

# BINGO

Plant Identification

## Rose hips



Rich in vitamin C, requires a frost before harvest in order to lose it's tartness.  
Seed is covered with irritating hairs and are said to give you an itchy bum, best take them out before eating.  
Flowers, rose, used in tea



## Hawthorn



Large shrub or small tree – Columbian or Red Hawthorn

Thorns – used as prongs on rakes used for catching herring, lances for probing skin blisters & boils, piercing ears, fish hooks, playing pieces for games.

Bark grey rough and scaly.

Very hard wood used for tool handles & weapons.

Berries – edible = dry, large seeds – fresh & dried

Native species (Black hawthorn) and Cultivated european species (English hawthorn).

# Holly



Invasive!



Cattail

Eat the young shoots in spring as raw veggie by peeling.  
Young flower stalks (when still green) can be eaten as corn.  
Later in summer flowers can be eaten in soups, stews and made into flour for bread.  
Reeds can be used to make curtains, rope, mats to sit on, sleep on, kneel on in canoes.  
Fluffy seeds can be used to stuff pillows, dress a wound, diapers, or be woven with cedar bark or wool.

# Ivy



Invasive Species



## Cedar



Called the tree of life, held in the highest respect, roots for baskets, bark for clothing, wood for shelter, etc.



Considered poisonous by First Nations. They were given names like 'corpse berry' or 'snake's berry' in several languages. One Stl'at'imx story identifies the berries as 'the saskatoon berries of the people of the land of the dead.'



## Bracken Fern



World's most widespread fern. Fiddleheads of fern eaten.  
The rhizomes were harvested in summer and fall and eaten by nearly all the coastal peoples, including the Nualk, Wsan'ec, Kwakwaka'waka, Nuu-chah-nult and Haida. Because they are constipating, they were generally eaten with fish eggs or oil. Bracken leaves are poisonous to livestock due to an enzyme.

## Oregon Grape



Berries were eaten but not in large amounts. Mixed with other sweeter berry. Today they are used for jelly and wine.

Bark is bright yellow inside, used to make a bright yellow dye for basket materials.

Berries for purple dye.

Medicinal. Root, bark - tea

## Alder



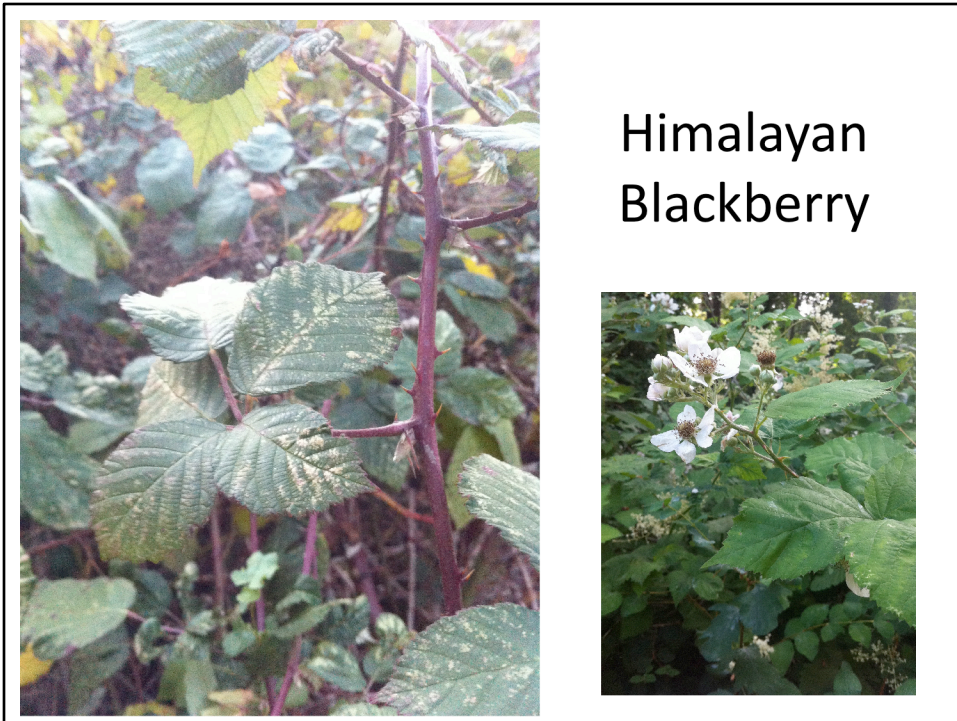
Medicinal, red/orange dye - bark

## Sword Fern



Used by First Nations (northwest coast peoples) as a protective layer in traditional pit ovens, between food in storage boxes and baskets, and on berry drying racks.  
Cooked and used by the Nuu-chah-nulth as cure for diarrhea.





Invasive speices

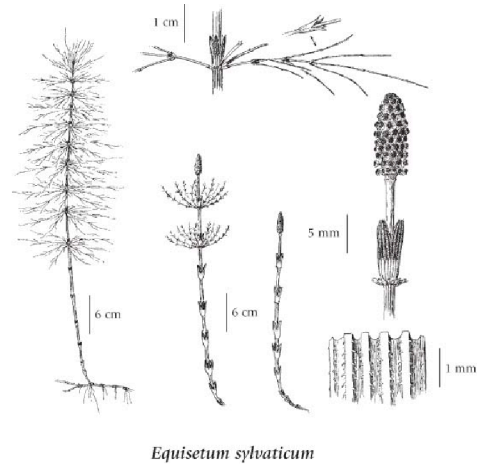
## Arbutus Tree



Leaves stay on the tree all winter long, dropping off after the new leaves are fully grown.  
Sheds brownish-red paper-like sheets of bark each year.



# Horsetail



Stems are hollow, rough to the touch.

First shoots eaten fresh or boiled by several Coast Salish nations

Toxic to livestock, exact poison still unknown, eat with caution only the young shoots.



## Douglas Fir

Excellent fuel

Pitch used as finish on paddles

A long time ago, when the animals and plants could speak to each other, there was a great forest fire burning through the forest. Little Mouse ran as fast as he could away from the hot fire but he knew he could not outrace the fast moving flames. He began to run from tree to tree asking them if they could save him.

First he ran to the bigleaf maple tree. "Help, help!" he cried. "Can you help me escape this fire?" Bigleaf maple tree replied, "No, I'm sorry little mouse, I am afraid that I will not be able to survive this forest fire". The mouse then ran to the red cedar tree.

"Help, help! Can you help me escape the fire?" "No, I'm sorry little mouse, but I do not think that I can survive this great forest fire, either" said Red Cedar. Mouse ran from tree to tree asking the same question, and getting the same answer.

Finally he came to a great old Douglas fir tree, with its thick furrowed bark. "Help, help, Douglas fir! Can you help me escape this fire?" And Douglas fir replied, "Yes, I think that my thick bark will protect me from the heat of these flames. I may be able to survive this great fire. Climb to the top of my branches, and climb under the scales of my cone for extra protection." So, little mouse did as he was told, and climbed way up into Douglas fir tree and hid under the scales of the Douglas fir cones. Many other little mice followed him and did the same. And the Douglas fir tree was right, its thick bark protected them from the flames of the fire, and the fire passed them by.

To this day, if you look under the scales of the Douglas fir cone you can still see little mice hiding under the scales of the cones. Can you see them too?

## Garry Oak



Acorns were eaten by some after soaking to leach out bitter tannins, or roasted in the shell to remove bitter taste

## Salal



One of the most common unstorey shrubs in our region.  
Berries were an important fruit for First Peoples. Eaten fresh and dried into cakes.  
Make a tiny drinking cup by shaping a salal leaf into a cone.



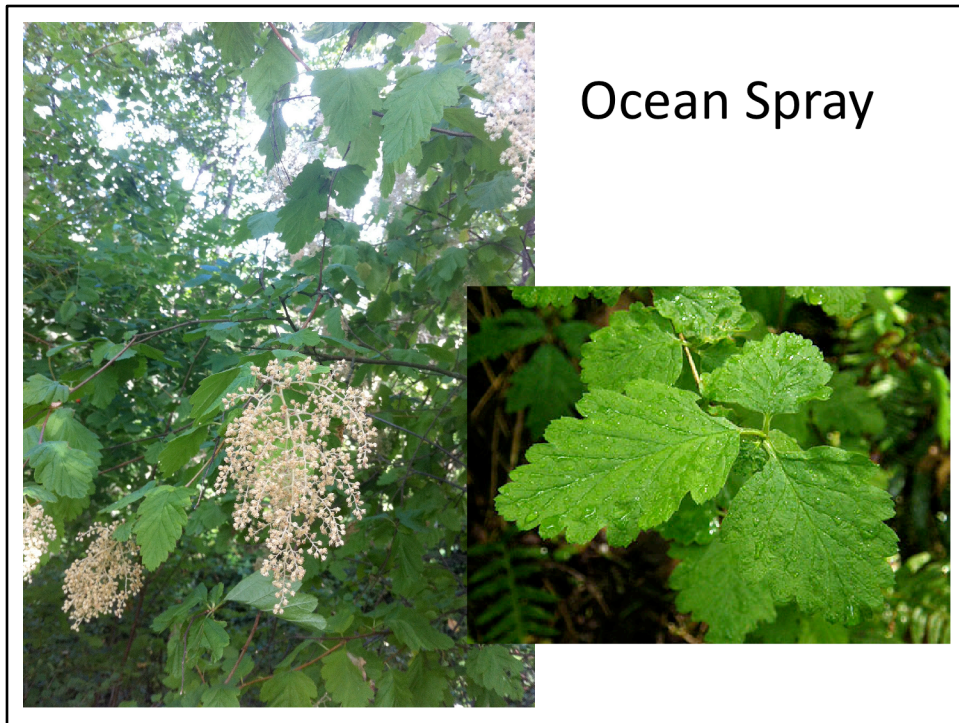
What are these?



Daphne Laureola - Daphne laureola - INVASIVE

Looks like Rhododendron. Poisonous sap ... known to cause skin rashes, nausea, swelling of the tongue and coma. Use gloves when handling.

Berries = POISONOUS!



Ocean Spray

Commonly called 'ironwood' because of hardness and strength of wood. Wood made even harder by heating it over the fire. It was then polished with horsetail stems. Used by coastal First Nations to make: digging sticks, spear and harpoon shafts, bows and arrow shafts. Saanich and Cowichan used for salmon-barbecuing sticks, inner bark scrapers, halibut hooks, cattail mat needles and knitting needles.





## Skunk Cabbage

Use leaves to line berry baskets, and as shoes.

Can only be eaten carefully, remove stems from leaves before steaming, peel and eat inside flesh.

“In ancient days there were no salmon. The people had nothing to eat except roots and leaves. One of their most important foods was the root of the skunk cabbage. Finally, after many years, the spring salmon came for the first time. As they passed up the river someone stood upon the shore and shouted: “Here come our relatives whose bodies are full of eggs. If it had not been for me all the people would have starved.” “Who speaks for us?” said the salmon. “Your uncle, the skunk cabbage,” was the reply. Then the salmon went ashore to see him, and as a reward for having fed the people, the skunk cabbage was given an elk-skin blanket and a war club, and was set in the rich, soft soil near the river. There he stands to this day, wrapped in his elk-skin blanket and holding aloft his war club.”

United States Environmental Protection Agency. (n.d.). *Discover Wetlands - A Curriculum Guide*, Part C, Publication Number: 88-16-c. Retrieved from <http://www.epa.gov/gmpo/education/pdfs/DiscoverWetlandsIII.pdf>

## Trailing Blackberry



Trailing long vine with small prickles.  
Leaves for tea, berries to eat.  
Native plant.



Big Leaf  
Maple

Often covered in moss.

Winged seeds.

Used to carve spindle whorls, paddles and many other things.

Name for this tree in many Coast Salish languages means “paddle-tree”