

Edgewood

EXPLORER

FRIENDS OF EDGEWOOD • SPRING 2026

Stay Safe Out There: Tips for Day Hikers

by Michele W. Conway

In December, a day hiker reported being lost after dark in Edgewood Preserve but his phone died shortly after the call. The San Mateo County sheriff's office and county parks rangers searched through the night, according to *Patch* online news, but the hiker was not found until the next morning. The preserve covers less than 500 acres and is surrounded by roads and residences. And yet

If you are a frequent day hiker in Edgewood Preserve and know the preserve well, you may not be concerned about getting lost. But most people who enjoy hiking also hike some of the time in new and unfamiliar locations.

Search and Rescue organizations in the national parks report that most rescues are hikers who got lost or stranded, and the most vulnerable group is day hikers.

How do people get lost? They wander off-trail or fall off the trail and can't find their way back; they get separated from their group; darkness or bad weather set in; they slip or fall and suffer a leg injury; equipment is lost or fails. Lost hikers are in danger of exhaustion, dehydration, and hypothermia and may be stranded overnight.

According to the American Hiking Association, the biggest mistake day hikers make is not preparing adequately. Inexperienced day hikers may toss a camera and a water bottle in their day pack and rely on their phone to save the day in emergencies. But overconfidence is as dangerous for the experienced as the inexperienced. Even experienced day hikers often set out without proper research, preparation, or skills. They don't check the weather, pack necessary gear, or consider the challenges they might face.

George Brown, a hiker missing for two days in Montana, said, "One mistake people make is thinking nothing can go wrong."

Before heading out on a day hike, do your research. Many parks have websites with trail descriptions and safe hiking information. Talk to rangers and naturalists at the site.

Know your capabilities. Pick the right trail for you (and your companions.) Matt Dolkas writes in the Peninsula Open Space Trust blog: "Choosing a trail that's the right level of difficulty is a critical step for a successful hike. ... The three main criteria to consider are time, distance and elevation change." Also consider trail conditions and environmental conditions (humidity, temperature).

Make a hiking plan listing the location, trails, how long you plan to be out, when you expect to return, etc. On the hike, stick to your intended route and do not walk off-trail.

Tell at least one person your hiking plan and when you will check in with them upon your return.

Check the weather and be prepared for it, but also be prepared for sudden changes in weather.

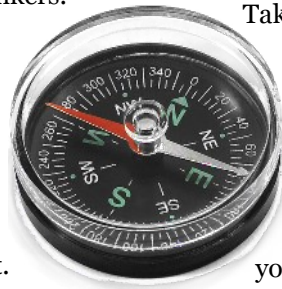
Take a map and compass (and know how to use it).

Don't rely solely on your phone for this. On the National Park Service website, hikers are advised not to rely on their cell phones as a light source, a map, or a survival kit. Cell phones are not always going to have reception and the charge may run down. Nevertheless, if you're taking your phone, make sure it is fully charged at the start and consider taking a backup battery.

Know when to turn back. Set a turnaround time and turn back if the hike is taking longer than expected even if you have not reached your destination, so that you don't get stuck outside in the dark.

Prepare for the unexpected, such as fog, sudden rain, a miscalculation of the time and effort needed to travel the distance to and from your destination, or having to finish a hike in darkness.

Many websites have a list of 10 essentials hikers should carry including a map and compass, as well as safety items (flashlight, whistle), extra clothing, sun protection, first aid kit, emergency blanket, rain gear, and more. Review these lists, gather the items you need, keep them in your day pack, and take them with you whenever you hike. ☘





President's Message

by Barrie Moore

Spring is always a time of new beginnings, but this year the beginnings are especially new for me as I become the most recent president of Friends of Edgewood. As FoE enters its thirty-fourth year, I'm reflecting on the tremendous legacy of leadership that has made this organization one of the most engaged, successful, and respected Friends groups in the Bay Area. Of the six former presidents – Carolyn Curtis, John Allen, Bill Korbholz, Peter Ingram, Kathy Korbholz, and Mary Wilson – two of them have served in that role for 12 years each. Bill Korbholz and Peter Ingram have both made such significant contributions to the protection and restoration of Edgewood; it is hard to adequately thank them. I am grateful for their service to our mission and for the warm, respectful, collaborative culture they've created. I began volunteering with FoE in 2017 and have worked closely with them both. Boy, do they leave some big hiking boots to fill! I'm excited to continue the important work of making sure Edgewood is protected and appreciated forever, and I'm so glad to have their help and guidance in my new role.

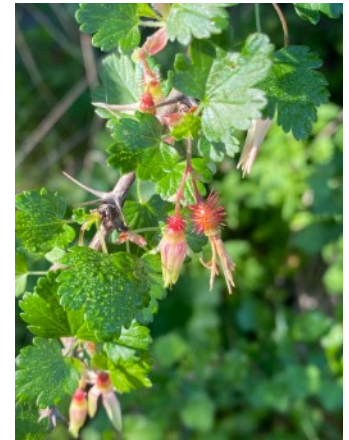
We welcome two new board members in 2026, Sue Lindner and Kaushal Parekh. (Read more at right.) We have also rotated our director roles. This year, Sandy Bernhard will be vice president, Peter Ingram will be treasurer, and Perry McCarty will be secretary. At the program level, Angela Mallett is now our Membership Coordinator and Matt Tobin is the Green Grass 2.0 Coordinator. Peter Ingram will head up the overarching P467 Program. It is a sign of a healthy organization when so many talented folks are willing to take on new jobs to keep our programs vibrant and growing.

Speaking of growing, last year FoE volunteers spent 15,373 hours working on projects that support the preserve. That is a record high! We have many new volunteers, but we also have a few places where we could use an extra hand. We're looking for help at Edgewood Farms, we could use a few more Ed Center hosts on weekend afternoons, and someone who could help with our social media. We'd also love to find a tech wiz volunteer who could automate scanning and sorting our camera trap images. If you are interested in these or other volunteer opportunities, email us at get-involved@friendsofedgeswood.org.

At one of our first meetings of the new year, Sandy and I met with Emma Gonzalez, the new San Mateo County

Interim Parks Director taking over for Nicholas Calderon who was promoted to Deputy County Executive at the beginning of the year. Emma has a long history working for San Mateo County and deep experience in community engagement. We were pleased to hear how much she values the partnership between SMC Parks and FoE, and we're looking forward to continuing to strategize ways to protect the preserve and partner in the field to ensure successful results.

Wildflower Hike season kicks-off on March 6th, and as I write this note on Valentine's Day, warrior's plume and hound's tongue are blooming along the trails, and an especially nice gooseberry (right) is flowering in the native garden. The welcome recent rain will hopefully encourage a vibrant showing all season.



I hope to see you out on the trails or feel free to send me a note at president@friendsofedgeswood.org. I love hearing your feedback and ideas for ways we can protect this treasured place and help more members of our community care about Edgewood.

Happy trails! ☘

New Board Members



Sue Lindner

Sue fell in love with Edgewood in the mid-1980s after attending docent hikes in the preserve. Decades later, as a retiree, she became a Friends of Edgewood docent, and now regularly joins the wildflower survey team. ☘



Kaushal Parekh

Kaushal has frequented Edgewood since moving to Redwood City in 2018. He became a Friends of Edgewood docent in 2023. More recently, Kaushal has taken on the role of volunteer coordinator for FoE, fielding 'get-involved' inquiries from readers of the FoE website. ☘

Docent-Led Spring Wildflower Hikes in Edgewood Begin March 6

by Barrie Moore, FoE President

Friends of Edgewood (FoE) will kick off our free spring wildflower hikes starting March 6th. FoE's expert wildflower docents will share insights about Edgewood Natural Preserve's extraordinary biodiversity and help visitors spot some of the dozens of different species that bloom throughout the season.

In March, Edgewood's oak woodland flowers begin to bloom. In April, the serpentine grasslands come alive. By May, late spring flowers dot the hillsides. Last year we were lucky to see the endangered white-rayed pentachaeta (*Pentachaeta bellidiflora*) growing trailside thanks to restoration efforts by FoE and our partners at Creekside Science.

Hikes will be offered weekly on Fridays, Saturdays, and Sundays through the end of May. There will be options to start from the Ed Center (Sylvan and Edgewood trails) or the Clarkia trailhead. These hikes typically cover about three miles and last about three hours, so there is plenty of time to stop and examine what you find along the trail.

The spring wildflower hikes are best for adults or older children interested in learning more about the plants and animals that call Edgewood home. For families with young children, shorter, kid-friendly hikes are offered on select Saturdays and Sundays.

The hikes are free, but you must register in advance at Eventbrite: friendsofedgewood.eventbrite.com. New hikes are typically added two weeks in advance, so check back throughout the season or follow Friends of Edgewood on Eventbrite to be notified when new hikes are added. Each week offers something new to discover at Edgewood Natural Preserve!

Questions about the hikes? Email info@friendsofedgewood.org. ☘

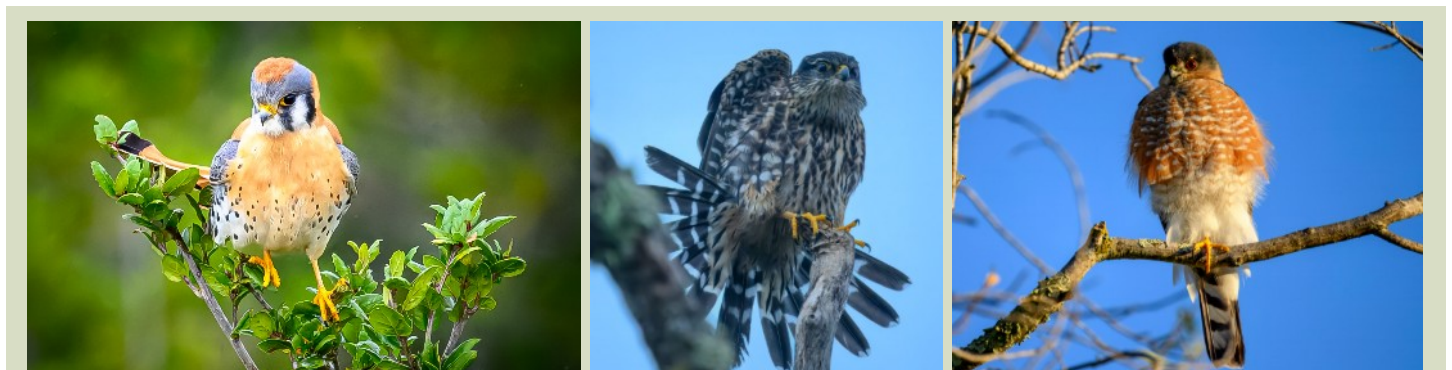


White-rayed pentachaeta
Photo by Kathy Korbholz

A graphic with a green circular background containing the text "FRIENDS OF EDGEWOOD SPRING WILDFLOWER HIKES AT EDGEWOOD PRESERVE MAR-APR-MAY". To the right, there are two circular images: one showing a group of hikers on a trail and another showing a field of pink flowers. There are also several small decorative circles in yellow and red.

FREE DOCENT HIKES START MARCH 6

AT EDGEWOOD PARK & NATURAL PRESERVE
MORE INFO AND SIGN UP AT
[FRIENDSOFEDGEWOOD.EVENTBRITE.COM](https://friendsofedgewood.eventbrite.com)



Leslie Cavaliere had numerous opportunities to photograph raptors in the preserve this winter. Vibrant American kestrels, the merlin that makes an annual migratory appearance, and a rare sighting of a sharp-shinned hawk.

Budburst in Edgewood

by Bruce Homer-Smith

Springtime is a delight, when the buds of all sorts of plants burst open, revealing glorious leaves and flowers. It's amazing how quickly they unfold. This apparent suddenness can be misleading. This article describes the many steps woody plants take during the previous season to prepare for spring growth.



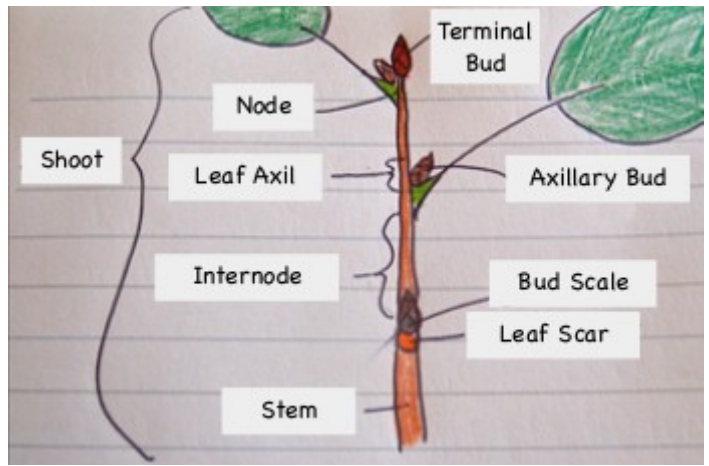
Blue Elderberry leaf buds open in the spring
Photo by Steve Matson

Fall Preparation

By late summer and early fall, while some plants die back to the ground, many woody plants retain their stems for growth the following year. These overwintering stems often form a terminal bud at the shoot tip. Bud scales grow upward around the apical meristem, enclosing and protecting it from cold, wind, and desiccation.

Under the bud scales, the terminal bud and its cousins, the axillary buds formed in the leaf axils of recently produced leaves, begin organizing next year's leaves, stems, and sometimes flowers.

Some species develop primordia for each leaf or flower that will emerge in the spring. When winter arrives, the number and arrangement of these organs are already determined.



Stem parts

Based on an original drawing by Jen on Wordpress

Spring growth simply enlarges what was preassembled within the bud. This is called determinate growth.

Other species start development inside fall buds but retain the capacity to add new organs when the axis elongates in the spring. This is indeterminate growth.

How it happens

California buckeye and coast live oak spend six to ten weeks in the fall preparing buds for rapid expansion next spring. California buckeye buds begin development around July. Coast live oak buds typically begin filling around September.

Rising temperatures and lengthening days increase growth activity in the leaves, including the production of growth hormones such as gibberellins (GAs). If there is plenty of water, these growth hormones and carbohydrates are transported to buds via the phloem.

At the bud, when sucrose levels are high, cell division accelerates. Strong resource supply can favor floral initiation in plants that are developmentally ready to reproduce. Moderate resources favor vegetative bud development. If growth hormones, sucrose, and water levels are low within a bud, it remains dormant for this season. Buds that are better connected to the vascular system, such as terminal buds and newly formed buds, are more likely to reach the threshold required for new growth.

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Edgewood Park and Natural Preserve lies on ancestral lands taken from the Ramaytush Ohlone peoples. For thousands of years to the present day, the practices and values of the Ramaytush Ohlone have proved their enduring commitment to the health of the land. Friends of Edgewood honors their stewardship as we strive to preserve Edgewood's extraordinary biodiversity and promote strong connections with this land so that Edgewood is appreciated and protected forever. Learn more about Ohlone history, culture, and cuisine, and native plants and animals in this 20 minute video: ["Native to Right Here"](https://www.youtube.com/watch?v=3Eimf-BPF7o) (youtube.com/watch?v=3Eimf-BPF7o).

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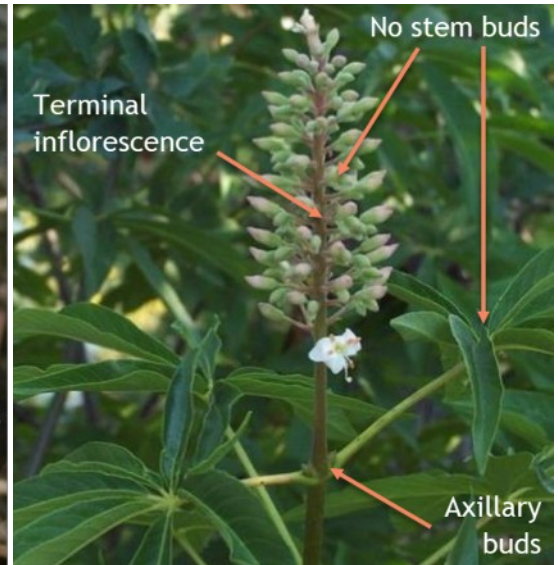
California buckeye budburst

In spring, the terminal bud opens; axillary buds open as resources permit. For instance, if it has been a hard winter, some buds that were prepared last fall will not open.

On the left, a preformed set of leaves emerges from a buckeye terminal bud. The number and arrangement of these leaves were set last fall. It's a determinate shoot. Buckeye bud scales are large, thick, and leathery because they must protect preformed primordia through late summer drought and winter cold.



Early vegetative growth
Photos by Neil Kramer



Terminal floral inflorescence

On the right, a floral inflorescence grows directly from a different buckeye terminal bud. Buckeye floral inflorescences are indeterminate. The length of the floral arrangement depends on spring growing conditions. This is the California buckeye's pattern: determinate vegetative shoots paired with indeterminate floral inflorescences.

Coast live oak budburst

Coast live oaks have a different growth pattern in spring. Their terminal buds remain vegetative and support indeterminate shoot growth. Several leaf primordia and internodes are formed the previous fall, but the extent and content of spring growth are dictated by conditions in the spring.

During the growing season, at the tip of each branch, an apical meristem, smaller than a grain of sand, creates new vegetative growth. This is a special place where cells are undifferentiated. Like human stem cells, they can develop into various structures as growth proceeds.

In the spring, an explosion of new coast live oak leaves emerges from the apical meristem that was protected through the winter. Male catkins and female flowers grow from axillary buds formed last season.

Spring budburst seems almost sudden, but it is the result of months of careful construction that began the previous growing season. Growing conditions last fall often help determine which buds will be floral, vegetative, or dormant in the spring. In spring, a final balance of hormones, water, and carbohydrate supply determines which of those pre-formed buds will actually open.

Early coast live oak growth
Photo by Wilde Legard



What we witness in spring is not a beginning, but the visible release of work begun inside buds many months before. ☁

Research and editing help provided by ChatGPT.

“Roy G Biv” Sighted in Edgewood

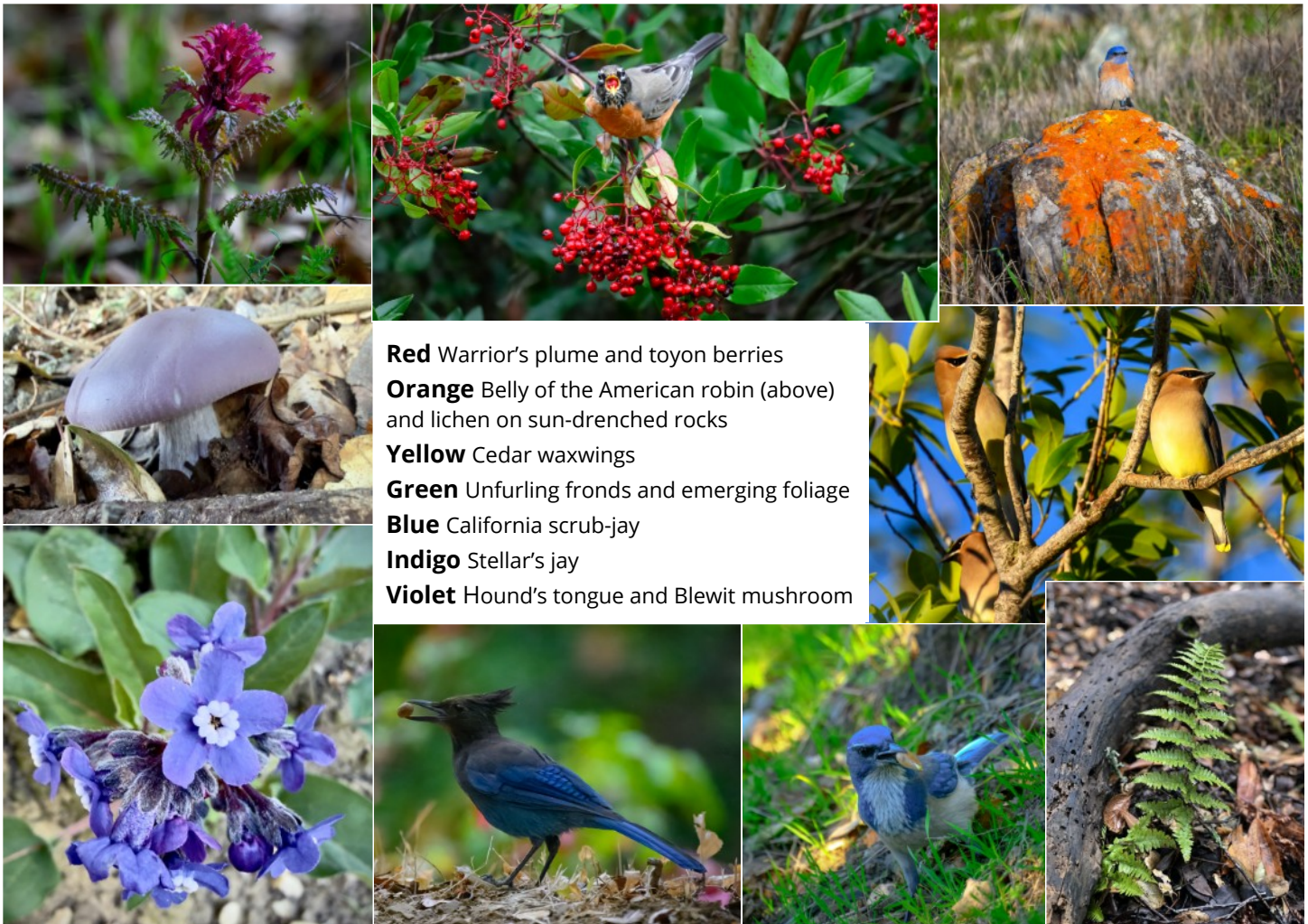
Text and photos by Leslie Cavaliere

It never ceases to amaze me how swiftly the rain transforms the preserve. Within days, everything seems to come alive. The loamy scent of the damp earth rises from the trails. Mushrooms appear almost overnight, tucked beneath leaves and under logs, while tender ferns and fresh green foliage begin to unfurl – quiet signals that wildflower season is just around the corner.

If you're lucky enough to be out on the trails in between rain showers, you might even catch a glimpse of a rainbow. I had the good fortune to chase one along the Franciscan trail in January. As I crested the hill, I paused and waited for the clouds to shift. When they did, the rainbow formed the perfect backdrop for a western bluebird perched on a snag.



While this was an actual rainbow, it reminded me of the mnemonic acronym, ROYGBIV, I learned as a child to commit the colors of the visible light spectrum to memory. Red, Orange, Yellow, Green, Blue, Indigo, and Violet were on full display this spring in both the flora and fauna in Edgewood.



Red Warrior's plume and toyon berries
Orange Belly of the American robin (above) and lichen on sun-drenched rocks
Yellow Cedar waxwings
Green Unfurling fronds and emerging foliage
Blue California scrub-jay
Indigo Stellar's jay
Violet Hound's tongue and Blewit mushroom

Taken together, the rain, the rainbows, and the returning wildlife feel like a quiet promise. Color is always waiting – sometimes tucked beneath leaves, sometimes perched patiently on a branch, sometimes arcing briefly across the sky before fading. The reward is simply being there, attentive enough to notice the moment when the landscape reveals itself, alive and renewed. ☘

Treasurer's Report for 2025

by Angela Mallett

Friends of Edgewood Natural Preserve is an all-volunteer, nonprofit organization with the mission to protect Edgewood's extraordinary biodiversity and foster lasting connections with Edgewood and the larger natural world. Our volunteers participate in 25 programs which we group into three broad categories: land and wildlife stewardship, nature education, and interpretive programs. Additionally, there are 12 ongoing activities related to governance and organizational infrastructure.

We endeavor to use our financial resources wisely, to spend our yearly funding within our means and to invest for the longer term to support the continuation and growth of our programs. Thank you to our volunteers, members, donors, and friends for your generous support.

Our largest expenditure in 2025 was for land and wildlife stewardship (managed as "Project 467"), including the Green Grass 2.0 initiative, Edgewood Farms (seed propagation), and San Mateo thornmint and white-rayed pentachaeta restorations. The Green Grass 2.0 team continued de-thatching and reseeding selected plots, with a long-term goal to restore 50 acres of Edgewood's fertile grasslands to 75% native cover by 2050. For the convenience of preserve visitors and the attendees of our docent-led hikes, we rented a portable toilet, which was located near the Sunset Gate for five months during peak wildflower viewing season. We participated in educational outreach activities at the San Mateo County Parks SummerFest and FallFest events.

2025 was a good year for revenue, allowing us to pay all of our expenses without running a deficit. In addition to membership dues and other gifts, we received a variety of grants to support our programs, including a generous bequest from a past member, company-match donations, and donations from Donor Advised Funds and Qualified Charitable Distributions.

In 2025, the majority (62%) of our expenses went toward land and wildlife stewardship. Our nature education programs, including the Bill & Jean Lane Education Center, and printing and mailing the quarterly newsletter, accounted for 10%. Another 7% went to our interpretive programs, which included free docent-led walks. We also granted

Become a Friend of Edgewood

Help support FoE's habitat restoration programs and activities that connect people to the beauty of nature in Edgewood Park & Natural Preserve.

A donation of any amount is greatly appreciated! Consider becoming a sustaining member by signing up to make a monthly donation of \$5 or more.

Pay by credit card at foew.org/donate, or complete the form below and mail with your check.

Thank you for supporting **Friends of Edgewood**.

Please circle your donation amount:

\$25 \$50 \$100* \$150* 250* \$500* \$_____

Name _____

Address _____

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Email _____

Phone _____

EXPLORER newsletter preference: email mail

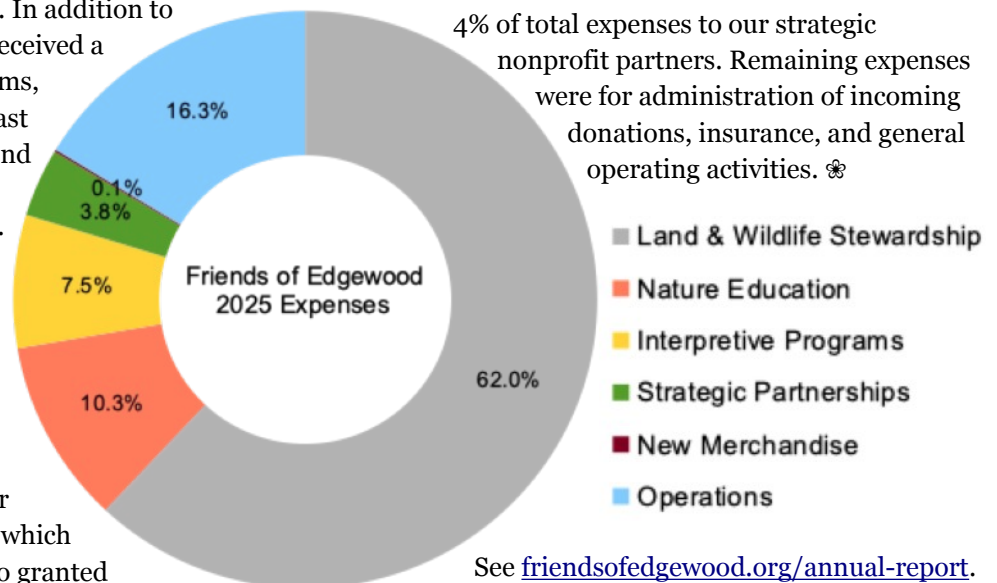
*Check if you wish to receive eligible thank you gifts:

6 Edgewood greeting cards for donations of \$100+

Plus 1 year of *Bay Nature* for donations of \$150+

Mail with your check to **Friends of Edgewood**, 3 Old Stage Coach Rd, Redwood City, CA 94062-3801.

Donations are tax-deductible as allowed by law.



See friendsofedgeswood.org/annual-report.



Est. 1993

Friends of Edgewood

PRESERVE • EDUCATE • RESTORE

Friends of Edgewood Natural Preserve
3 Old Stage Coach Road
Redwood City, CA 94062-3801

ADDRESS SERVICE REQUESTED

Bill and Jean Lane Education Center at Edgewood Park and Natural Preserve

Permanent and changing exhibits. Staffed by volunteer hosts. Open most Saturdays, Sundays, and Wednesdays.

To learn more about Friends of Edgewood, visit our website at foew.org, call us at 650-367-7576, or email us at info@friendsofedgeswood.org.

 www.instagram.com/friendsofedgeswood/

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→ When visiting Edgewood Park and Natural Preserve, please review trail maps, obey signs, and stay on approved trails.

→ See friendsofedgeswood.org to learn about our mission, find membership information, and discover volunteer opportunities.

UPCOMING EVENTS

Docent-Led Wildflower Hikes
Fridays, Saturdays, and Sundays from March 6 through May (dates posted 2 weeks in advance)

Kid-Friendly Hikes
Select Saturdays and Sundays
Hikes are free but space is limited so you must register at [Eventbrite](https://www.eventbrite.com). (See page 3.)
Please cancel your registration if you find you cannot attend, to allow others to attend.

The Edgewood EXPLORER is published quarterly by Friends of Edgewood Natural Preserve, a nonprofit organization dedicated to preserving and restoring Edgewood and educating the public about its treasures. Friends of Edgewood Board of Directors: Sandy Bernhard, Elisa Chavez, Nancy Enzminger, Peter Ingram, Bill Korbholz, Kathy Korbholz, Sue Lindner, Angela Mallett, Perry McCarty, Barrie Moore (president), Kaushal Parekh, Matthew Tobin. The newsletter is edited by Michele W. Conway and supported by many friends.