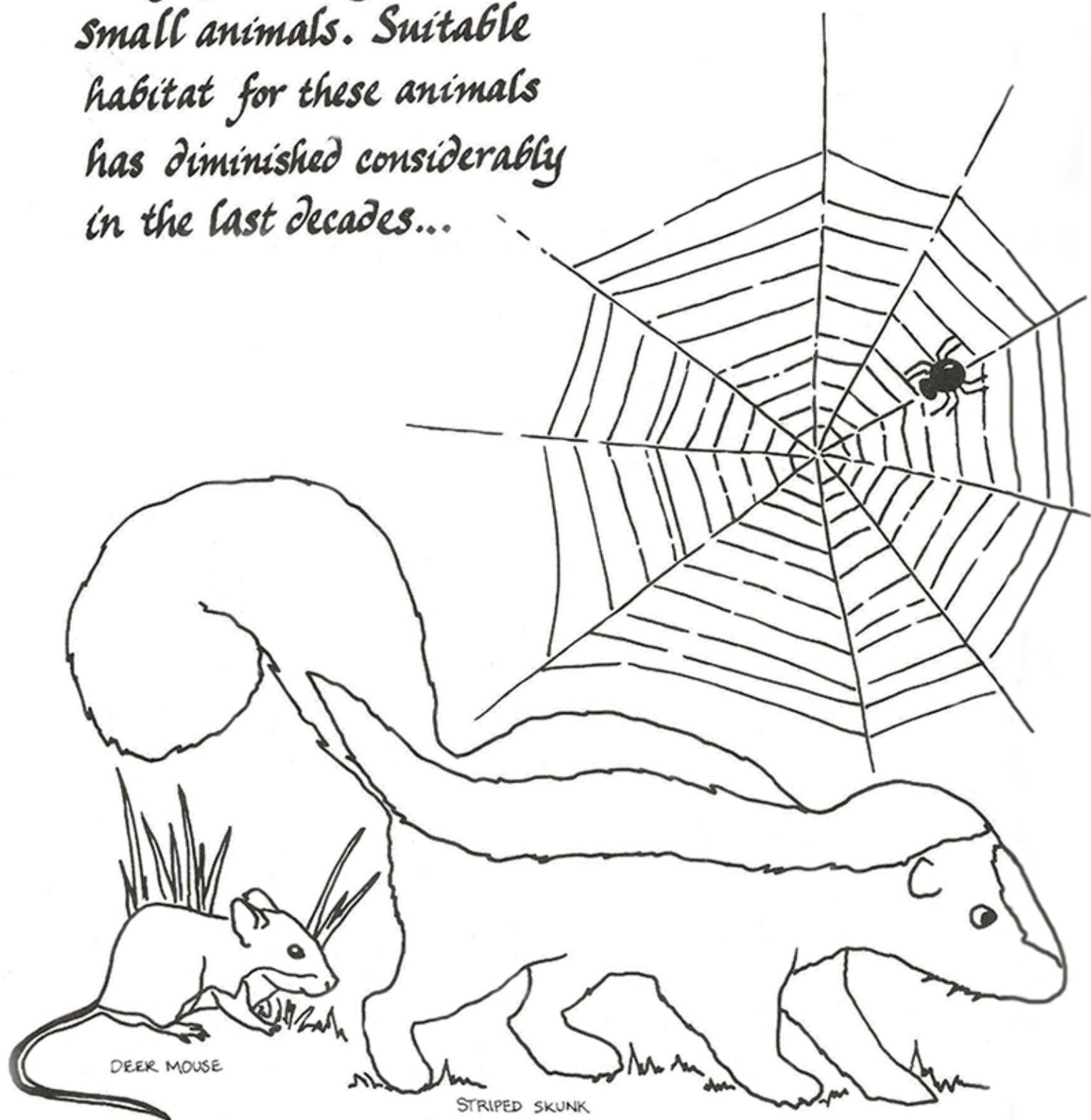


MINER'S LETTUCE



POISON OAK

The wind-pruned oaks and surrounding woodland are a refuge for many birds and small animals. Suitable habitat for these animals has diminished considerably in the last decades...

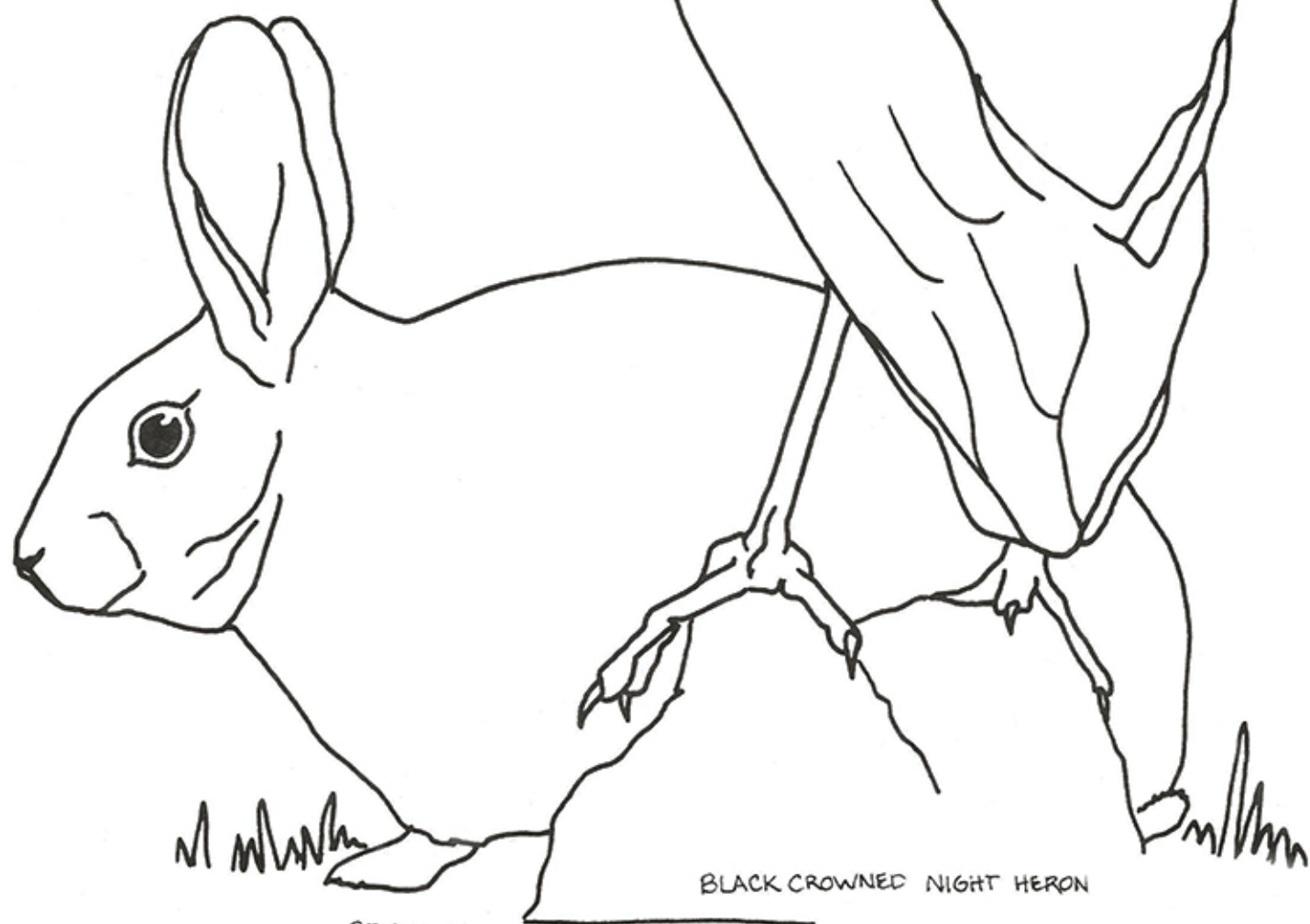


DEER MOUSE

STRIPED SKUNK

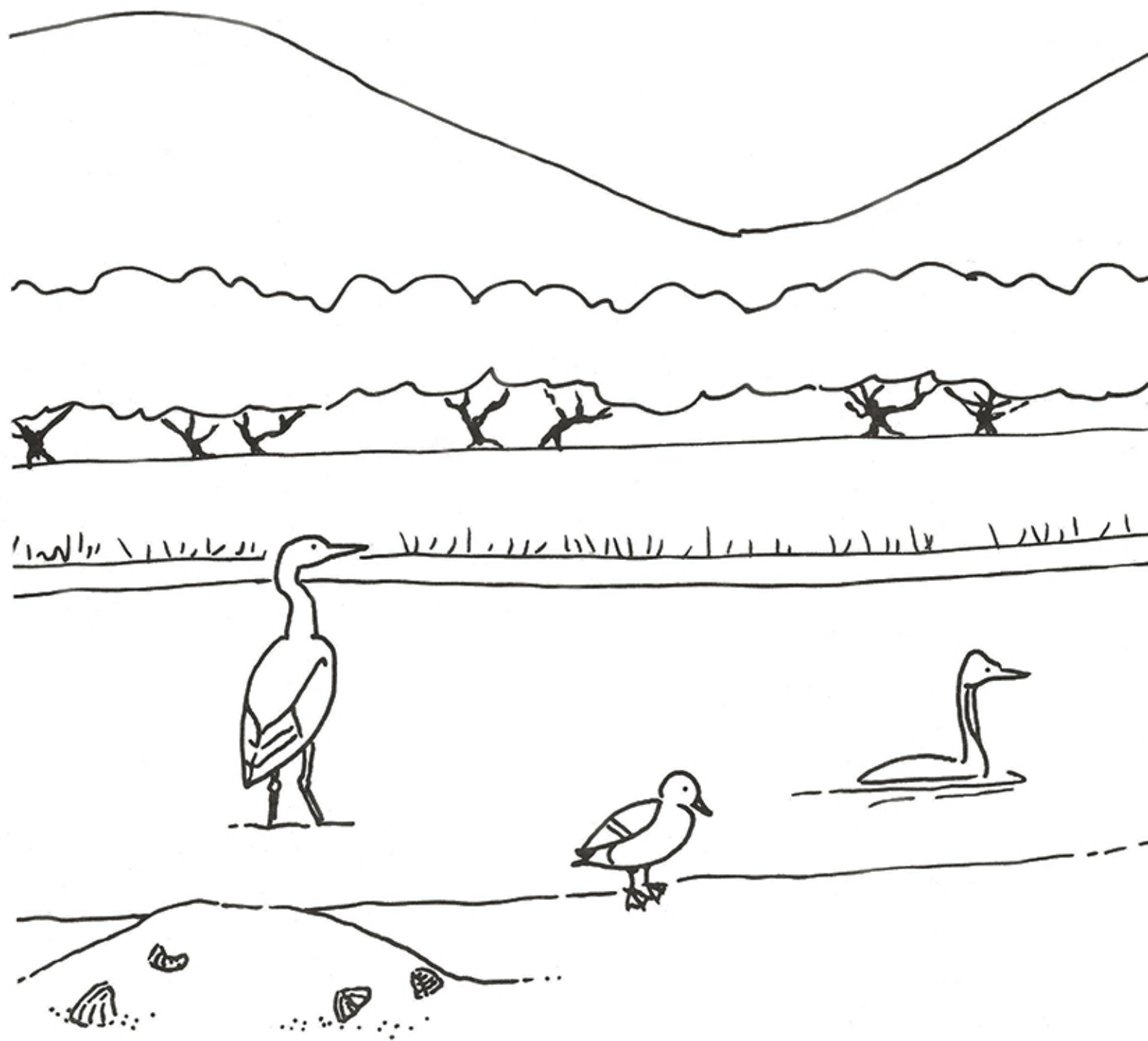


PACIFIC
TREE FROG

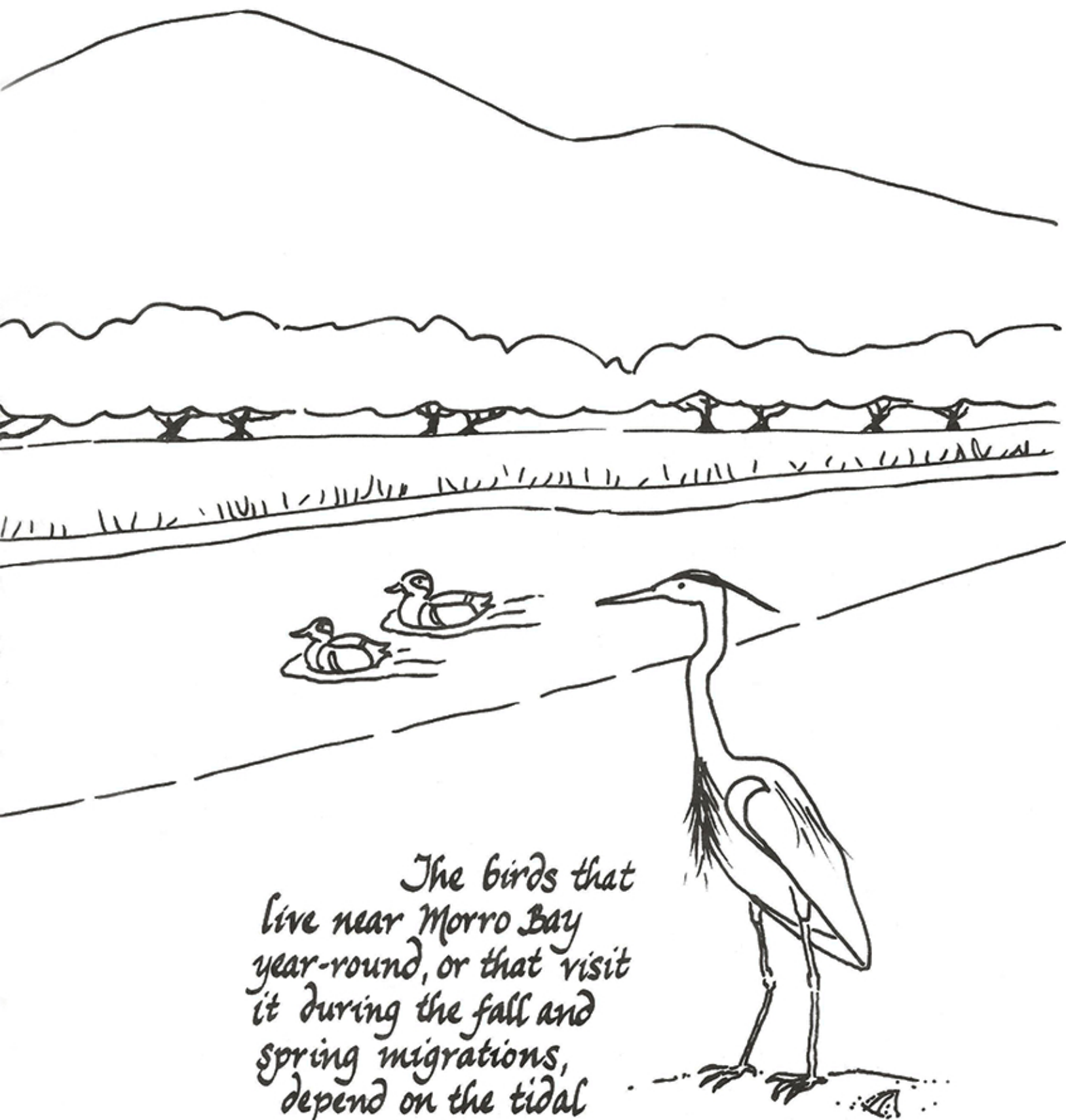


BLACK CROWNED NIGHT HERON

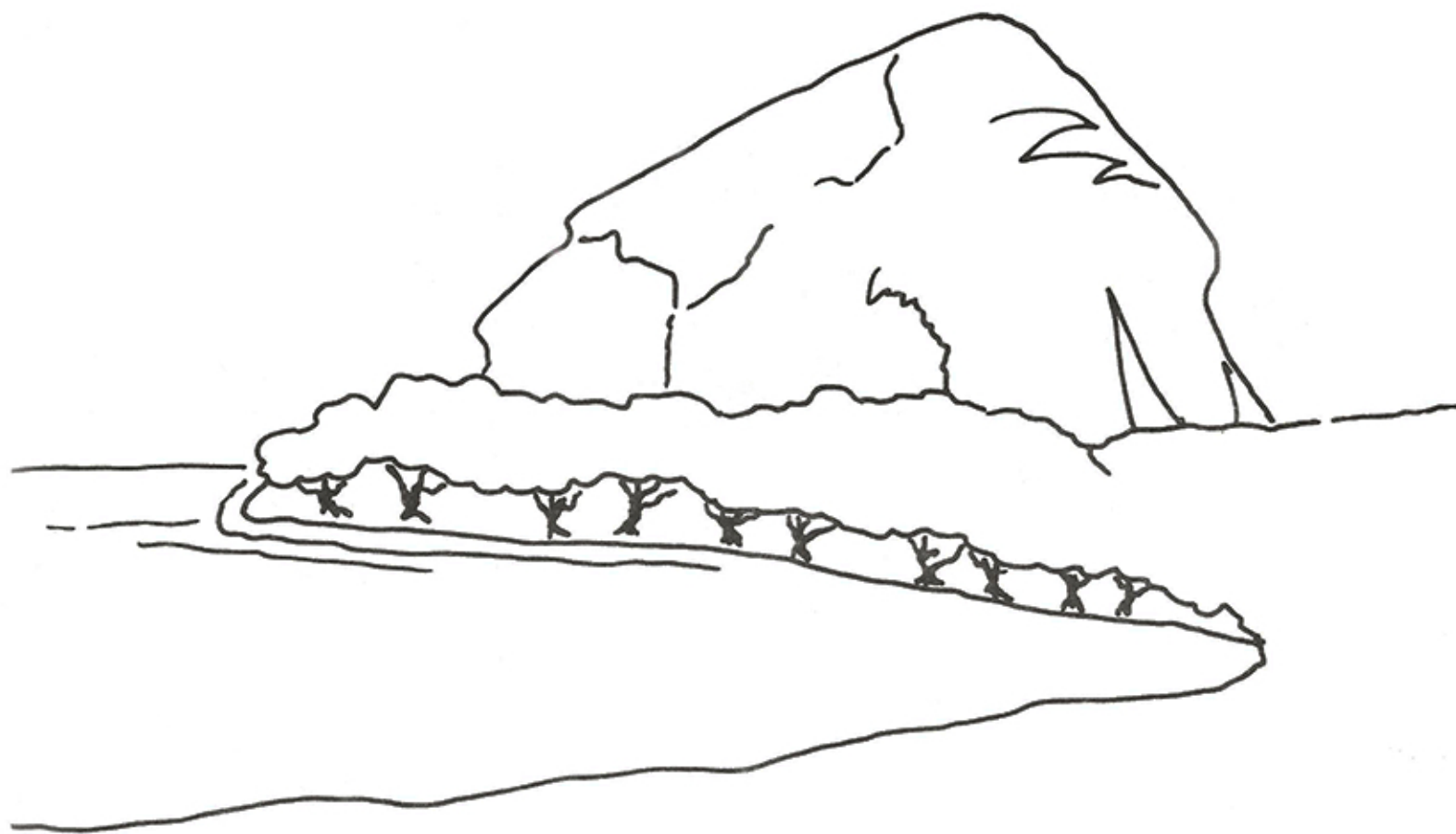
BRUSH RABBIT



Chumash Indian middens give testament to extensive Indian habitation. The middens, or ancient garbage dumps, contain the shells of oysters no longer found in Morro Bay and a variety of clam shells.



The birds that
live near Morro Bay
year-round, or that visit
it during the fall and
spring migrations,
depend on the tidal
habitat as a
source of food.

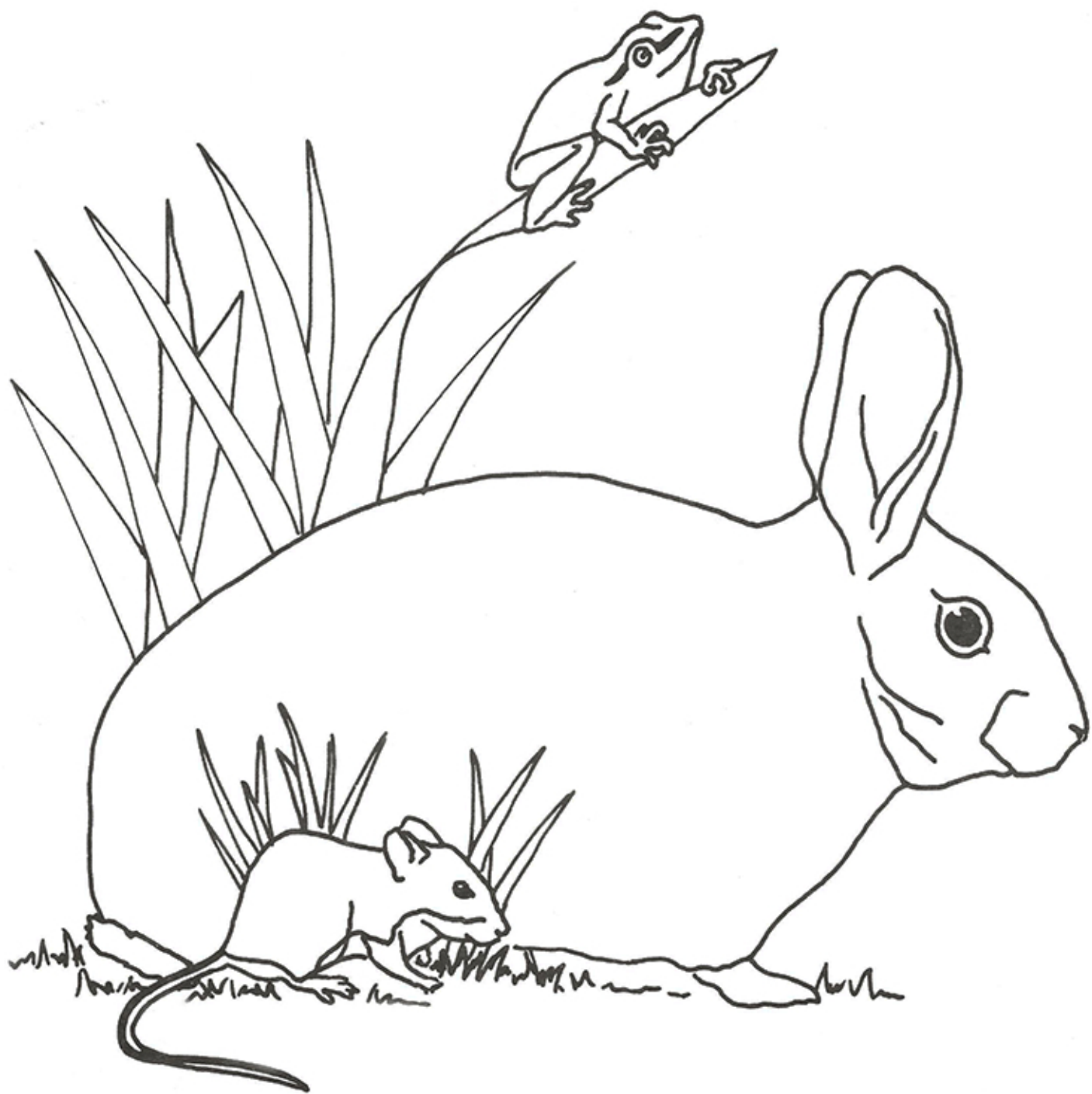


*From the Ridge Trail which runs
the full length of the Elfin Forest
one can look west to the sandspit,
Morro Rock, and the ocean beyond...*



*or look east to the
volcanic peaks called the seven sisters.*

The El Moro Elfin Forest is a significant small wilderness area which helps to protect the quality of life on the Morro Bay Estuary.



*"Each town should have a park,
or rather a primitive forest, where
a stick would never be cut...
a common possession forever
for instruction and recreation."*

HENRY DAVID THOREAU

**Friends of El Morro Elfin Forest
(FEMEF)**

P.O. Box 6442
Los Osos, CA 93412
805.528.0392
www.femef.org