
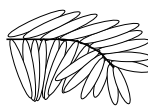

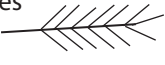

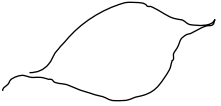

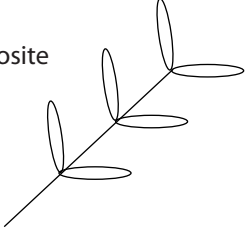






Pacific Northwest Native Plants and Ethnobotany

Ethnobotany describes the relationship between culture and plants. The plants described here are considered native to the Puget Sound region, known to the area's first peoples as the Salish Sea. This collection is not complete, but covers many easily recognizable species found within urban parks and readily accessible natural areas. Many are listed with their Lushootseed name, a language used by the first cultures of the Salish Sea. Traditional uses for these plants are also described here, whether it be for food, medicine, clothing or construction materials. Please do not harvest or consume these plants unless you are also accompanied by an expert.

The information here was compiled by Jason Medeiros with the help of Bri Castilleja who researched Lushootseed names and more current usage of these plants. Primary reference was Pojar and McKinnon's guide to **Plants of the Pacific Northwest Coast**, Lone Pine Publishing, 2004. And the Washington Native Plant Society.

Distinguishing Features-				Try out some of these terms! How else can you describe these plants?...Be creative!	
LEAF			BRANCHING		
Shape Ovate  Pinnate  Lobed  Needles  Other _____	Edge Serrated  Smooth  Other _____	Texture Smooth Fuzzy Soft Leathery Other _____	 Alternate  Opposite		
TREE 	SHRUB 	GROUNDCOVER 	GRASS SEDE or RUSH 	FRUIT / FLOWER / CONE (CIRCLE ALL PRESENT) OTHER FEATURES? What other details can you find that make a plant easy to recognize?	

False Lily-of -the Valley *Maianthemum dilatatum*

PNW Native Plant Card



Plant Facts

Low ground cover with medium sized heart shaped leaves with a strong pattern of parallel veins. Small white flowers and berries extend above the leaves. This plant prefers moist, shady forest floors, particularly Sitka Spruce forests near the coast.

Ethno-botany

- Berries can be eaten in emergencies (not very tasty)
- Heated and pounded leaves were used by coastal cultures from Washington to Alaska to treat sore eyes and small cuts.

Giant Camas Flower *Camassia leichtlinii*

PNW Native Plant Card



Plant Facts

Pale to dark blue flowers on a 2-3 foot stem (about 1ft taller than common Camas), this plant grows from an egg shaped bulb deep in the ground. Prefers dry meadows, grasslands and well drained slopes.

Ethno-botany

- The bulbs can be steamed or roasted
- Gathered in the Spring and Fall when you can SEE the flowers, to avoid confusion with DEATH Camas (poisonous).

Lushootseed Name: Ä 'ábid

**Plant Facts**

Grows as a single stalked three petal flower atop three large leaves, about 1-2 feet high. Flowers begin as white but turn pink to purple with age. Prefers shady, moist forest environments.

Ethno-botany

- The juice from this plant, or boiled and mashed roots, is used by many Pacific NW tribes to treat boils (skin infections) and sore eyes

**Plant Facts**

Low ground cover with large fan shaped leaves that come in groups of three. White flower stalks extend 2-3 inches above the leaves. Prefers shady forest edges and stream banks.

Ethno-botany

- Leaves can be dried in bunches and hung around the house as an insect repellent. Their sweet vanilla scent is also used as an air freshener.

Wood Fern *Dryopteris expansa*

PNW Native Plant Card

Plant Facts

Fronds grow up to 3 feet tall in a cluster from the base of the plant. Triple pinnate leaves are complicated and serrated all the way down to the smallest leaflet. Prefers moist shady forest floors and edges of forest clearings.

Ethno-botany

- The pineapple like root stocks were an important starchy food source for many Native tribes in the Pacific NW and northern California.

Foam Flower *Tiarella trifoliata*

PNW Native Plant Card

Plant Facts

Short ground cover with pointed, three lobed leaves around the base. Flower stalks can grow to just over 1 foot tall and are covered with tiny white blossoms. Prefers shady forest floor and edges of clearings near streams.

Ethno-botany

- Quileute Pacific NW tribe has used the leaves as a cough medicine by chewing raw leaves.

Bracken Fern *Pteridium aquilinum*

PNW Native Plant Card

Plant Facts

Fronds grow from a central tall stalk, emerging in early spring. Each tall stalk splits into three fiddle heads, which develop into fronds (leaves). Like the Wood Fern, the leaves are triple pinnate and complicated. Grows in recently cleared sites along sides of roads, after avalanches, rockslides or fires, and in large openings in the forest canopy.

Ethno-botany

- leaves are used to line traditional pit ovens and separate food while it is baked. Rhizomes (roots) have been eaten in the past, but have recently been classified as a weak poison.

Lushootseed Name: čalas

Pronunciation: sch - alas

Woodland Strawberry *Fragaria vesca*

PNW Native Plant Card

Plant Facts

Common in forests and woodlands, with similar varieties growing on sand dunes and sea bluffs. Low to the ground with small toothed leaves in triplets, White flowers about the size of a quarter and hairy stems. Small sweet red berries.

Ethno-botany

- Berries are too juicy to be dried and are best eaten straight from the plant.

-Leaves of strawberry plants are still used in anti-diarrhea medicines, especially for children.

Lushootseed Name: sčičʔyu

Pronunciation: schee yoh

False Solomon's Seal *Maianthemum racemosum*

PNW Native Plant Card

Plant Facts

Single stalks grow 2-3 feet high with alternating ovate leaves. The end of the stalk grows feathery white flowers that turn to green berries. Leaves have strong parallel veination.

Ethno-botany

The rhizomes (roots) have been cooked and eaten. The berries have been used for food. The young shoots have been cooked and eaten, and used as seasoning. A medicine can be made from roots to treat sore backs, kindeys and joint problems.



Canada Goldenrod *Solidago canadensis*

PNW Native Plant Card

Plant Facts

Grows like a weed in meadows and along roadsides in open sunny areas. A golden yellow spray of flowers tops a single stalk with slender curling leaves. Grows one to five feet tall!

Ethno-botany

Pacific Northwest tribes have used medicine from shoots to relieve fevers in children, from flower heads to treat influenza. Medicine made from the whole plant is used as a bath for women during childbirth and babies with sleeplessness or excessive crying.



Douglas Spirea *Spirea douglasii*

PNW Native Plant Card

Plant Facts

This multi-branched shrub grows to six feet tall and prefers damp meadows, wetlands and streambanks. Tall flame like flowers show pink and deep rose color in the spring.

Ethno-botany

-The wiry branching twigs were used to make brooms for gathering tiny 'dentalia' shells on the beach. These 'dentalia' shells were used as money by Coastal Salish and traded as far east as the Great Plains.



Goat's Beard *Aruncus dioicus*

PNW Native Plant Card

Plant Facts

Grows along forest and river edges, as well as sunny areas along the sides of roads. The stems of this plant die back completely every year and regrow up to six feet tall from the root. Large, showy white tassels of flowers emerge at the tops of this plant in the late spring and last all summer.

Ethno-botany

Used by many tribes as medicine to reduce swelling either as a tea or mixed with grease to create a salve for the throat. Some tribes used this plant to treat diseases introduced by Europeans like Smallpox and Tuberculosis.



Large Leaf Lupine *Lupinus polyphyllus*

PNW Native Plant Card



Plant Facts

Grows along streambanks and in open areas after landslides or volcanic eruptions. Adds essential nutrients back to the soil after disturbances. Star shaped leaves and tall, many flowered cones (up to 1.5 feet!) make this plant very attractive.

Ethno-botany

It is sold commercially at garden stores around the world! Highly valued as garden decoration.

Mock Orange *Philadelphus lewisii*

PNW Native Plant Card



Plant Facts

Medium sized shrub 5-8 feet tall, growing along forest edges, rocky slopes and sunny bluffs. White flowers smell faintly of oranges and brown shaggy bark flakes off as the plant ages.

Ethno-botany

- Salish tribes have made combs, cradle hoops and hoods, knitting needles, baskets, snowshoes, harpoon shafts, fishing spears, bows, arrows, clubs, breast plates, tools, and pipe stems from the wood. The leaves and bark have been used to make soap.



Ocean Spray *Holodiscus discolor*

PNW Native Plant Card

Plant Facts

Tall shrub, usually 6-8 feet but can grow up to 20 feet, found on sunny bluffs and exposed forest edges. Symmetrical leaves with many rounded lobes and bright white and cream colored sprays of tiny flowers.

Ethno-botany

- Commonly called 'ironwood' the branches and twigs can be hardened in a fire and used for digging sticks, spear, harpoon and arrow shafts, bark scrapers, knitting needles and halibut hooks. Before the use of metal, the wood from this plant was used as nails!

Lushootseed Name: qacag^wac

Pronunciation: quat za gwotz



River Lupine *Lupinus rivularis*

PNW Native Plant Card

Plant Facts

This plant grows along streambanks and river edges. It returns vital nutrients to gravelly and sandy soils after floods wash away rich topsoil. Leaves come in small stars on this 2-3 foot tall shrub. Blue spiked flowers emerge in spring and summer.

Ethno-botany

- Roots of several varieties of this plant were cooked and eaten by tribes from Washington to Alaska. Some varieties have toxic roots so it is not recommended to collect or eat these without expert knowledge.



Self Heal *Prunella vulgaris*

PNW Native Plant Card

Plant Facts

Short, weedy ground cover with purple honeycomb flowers and small oppositely paired leaves. There was a variety native to the Pacific NW but it has now been combined with varieties from around the world.

Ethno-botany

-The leaves of this plant can be used to treat skin inflammation (rashes) and bruises. The juice can treat skin infections (boils). Tea made from the whole plant has been used to treat heart conditions.



Fringe Cup *Tellima grandiflora*

PNW Native Plant Card

Plant Facts

Spreads easily and grows in the sun or the shade. Low mounded ground cover with rounded, many lobed leaves. In the spring, tall stems emerge covered in small cup like flowers.

Ethno-botany

- Specifically used by the Skagit Tribe of northern Washington. The entire plant was pounded and boiled into a syrup and used to restore appetite and treat general sickness.



Piggy Back Plant *Tolmeia menzeizii*

PNW Native Plant Card

Plant Facts

Low growing ground cover with many pointed lobed leaves. More sharply pointed and smaller than Fringe Cup, but with similar tall stems covered with tiny cup like flowers. Prefers shady forest environments.

Ethno-botany

- The Cowlitz Pacific Northwest tribe has crushed and packed fresh leaves to treat skin boils. The Makah Pacific Northwest tribe has eaten raw early spring sprouts as food.



Fire Weed *Chamaenerion angustifolium*

PNW Native Plant Card

Plant Facts

Fluffy seeds spread easily by the wind to burned areas after fires and open roadsides. Single stems grow up to 6 feet tall from fast spreading roots, with magenta and pink flowers in the summer.

Ethno-botany

The young stems and shoots are edible (raw, blanched, boiled, and steamed). The stems with purple leaves are used in salads. The puffy seeds have been mixed with dog hair and used for weaving cloth. Fibers from the plant have been used to make fishing nets.

Lushootseed Name: ǰǰǰǰǰ

Pronunciation: hach-ts t'ots

