Beaked Hazelnut Corylus cornuta



Plant Facts

Many stemmed shrub with palm sized 'pointed' oval leaves. Leaves alternate on the stem and have saw toothed edges. Flowers in short braided rope-like 'catkins', and forms a hard nut covered by a green, pointed husk. Likes well drained slopes next to streams, shady clearings in forests and well drained soil.

Ethno-botany

- Nuts used for food and as a common trade item (like money)

- Straight branches used as arrows.

Lushootseed Name: ἀaṗuǎw

Camas Flower Camassia quamash

PNW Native Plant Card



Plant Facts

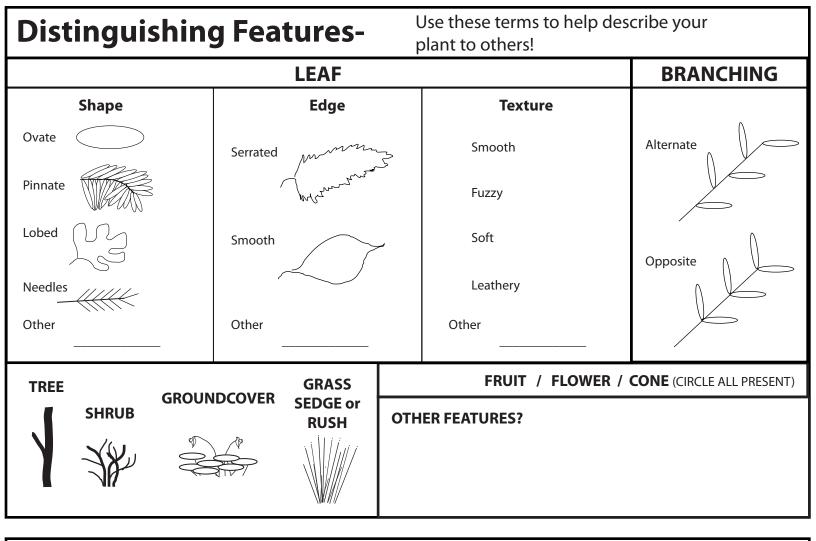
Pale to dark blue flowers on a 2 foot stem, this plant grows from an egg shaped bulb deep in the ground. Prefers dry meadows, grasslands and well drained slopes.

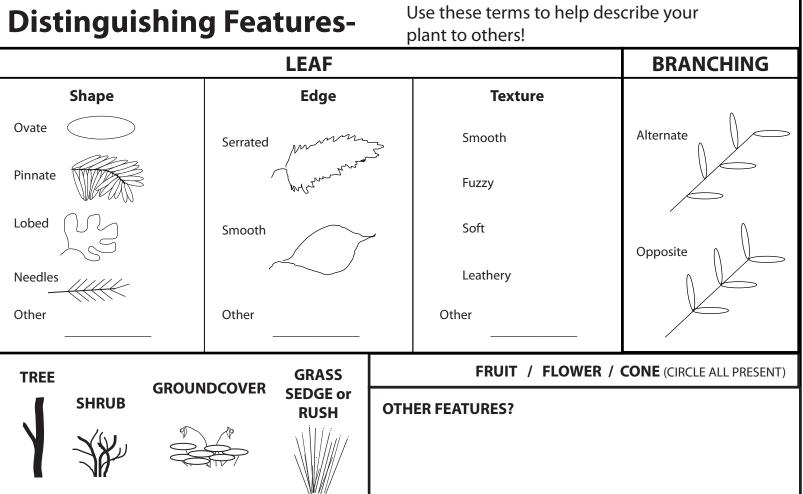
Ethno-botany

- 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





PNW Native Plant Card

Cattail Typha latifolia



Nodding Onion Allium cernuum

Plant Facts

Generally grow along the edges of open water and out into 2-3 foot deep standing water. Tall (3-9ft) grass like leaves with flattened blade like appearance. Cattails are most easily identified by their fuzzy flowers that resemble thick brown pipe cleaners or caterpillars!

Ethno-botany

- Young shoots can be peeled and eaten like cucumbers

- Leaves can be used for weaving mats
- Crushed roots help heal cuts

Lushootseed Name: ?ulal

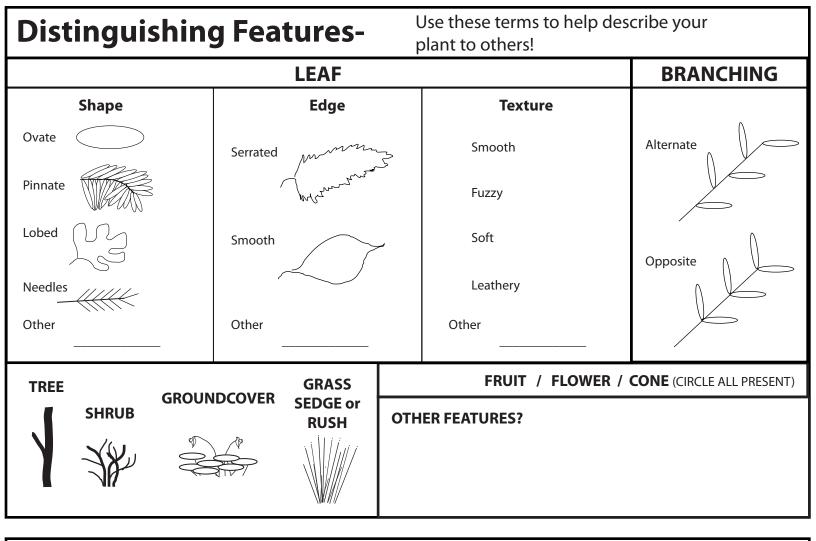
PNW Native Plant Card

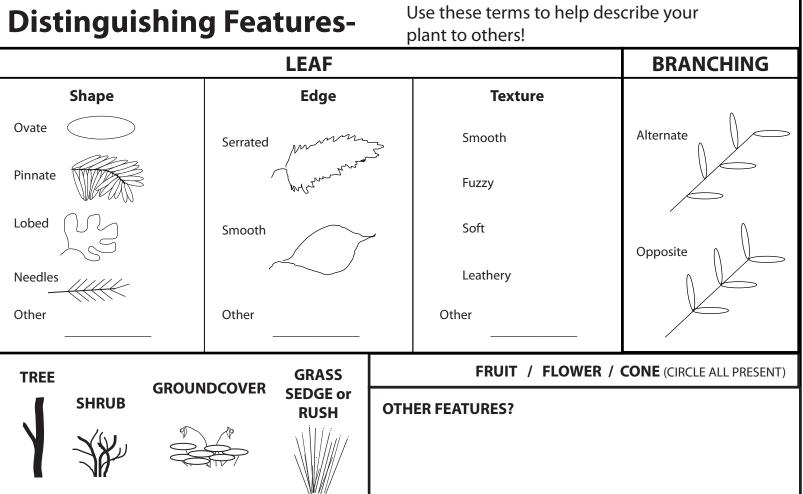
Plant Facts

Small pink flowers in umbrella like clusters and grass like leaves. Bellow ground this plant grows from long clustered bulbs, sometimes slightly pink, and smelling strongly of onion. Prefers open woods, expossed grasslands, rocky crevices and sandy soils.

Ethno-botany

- Bulbs can be eaten raw or cooked to add flavor to meat
- Bulbs can be rubbed on the skin to repel insects
- Crushed plants help heal sores and swelling





Thimbleberry Rubus parviflorus



Yarrow Achillia millefolium

Plant Facts

Large (8-12 inches), green, hand-like leaves, soft and covered in a light fuzz. White flowers lead to red berries, the size and shape of a rounded thimble. Grows 3-6ft tall and looses leaves in the winter. Prefers open sites along shorelines and open forests.

Ethno-botany

- Berries eaten fresh or in jams
- Sprouts eaten in early spring
- Bark boiled and used for soap

Lushootseed Name: słałaq

Pronunciation:

shleh shlock

PNW Native Plant Card

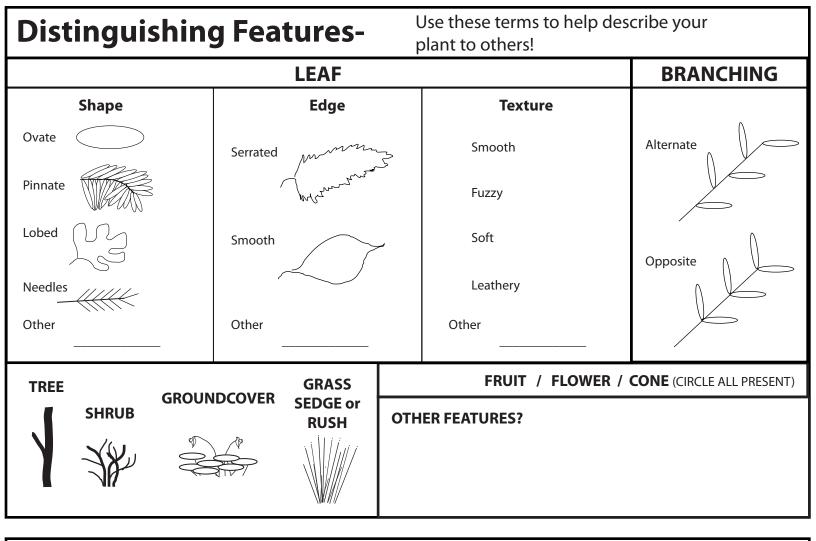


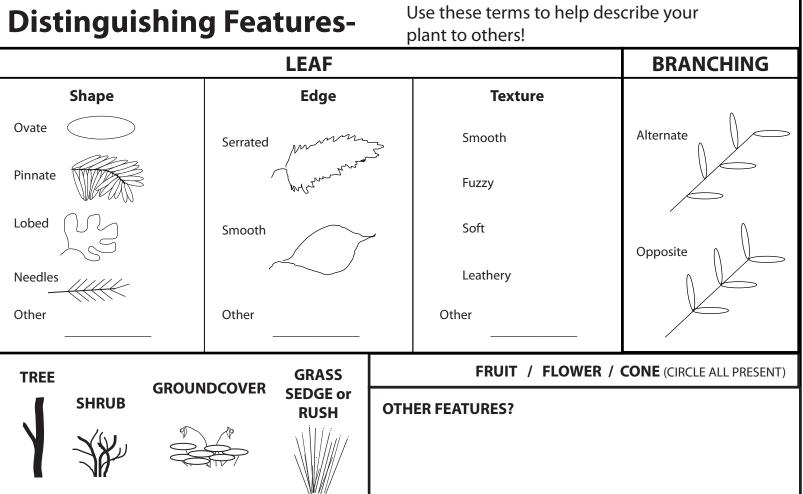
Plant Facts

Soft fern like leaves with small white flowers clutstered into umbrella shapes.Yarrow is quite common and grows 'like a weed' in meadows, rocky slopes, backyards and roadsides. Prefers sun and well drained soil.

Ethno-botany

- -Leaves can be soaked and used for colds
- Medicine to purify the blood
- Seeds used as a house fragrance





Chocolate Lily Fritilleria lanceolata



Plant Facts

Speckled or splattered purple and light green flower, dangling from slender stalk up to 2ft high. Below ground forms a larger scaly bulb with tiny 'rice-like' bulbs clustered around it. Prefers open spaces like meadows and ocean bluffs. Currently rare and hard to find!

Ethno-botany

Bulbs used to make a soup like clam chowder.

BeachStrawberry Frageria chiloensis

PNW Native Plant Card



Plant Facts

Common on sand dunes and sea bluffs, with similar varieties growing in forests and woodlands. 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

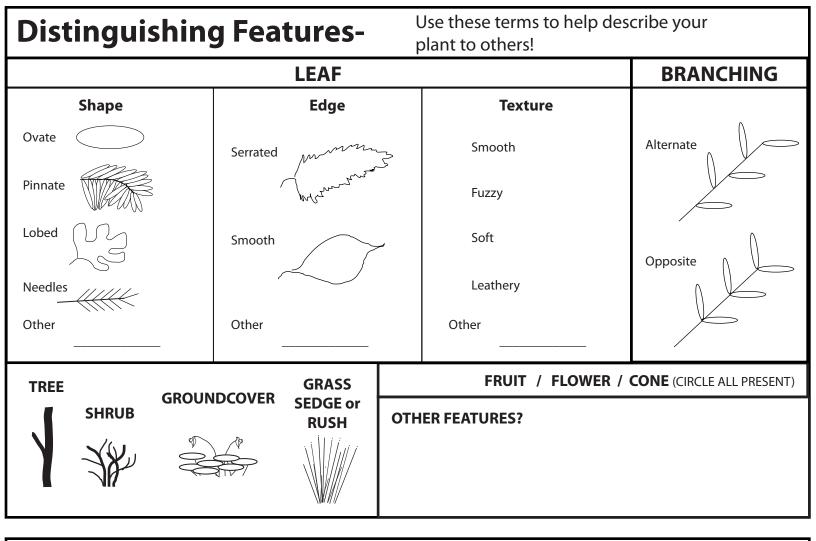
- Berries are too juicy to be dried they are best eaten straight from the plant.

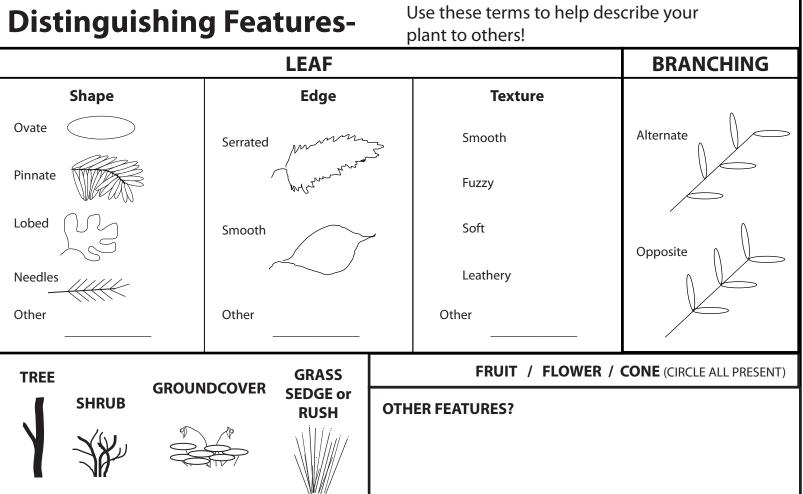
-Leaves of strawberry plants are used in antidiarrhea medicines, especially for children.

Lushootseed Name: sči?ýu

Pronunciation:

schee yoh





Snowberry Symphocarpus alba

PNW Native Plant Card



Stinging Nettle Urtica dioica

Plant Facts

Multi-stemmed shrub with very thin branches. Small oval leaves (1/2-1inch) fall in autumn and distinctive white berries remain through winter. Grows in dry to moist open forest, and slopes along rivers.

Ethno-botany

Berries rubbed on skin for burns, rashes, and sores.

Lushootseed Name: sikwadac

PNW Native Plant Card



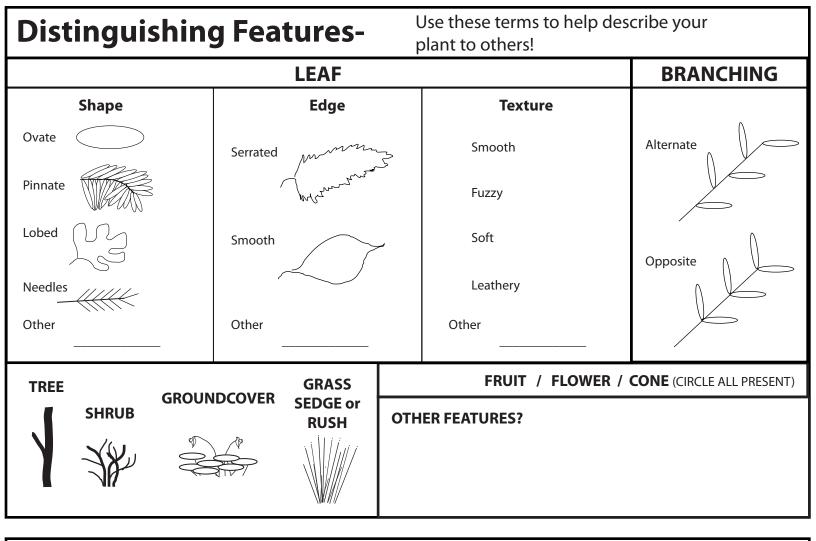
Plant Facts

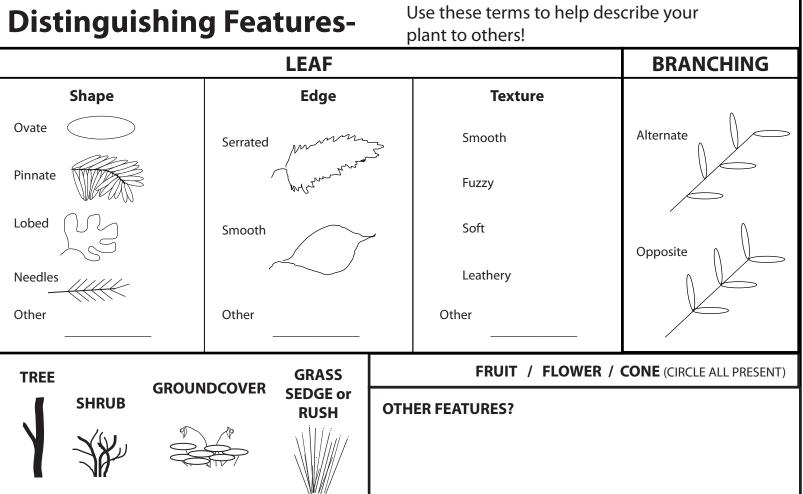
Beware of this plant! The hairs on the stems and underside of the leaves will make your skin sting and itch! This plant dies back completely in winter and returns 2-6 feet tall in the spring. It grows in the shade and along sides of trails....

Ethno-botany

Leaves of the nettle are rich in nutrients. They are made into a tea or soup for pregnant women to ensure the health of the baby.

Lushootseed Name: scadzx





Western Red Cedar Thuja plicata

PNW Native Plant Card



Plant Facts

This shade and wet soil loving tree can become one of the oldest and largest in the forest, growing to 150 feet tall. It has distinctive stringy bark that forms long strips. Though evergreen it does not have needles, but the leaves look more like scales.

Ethno-botany

- It is rot resistant and is used for carvings and construction of buildings and canoes.

- The bark can be pounded and woven to make clothing and even diapers!

Lushootseed Name: xpayac

Pronunciation:

__pyahts

Labrador Tea Ledum groenlandicum

PNW Native Plant Card



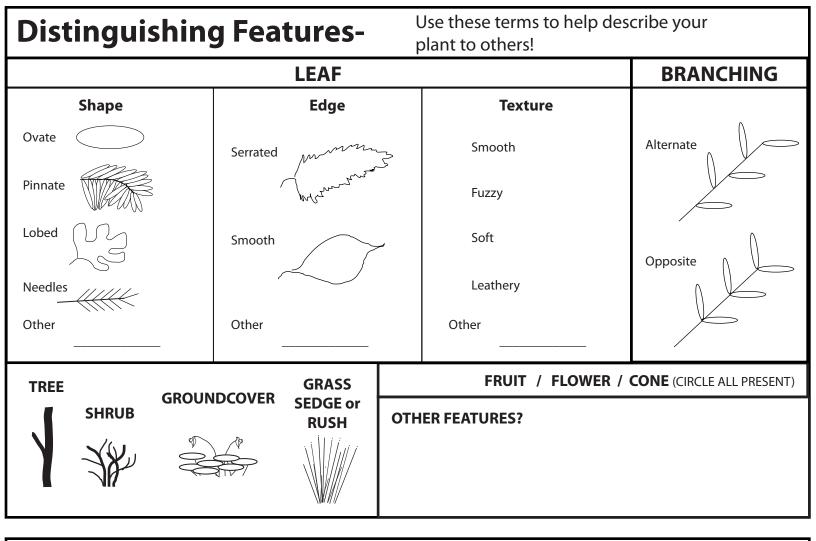
Plant Facts

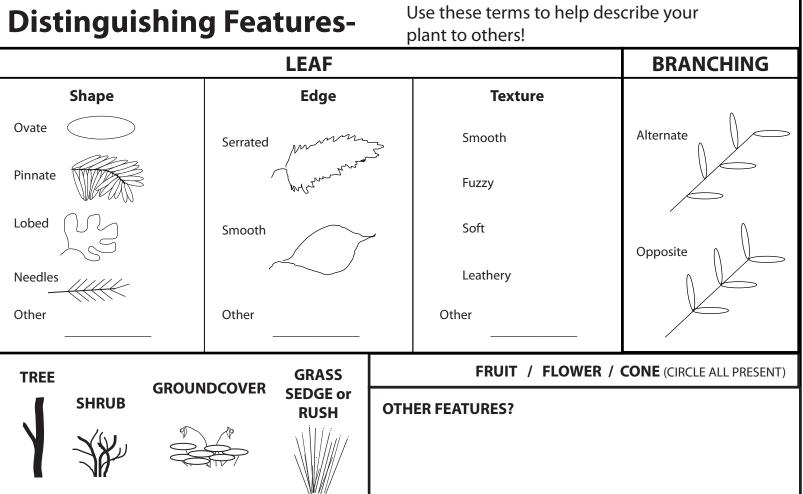
Long, pointed oval leaves, leathery with brown fuzz on the bottom face when mature. This multi-stem shrub is evergreen and grows 2-4ft high and forms white flowers in clusters. Preferes wet and acidic soils of wetlands, particularly the low nutrient soils of bogs.

Ethno-botany

Tea is made from the leaves that calms swelling and infections.

Lushootseed Name: qwəlut





Tiger Lily Lilium columbianum



Plant Facts

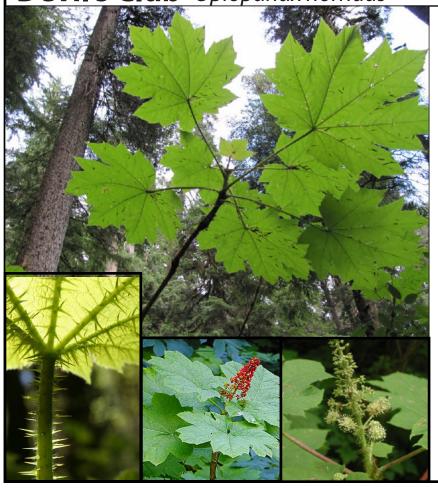
Yellow to orange dangling flowers with deep red or purple spots at the center. This plant forms a bulb deep underground, and grows 3 ft tall. Prefers meadows, open forests and clearings.

Ethno-botany

Bulb (like a root) used to make soups and "puddings".

Devil's Club Oplopanax horridus

PNW Native Plant Card



Plant Facts

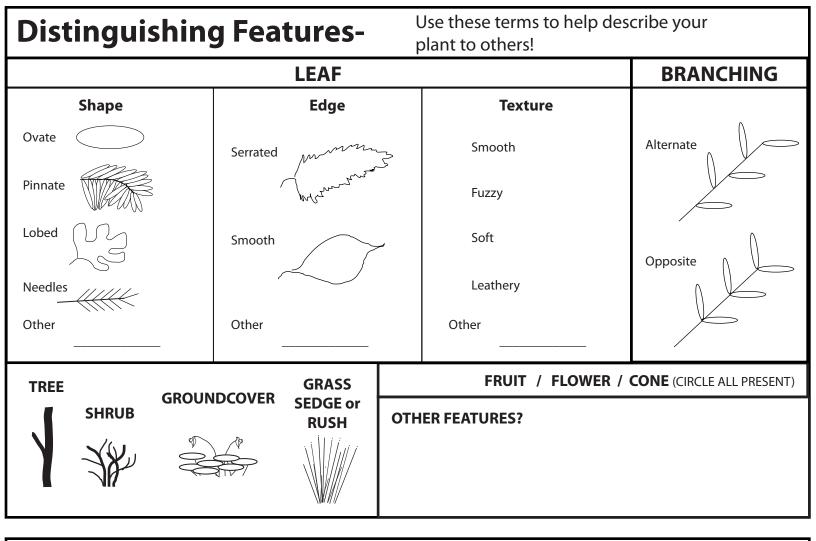
Large brigth green hand-shaped leaves (12 inches across) with deep veining pattern. Multi-stemmed shrub growing up to 9ft tall with many large yellowish spines covering its stems. Small white 'spikes' of flowers give way to long clusters of red berries. Deciduous-leaves die back before winter. Prefers wet but well drained depressions along stream banks or in deep forests.

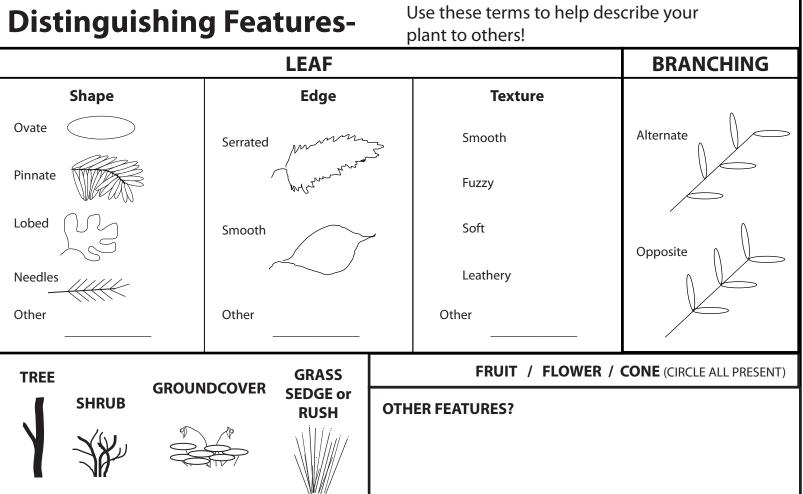
Ethno-botany

- Bark was soaked and steamed to create medicine for pain and stomach sickness

- Burned sticks can be ground with grease to make red face paint

Lushootseed Name: sxdi?ac





Flowering Red Currant Ribes sanguineum



Plant Facts

Loosely growing shrub reaching 4-8 feet tall. The dangling flowers are favoite to humming birds. Different than Salmon Berry because the Red Current grows straighter branches and has no thorns. Prefers some sun, on the edges of clearings.

Ethno-botany

- The berries of this plant don't taste good, but can be eaten as a last resort

- Brilliant flowers make this a common garden plant at homes across the US!

Lushootseed Name: puq

Pronunciation:

peh-ohkweh

PNW Native Plant Card

Evergreen Huckleberry Vaccinium ovatum

Plant Facts As the name implies, this plant keeps its leaves

all year round. Easily recognized by tough, small dark green leaves. It grows in sunnys spots and is usually 3-8 feet tall. Black berries emerge and ripen in the fall.

Ethno-botany

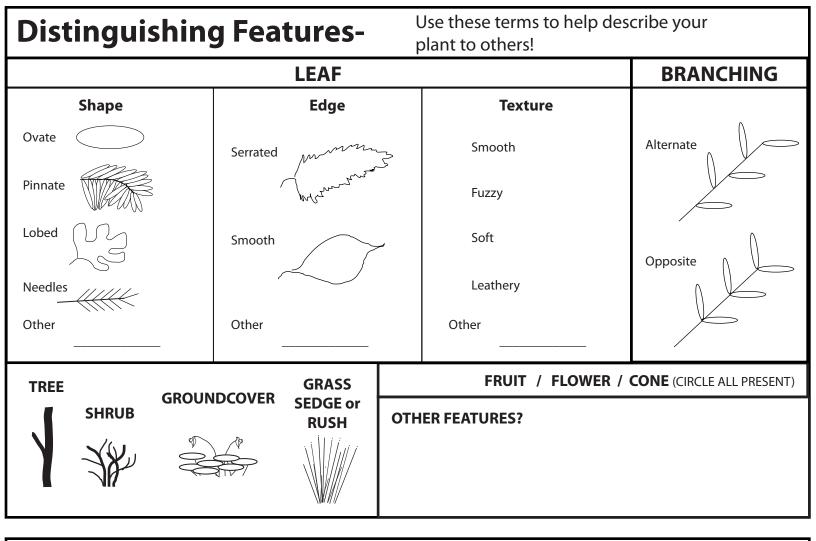
- The berries were traditionally used as a winter food as they stay on the plant into December

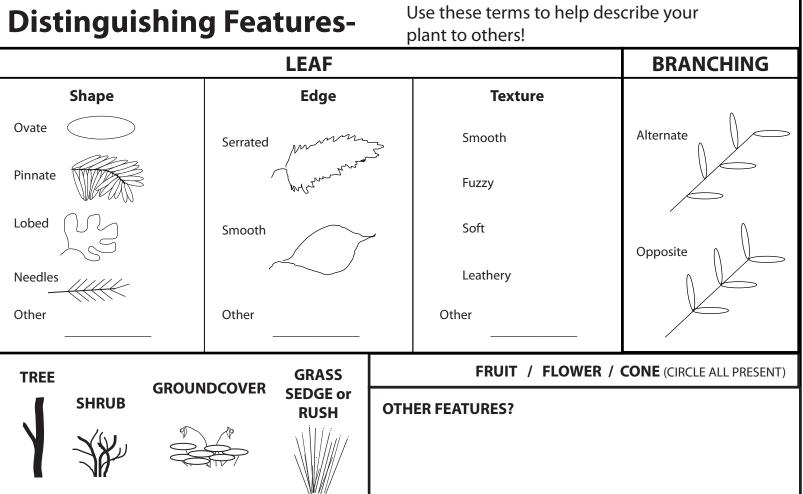
- Berries were often dried into cakes for storage

Lushootseed Name: stixwib

Pronunciation:

steeh wheeb





Wild Ginger Asarum caudatum

PNW Native Plant Card



Plant Facts

Growing 3-10 inches off of the ground, the distinctive heart shaped leaves of this plant creat broad mats under trees. Flowers sometimes hide beneath the foliage.

Ethno-botany

-The roots of this plant are used in cooking, both in historical Salish culture and in modern restaraunts. It tastes like ginger!

- Wild Ginger can also be used to fight infections

Lady Fern Althyrium filix-femina

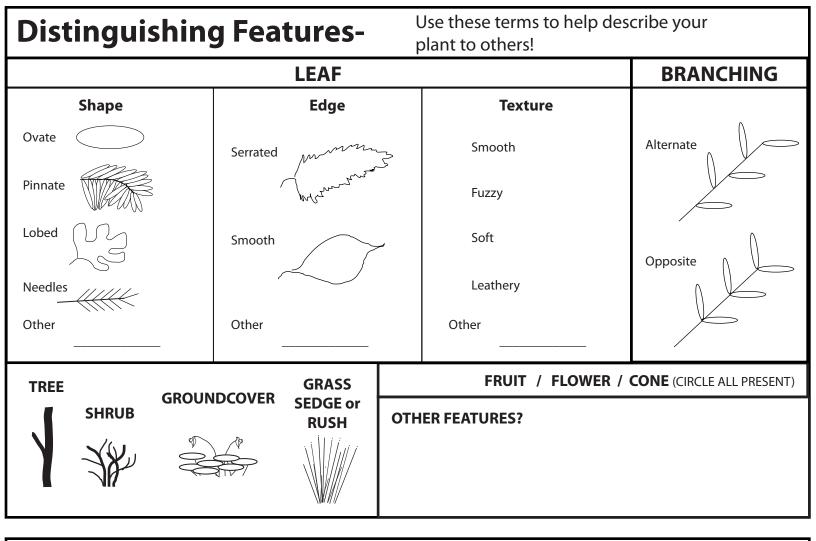


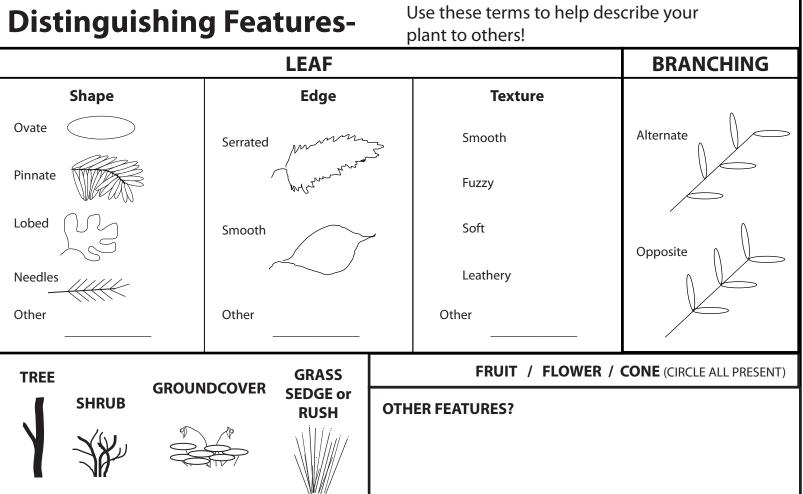
Plant Facts

This plant competely dies back in the winter and shoots up 3-6 feet tall in the spring. The complicated fronds (leaves) are broad across the middle of the stem and taper down closer to the base. This plant likes shade and moist soil.

Ethno-botany

- New shoots and roots used for food
- Medicine from stems treats for body pains and to ease labor during childbirth
- Leaves used to cover Camas bulbs while baking





Salmon Berry Rubis spectabilis



Sword Fern Polystichum munitem

Plant Facts

Tall shrub 5-10 feet. Forming dense thickets with zig-zagging branches and small thorns. Grows in wet or moist soil conditions. Fruits emerge and rippen in July and Late August.

Ethno-botany

- Both berries and new shoots are edible and eaten right off of the plant

- Coastal Salish families often tended their own patches of Salmon Berries, and collected enough to host a feast!

Lushootseed Name: stagwad

Pronunciation:

ste-gwad

PNW Native Plant Card



Plant Facts

Shade and sun tolerant fern with tough 2-4 foot fronds (leaves). May die back in the winter and sprouts new growth in the form of 'fiddle heads' each spring. Large 'spores' form on the underside of the leaves.

Ethno-botany

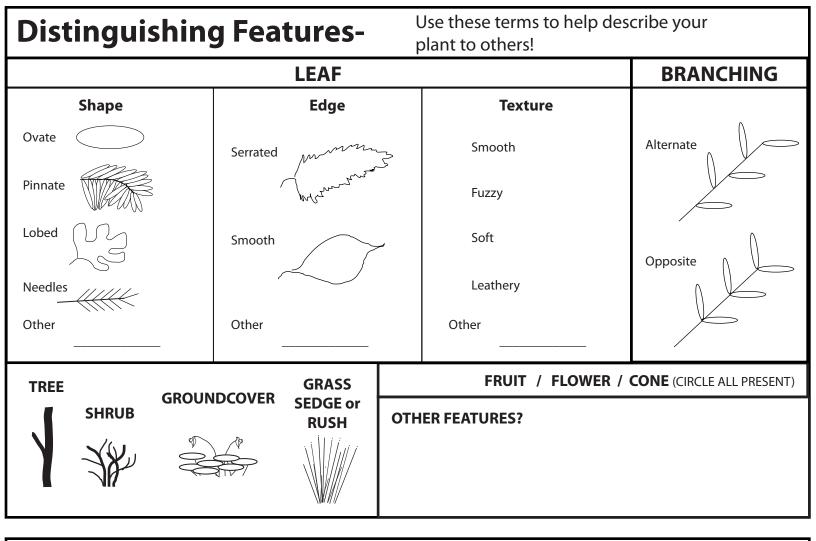
- Used by Salish peoples in layers to separate food in storage boxes

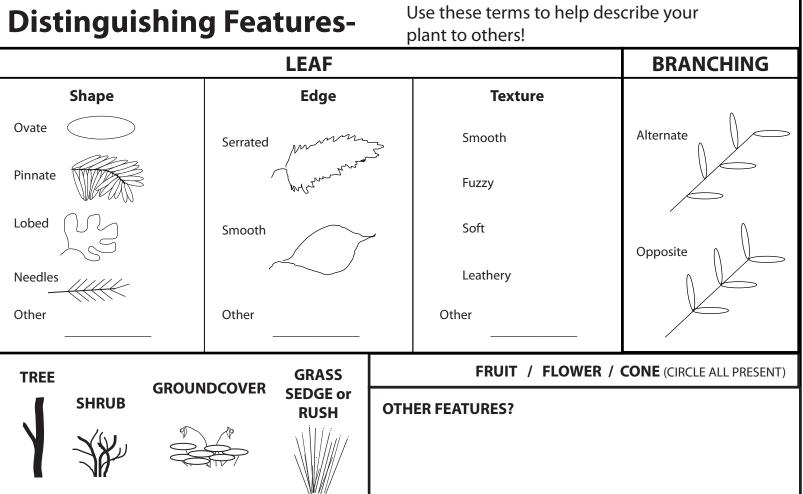
- The roots (rhizomes) can be cooked and eaten.

Lushootseed Name: sžažəlč

Pronunciation:

schlah holch





Nootka Rose Rosa nutkana



Plant Facts

Large pink flowers in the summer and fall give way to reddish 'fruits' or 'hips' that form at the base of each flower. Spindly stems form a loose shrub (3-9ft tall)with prickles only at the base of each leaf. Prefers open areas such as streamsides, shorelines slopes and clearings.

Ethno-botany

- Every part of Nootka and other wild rose plants were used by Native people

- Bark was used to ease childbirth pains.

- After the plant flowers, it produces small edible fruits called rose hips

Dull Oregon Grape Mahonia nervosa

PNW Native Plant Card



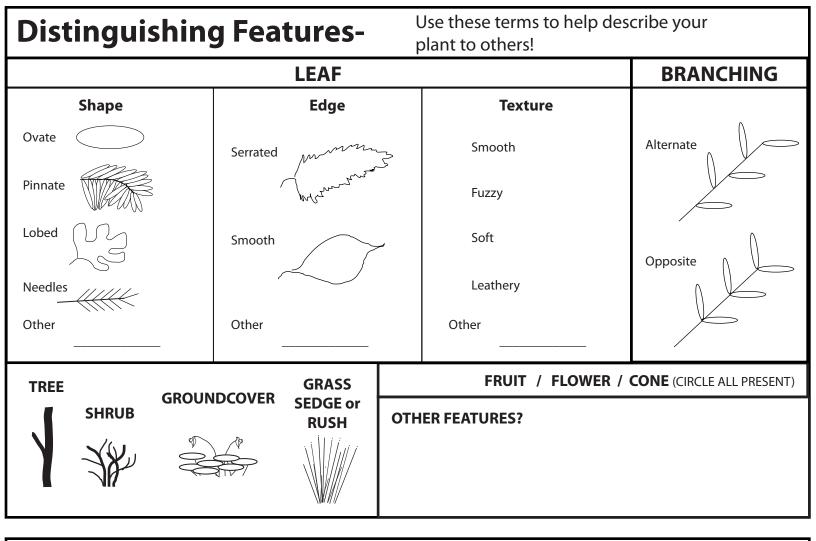
Plant Facts

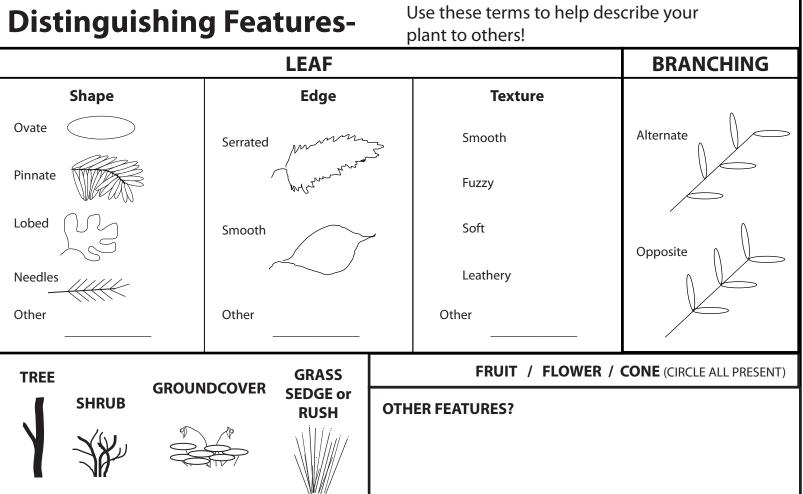
Low growing (2ft tall), evergreen shrub with dark green leaves turing red or purple in the winter. Leaves are egg shaped with spines on the edges. Flowers in yellow clusters followed by blue berries. Grows in deep shade of forests or in open clearings and a wide variety of soil conditions.

Ethno-botany

- Berries can be eaten and roots used for coughs and blood disorders

- Roots also can be used to make a yellow dye for baskets





Skunk Cabbage Lysichiton americanum

PNW Native Plant Card



Salal Gaultheria shallon

Plant Facts

This plant is an indicator of healthy streams and wetlands. It dies back completely in the winter and returns in early to mid spring with large light green cabbage like leaves. It does smell like skunk!

Ethno-botany

- Edible, but only eaten as a last resort

- Large waxy leaves were used by Salish cultures to line baskets for food storage

Lushootseed Name: ču?kw

Pronunciation:

ch-oh-kw

PNW Native Plant Card



Plant Facts

Dark green, shiny, leathery leaves grow in an alternating pattern along the branches of this low shrub. Most commonly 2-5ft high with white 'bell like' flowers and large amounts of round dark blue/ purble berries. Grows in the sun or shade- under forest canopies or on rocky ledges and shorelines.

Ethno-botany

- Edible berries can be mashed and dried into cakes and stored for winter food

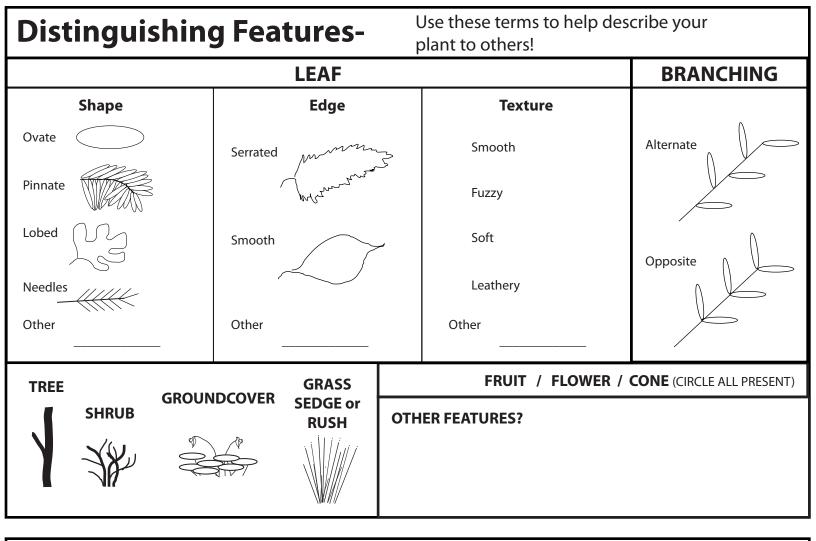
- Stiff leaves used between layers of food in baskets and boxes

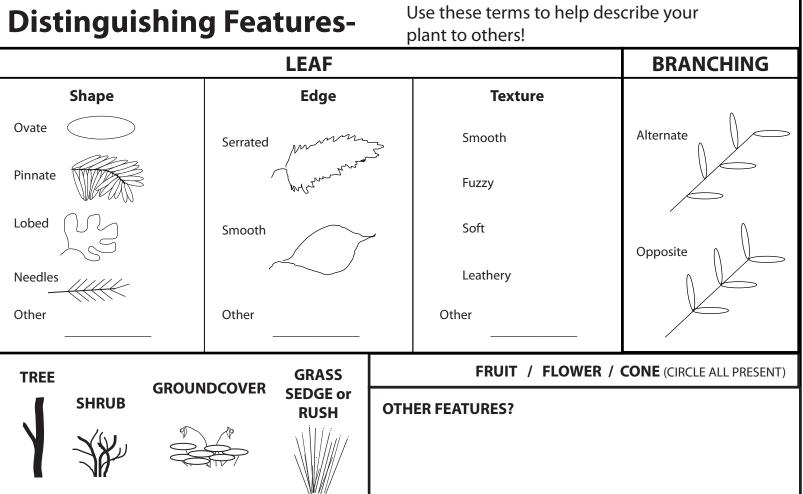
- Stiff leaves a can be curled into a cone for drinking water!

Lushootseed Name: ťaqa

Pronunciation:

ť (hard stop) ahka





Douglas Iris Iris douglasiana



Red Alder Alnus rubrum

Plant Facts

Long tall blade like leaves extend straight up, often emerging from the ground as if growing from the edges of a circle or semicircle. A complicated flower, often ranging from creamy white to purple, emerges May to June. This flower is commonly distributed in Northern California and Oregon, and is more highly valued by indigenous cultures south of Washington, though it grows in our State as well.

Ethno-botany

- Fibers from the leaves can be woven into fine cords for rope, fish nets or decorative weaving.

- The roots (rhizome) can be pounded and soaked to treat infected wounds.

PNW Native Plant Card

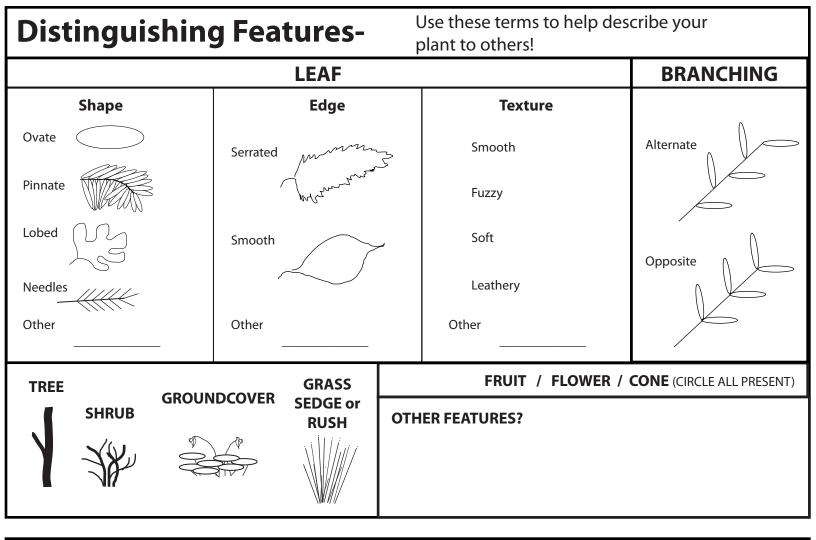


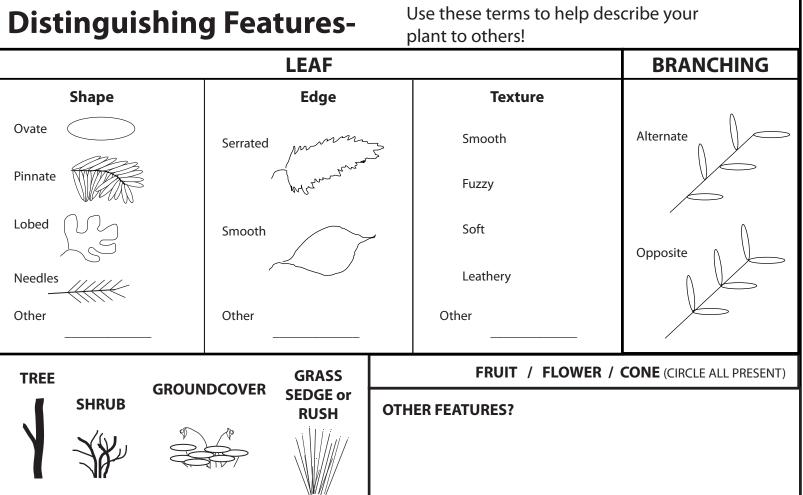
Plant Facts

This tree is often one of the first to grow, moving in to open spaces after floods or windstorms. It has the ability to take Nitrogen out air and add this important nutrient into the soil. The bark is usually white or grey from being coverd with lichen.

Ethno-botany

The inner bark of this tree is a distinctive rust or red color. It can be used to make red or orange dye. The age of the tree determines the intensity of the color.





Black Cottonwood Populus trichocarpa



Plant Facts

This tree usually reaches 90-100 feet tall in the Pacific NW. As it ages this tree tends to split and fall. It requres lots of water and grows near streams and rivers. Fluffy seed pods fly off the tree with the wind, looking like clouds of cotton. It has distinctive thick and furrowed bark.

Ethno-botany

The inner bark of this tree is sweet and can be eaten in early spring. The buds and bark were smashed and used for medicine in traditional Salish cultures for sore throats, cough, and baldness!

Red Elderberry Sambucus racemosa

PNW Native Plant Card

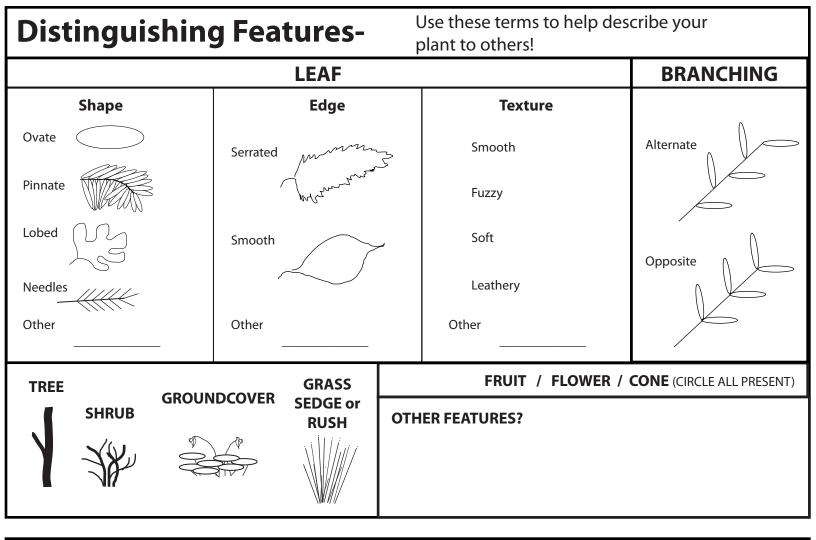


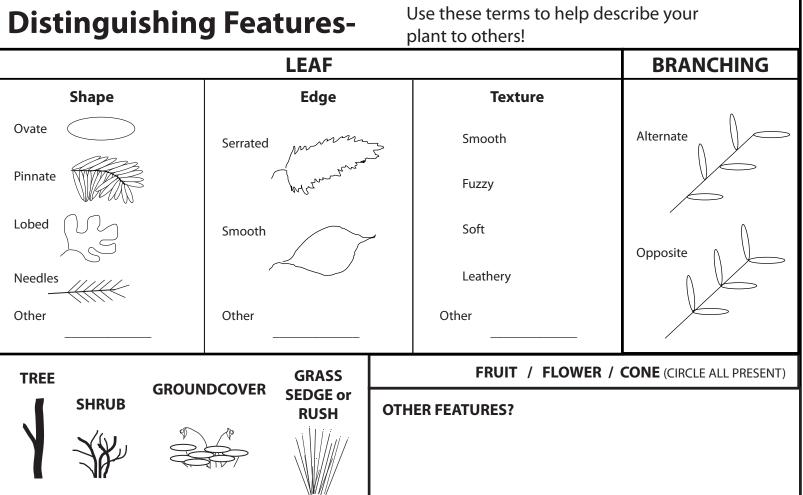
Plant Facts

Large shrub or small tree, this shade loving plant can grow to 25 feet high, but usually droops down to about 10 feet. Leaves come in groups of 5-7 and the bark is reddish brown. Can grow in moist or wet soil.

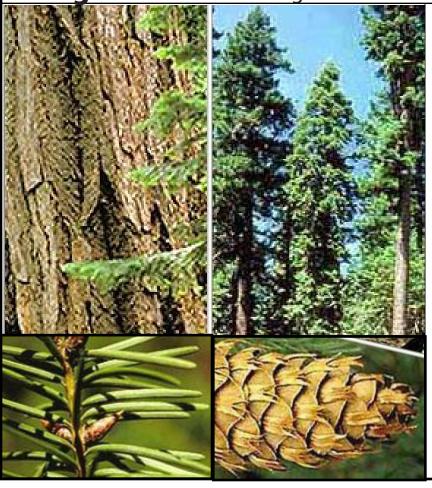
Ethno-botany

Few people eat these berries today, but they were an important food source for Coastal Salish tribes. They should always be cooked and can make good jam. The stem, bark and leaves of this plant are poisonous.





Douglas Fir Pseudo-tsuga mensezii



Plant Facts

This fast growing tree can become the tallest in the forest at over 200 feet. It requires sun and nutrients and may not always become the oldest. Hemlock trees can grow up under the Douglas Firs and eventually surpass them. In areas with frequent fires, Douglas Firs succeed as their thick bark resists burning.

Ethno-botany

This tree grows tall and straight, and is used traditionally by Salish cultures for spear handles and harpoon shafts.

Western Hemlock Tsuga heterophylla

PNW Native Plant Card

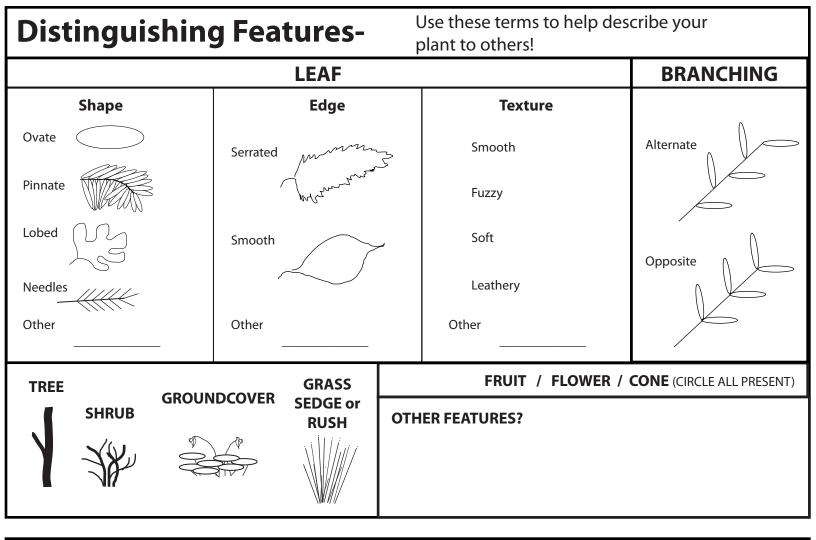


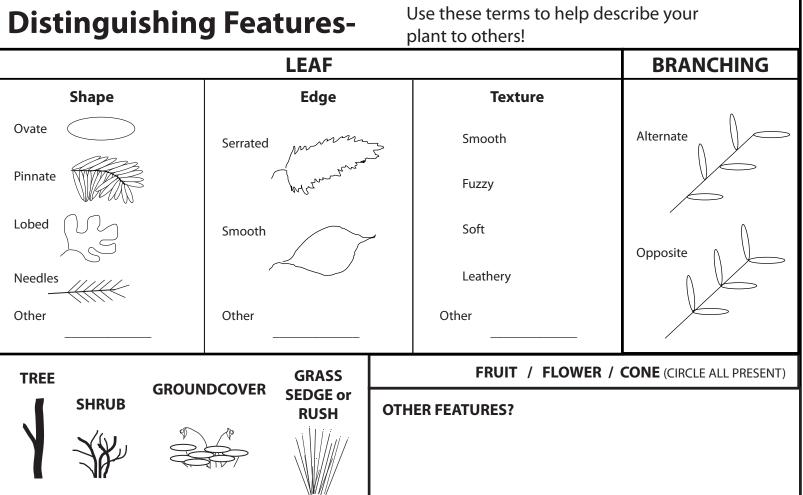
Plant Facts

This tree can grow in deep shade and often begins rooted to nurse logs or fallen trees. It will grow up through the forest canopy and will often become the oldest and largest tree in the forest. It has small cones and small needls of varying sizes.

Ethno-botany

The bark was used in traditional Salish Culture as a tanning agent to soften leather. The bark also can be used to make black dyes.





Big Leaf Maple Acer macrofolium

PNW Native Plant Card



Plant Facts

This mulit-stemmed tree grows to 100 feet high, but usually only ages to 80 years in Pacfici NW forests, giving way to longer lived Hemlocks and Cedars. The leaves can grow to over 1 foot across! The many branches of this maple can be home to mosses, lichens and even ferns.

Ethno-botany

This is often called the 'Paddle Tree' by Salish Tribes. Its hard wood was used for canoe paddles and other tools like spindles.

Indian Plum Omleria cerasiformis



Plant Facts

Shrub or small tree that can grow in deep shade. Reaches heights of 4-15 feet tall. Leaves emerge early and this plant often indicates the coming of spring to the forest. Grows white hanging flowers in mid spring.

Ethno-botany

The fruits of this plant are edible only when fully ripe...but are usually first eaten by birds! Traditional Salish medicine used chewed up twigs to treat sores and aches.

