

ŚW,ÇENENITEL

Native Plant Guide

INDIGENOUS FOODS, MEDICINES, AND FLOWER CARE

SENĆOFEN | Hul'qimínum | Diitiidŕatcsx

KELKE IŁĆ | qelq'ulhp | patŕayapt

Indigenous Rose

A beautiful shrub that loves full sun in meadows, woodlands and along streambanks. It can live in dry to moist soil and the open pink fragrant flowers attract many species of bees. In your garden, it can grow just about anywhere, including large planters. Sweet tasting petals in spring can be eaten fresh or dried, it's important to leave some petals behind on the flower for the pollinators who love the rose, they are drawn to the flowers. In late summer and fall rose hips can be used for jam, or dried by stringing on a necklace and hanging them on a nail or tack up high on a wall, and once dried, they can be used for rose hip tea. The seeds are not to be eaten, because the small hairs on the seeds will make your bum itch when you poop it out.



KÁTELĆ | qeth'ulhp | siwi.pt

Oceanspray

When this flowering shrub's cascading showy white flowers first bloom in June, it signifies to the WSÁNEĆ people it's time to fish for spring salmon in the Salish sea. They flower through July, and much wildlife depend on this plant including hummingbirds that gather nesting materials from it, small birds like Bush tits that nest in its branches, to the many local butterflies lay their eggs on this plant!



TEXTEX | tth'uxtth'ux | ŕesipt

Stinging Nettle

Stinging nettles have tiny, fuzzy-like white flowers, and is one of the most important plants for butterflies to lay their eggs. Some local butterflies only lay their eggs on stinging nettle. The stings can be removed through blanching and cooking. Stinging Nettle is a nutrient-rich plant and can be used for making pesto, soups, teas, and more. In the garden, it grows best in a moist spot that is shade to partial-shade. Be mindful when picking this plant. If the leaves appear to be folded in, a butterfly may be nesting inside.



Miner's Lettuce

A crunchy, mild-tasting delicious green that can handle part shade to full sun and dry to moist soil. Miner's Lettuce is a self-seeding annual so can make a large patch over time in your garden. It is quite cold hardy and with some protection can be grown all winter. High in vitamin C.



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DEKĒN IĒĆ | t'uqwum' | ŕicsiyapt **Thimbleberry**

With broad soft leaves and no prickles on the stem, this dense shrub produces showy white flowers with yellow centres. Fresh shoots in spring are sweet and delicious and later in the season the thimble-shaped berries are one of our tastiest local berries.



DILEK | stsi'yu | tuŕulq **Wild and Coastal Strawberry**

In nature, coastal strawberry grows by the ocean but will grow wonderfully in a garden too. Both varieties produce showy white flowers and then small sweet and delicious berries. Both species make a wonderful evergreen ground cover. Leaves can be dried for teas and will sweeten bitter tea blends and the berries sweetened tart berry cake mixes. If you live by a beach, strawberries can be transplanted to beaches, and berries were used.



TKOMO | tsulqamu'ulhp | ciciypakk^wapt **Blackcap Raspberry**

Its stems are covered by a whitish or bluish waxy powder and are armed with flattened, hooked prickles. The deep dark berries are a bird's and human delight.



ELILE IĒĆ | lila'ulhp | qaway **Salmonberry**

Salmonberries are one of the many berries which bears and birds eat. Salmonberry prefers moist to wet forests, swamps and streambanks. The vibrant pink flowers of this shrub attract hummingbirds. Delicious spring shoots!

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TELÍK ELP |

| **Çastpapt**

Yarrow

Fragrant white-blooming wildflower with soft feathery leaves is a favourite among many pollinators. It loves full sun and is deer-resistant. This plant grows vigorously so if you want to fill a space quickly this is the plant for you! The leaves, flowers, and seedheads can be used to made into tea to soothe nerves and muscle spasms.



Coastal Sage

Coastal Sage (or Coastal Mugwort) is a true sage and has the characteristic aroma of sage. It grows in full sun to partial shade and appreciates drainage which is why you often find it growing on coastal rocky shorelines and in gravelly soils. Coastal Sage is a herb, but gets quite tall and woody, growing almost like a small shrub especially in deeper soil. New uses for this plant are being actively developed, with people trying it in new ways from cooking to smudges, to putting it in bath water. Eaten raw, the plant is quite bitter, but cooked with meat is delicious. This is a great choice for those who might have too many deer grazing their gardens, as deer don't find it palatable.



TESIP | **tl'usip** |

Licorice Fern

This small fern produces light green, feather-like fronds as the fall rains come. It grows on large maple trees, stumps and logs, rocky outcrops and mossy ledges. The sweetness of its rhizome is unlike no other and can be chewed to ease a sore throat and steeped for tea. Some would say to suck on it like a cough drop, but use your discretion for your preference.

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KEXMIN | Q'uxmin | ƆaƆayx^wq^wsi?

Barestem Desert-parsley

A well known medicine to many communities. It's often a go to for colds. The seeds can be used like a cough drop during the cold/flu season to prevent and treat cold/flu. It was known to treat tuberculosis. High in vitamin C, and is a favourite tea for many, many households. Boil the seeds and use the steam to purify the air when people are sick. Blooming at roughly the same time as camas, this unusual-looking plant creates a dazzling color contrast in spring meadows. Rich in medicinal properties, uses are complex and varied, including chewing the paper-like seeds. Must sow seeds in fall on bare soil in full sun. Seeds should be stored cool and dry. Paper envelopes prevent moisture build-up. Seeds in paper envelopes can be stored in a dry place away from sun like a cupboard. For longer shelf life, place the paper envelope in a sealed plastic bag and keep in the refrigerator.



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(Doing good work together)

This initiative centres local Indigenous peoples and food systems through granting and programming through connecting to relatives within the territories of WSÁNEĆ, Lekwungen, Tsuk, and Nuučaanuł (Pacheedaht).

For more info visit:

www.indigenousfoodsinitiative.com

This handout was created in collaboration with Tiffany Joseph and knowledge primarily sourced from the book SAANICH ETHNOBOTANY: Culturally Important Plants of the WSÁNEĆ people by Nancy Turner and Richard Hebda.

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