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Plant Guide 2020



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CEDAR

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LOCATION

Cedar trees grow well in wet climate regions often in shaded forest areas. It is common to find cedar up and down the Pacific Northwest coast and into Alaska.

IDENTIFICATION

You can identify cedar by its long, fringy outer bark that ranges from a red to brown color and by its scale-like leaves.

TECHNOLOGY

Canoes, paddles, baskets, clothing, bowls, spoons, rope, storage boxes, tools, housing, and more are made of cedar wood, the inner bark of the tree, and the roots.

MEDICINE

The cedar is our tree of life. Not only does cedar have many material uses, it is also used as a powerful spiritual cleanser.

SALMON- BERRY

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LOCATION

Salmonberries can be found in Washington, Alaska, Canada, Idaho, Oregon, and California.

IDENTIFICATION

Salmonberry plants can be identified by their vibrant pink flowers in the spring.

FOOD

Salmonberry shoots are eaten in spring and their berries are the first berries of the season to be harvested in early summer. Salmonberries are often cooked or eaten with salmon to add additional seasoning to the fish.

NETTLES

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LOCATION

Nettles are plentiful along the Pacific Northwest coast and in many places across the U.S. and Canada.

IDENTIFICATION

Nettles have heart-shaped leaves with sawtooth edges. The underside of the leaves and stems are coated with tiny stingers—be careful!

TECHNOLOGY

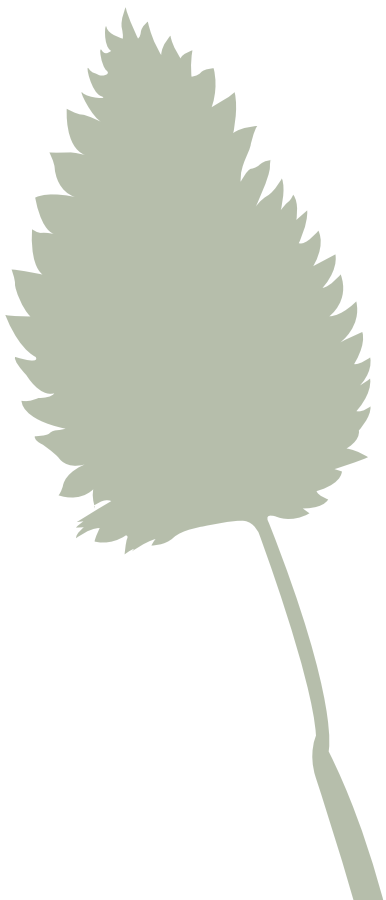
Durable string and fishnet line are made from nettle fibers harvested in the fall. These fibers are also woven into blankets.

MEDICINE

Nettle leaf tea is used as medicine that is rich with vitamins and nutrients in early spring after a long winter without many greens. The stingers on the nettle plant can be used to relieve arthritis pain and bring blood flow to areas that are stung.

FOOD

Young nettle stems and leaves are boiled and eaten in the spring.





WILD ROSE

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LOCATION

The wild rose plant is often found near shorelines and along roadsides in coastal areas of the Pacific Northwest.

IDENTIFICATION

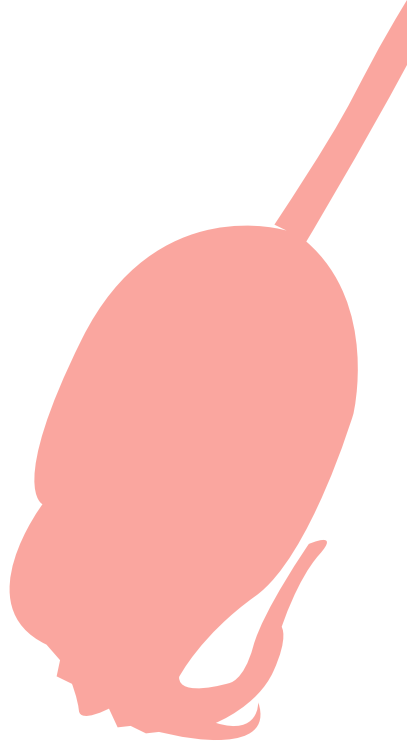
The wild rose can be easily identified by its bright pink flowers, thorny stems, and red rose hip fruits. These plants form a dense thicket as they mature.

MEDICINE

Tea from the rose hips is a good source of Vitamin C in the winter months.

FOOD

In the fall, the red rose hip fruits are picked and the hairy-like tops removed to reveal the edible part of the plant: the outer rind area.



DEVILS CLUB **qwó7pelhp**

LOCATION

Devil's club grows in Alaska, Canada, Washington, Oregon, Idaho, and Montana.

IDENTIFICATION

You can identify the devil's club plant by its large, maple shaped leaves, its inedible bright red berries, as well as its incredibly spiky stems and under leaves. Be very careful not to get stung by this plant!

TECHNOLOGY

The inner wood of devil's club is commonly used to make walking sticks. The inner wood is also used to make fishing lures and beads. The ash of the burned devil's club is used to make black paint used in ceremony.

MEDICINE

Devil's club root and bark can be made into medicinal tea to reduce fever. Devil's club is a very powerful plant medicine used for many medicinal purposes as well as spiritual protection.



INDIAN TEA **móqwem**

LOCATION

Labrador Tea is found growing in swamps and bogs. It is found across the Pacific Northwest up into Alaska.

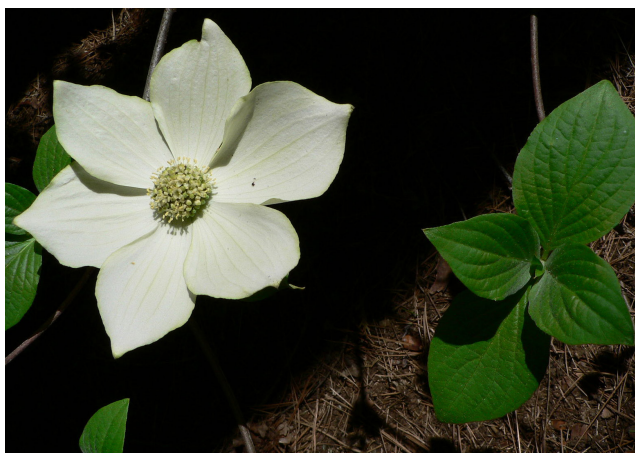
IDENTIFICATION

Labrador tea can be identified by its alternating narrow leaves that have a fuzzy, orange underside. This plant can be easily confused with similar looking plants that are toxic. Make sure you consult with an elder or someone with plant expertise before consuming this.

MEDICINE

Labrador tea is made using dried leaves from this plant. It is a powerful medicine that helps soothe sore throats and coughs. This tea causes stomach discomfort when overly consumed.





DOGWOOD

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LOCATION

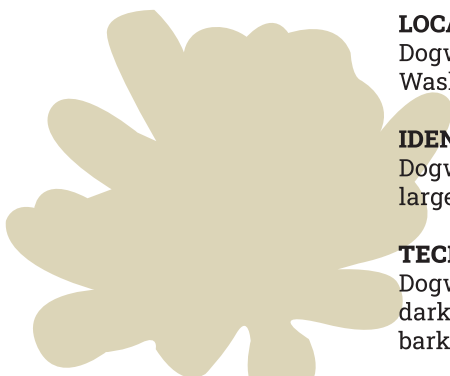
Dogwood trees are primarily in western Washington and up into Canada.

IDENTIFICATION

Dogwood trees can be easily identified by the large, white flowers that bloom in the spring.

TECHNOLOGY

Dogwood is used to make bow and arrows. A dark-brown dye can also be made from the bark when boiled.





WILD STRAWBERRY **t'il7eqwílhch**

LOCATION

Wild strawberry plants often grow close to the sea. They are found up and down the Northwest coast.

IDENTIFICATION

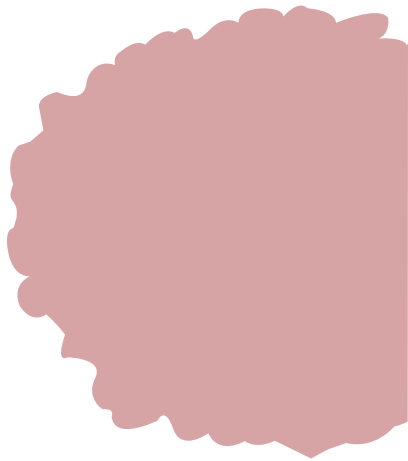
Wild strawberry plants have 3 leaf clusters and a beautiful, white flower when they are in bloom.

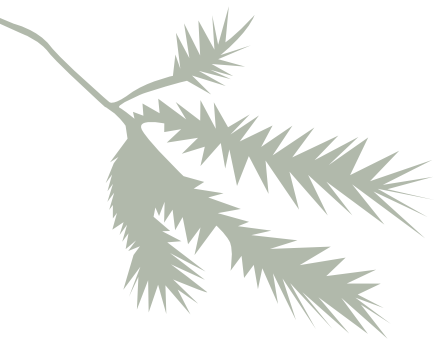
FOOD

Fresh, wild strawberries are a special, sweet treat to be eaten in the summer.

MEDICINE

Wild strawberry leaves are often used in tea for calming digestion or chewed into a poultice to place on burns.





DOUGLAS FIR

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LOCATION

Douglas fir trees are very resilient trees found in forested areas along the Pacific Northwest coast.

IDENTIFICATION

Mature douglas fir trees can be identified by the deep, red-dish-brown veins that travel up and down the tree trunk. Another way to identify douglas fir trees is to look at the cones they produce. They have papery scales with three prongs on the tips. When observed closely, their scales resemble little mice feet and tails protruding all over the cone.

TECHNOLOGY

Douglas fir bark is a highly valued form of fire fuel due to the length of time that it burns and the lack of smoke it produces. Its pitch is used to seal leaks in canoes and watertight baskets. The knots in the trees provide very hard wood used to make strong fishing lures and other tools.

MEDICINE

The new, bright green tips that grow on douglas fir trees in the spring can be harvested and consumed raw. They are a rich source of vitamins and electrolytes that can offer an extra, little energy boost.





*Do not consume any plants unless you are
certain they are correctly identified