



STINGING NETTLE

This fresh vegetable should be harvested before the plant flowers and cooked before serving. The leaves can be dried for tea.

- tʰəχtʰəχ
- ts'exts'ix



DEVIL'S CLUB

A medicinal plant used to treat several conditions from diabetes to rheumatism to pneumonia. It also has ceremonial uses.

- qʷaʔpəʔp
- ch'átyay



CHOCOLATE LILY

The bulb of this plant has a rice-like quality. It is prepared by steaming in a pit or boiling and has a peppery taste.

- sʰələqʷ
- lhásem



KINNIKINNICK

The leaves of this plant are sometimes mixed with tobacco for smoking.

- ʰikʷən (fruit)
- ʰikʷənəʔp (bush)
- tl'íkʷ'en (fruit)
- tl'íkʷ'enay (bush)



WILD GINGER

This plant has medicinal uses.

- xet'tánay



THIMBLEBERRY

Shoots can be peeled and eaten fresh in the spring. The berries are also eaten fresh. The leaves can be dried for medicinal use.

- tʰqʷəm (fruit)
- tʰqʷəməʔp (bush)
- t'akw'emaý (bush)



LICORICE FERN

The rhizomes (roots) are eaten as a fresh vegetable in the spring. They also have some medicinal and ceremonial uses.

- ʰsip (leaves & root)
- tl'esip (leaves)
- tl'asíp (root)



FIREWEED

The fluffy seeds of this perennial can be blended with other fibers to make wool for Salish weaving.

- xecət
- xach't



WAPATO

Wild potatoes were cultivated in several communities along the Fraser River. Harvested in October and November, they were usually stored for later use.

- xʷəqʷu:l's
- wápatu



SALAL

An important traditional food. When the berries ripened in August, they were mashed into cakes and dried for winter use.

- t'eqeʔ (fruit)
- t'eqeʔəʔp (bush)
- t'ákaʔ (fruit)
- t'ákaʔáy (bush)



Museum of Vancouver INDIGENOUS PLANT GUIDE

The Pacific Northwest is the most biodiverse region in Canada. Local *Traditional Ecological Knowledge* (TEK) relating to Indigenous plants is extensive with more than 145 species utilized by members of the host nations for technology, food, medicine and ceremony. This pamphlet spotlights a few of these plants, found around the Museum of Vancouver, in **hə́nqə́mínə́m** and **Skw̓x̓wú7mesh sníchim**, the languages spoken by the Musqueam, Squamish and Tsleil-Waututh communities. We thank them for sharing some of their knowledge with us.

Skw̓x̓wú7mesh Shewaýnúp Squamish Ethnobotany terms appear courtesy of Squamish Nation Language and Culture Department.

hə́nqə́mínə́m plant names provided by Musqueam Language Department.

● həŋqəmiŋəh ● Skw̓xwú7mesh Sníchim



SWORD FERN

The fronds were used as covers for berry baskets, and to hold the berries on drying racks. They are also used in ceremonial contexts.

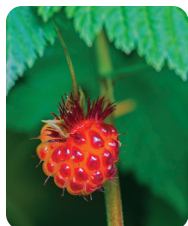
- səxələm
- tsxálem



WILD/INDIAN PLUM

The berries are sometimes eaten fresh.

- mətxʷəl (fruit)
- mətxʷələtp (bush)
- smélh̓xwel (fruit)
- smelhxweláy (bush)



SALMONBERRY

In the spring, new shoots can be peeled and eaten fresh, or boiled, as a fresh vegetable. The berries, available in May and June, are eaten fresh.

- lile? (fruit)
- lile?ətp (bush)
- yetwán (fruit)
- yetwánaŋ (bush)



SNOWBERRY/WAXBERRY

Snowberry was not considered edible, but was sometimes used to treat warts, or more generally as soap.

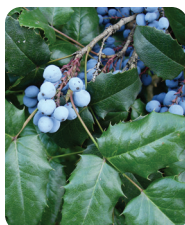
- pəp̓qəyas (fruit)
- pəp̓qəyasətp (bush)
- ts'exw (fruit)
- ts'exwts'xwáy (bush)

"We show respect for all the resources we harvest. We harvest plants from early spring, through the ripening of fruits in summer, to fall. Each species has its own harvest time, and each has different uses."

– Musqueam Nation

"In each Squamish village, there were old people who were known to possess medicinal knowledge concerning the use of plants – such old people were not necessarily "Indian doctors" or "ritualists", but rather were considered as "herbalists."

– Skw̓x ú7mesh Shewaýnúp Squamish
Ethnobotany



OREGON GRAPE

The berries, high in Vitamin C, are ready for harvest in late summer. The roots have medicinal uses.

- səni? (fruit)
- səni?ətp (bush)
- séliyaŋ (bush)



RED ALDER (TREE)

The bark of this tree can be used to make a yellow dye. The wood is used for smoke drying meat and fish.

- k'wəxʷsi:tp
- kwelúlay



RED CEDAR (TREE)

An extremely important tree — all parts have a use. The wood is used for building homes, canoes, and tool making, the bark and roots for weaving.

- xpeyətp
- xápaŋay



HUCKLEBERRY

The berries, available in July, are most often eaten fresh. The root is sometimes combined with other roots to create a stomach medicine.

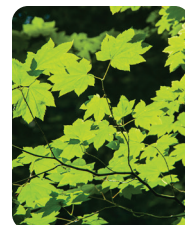
- sk'wəqʷcəs (red fruit)
- sk'wəqʷcsətp (bush)
- skw'ekwchs (red fruit)
- skw'ekwchsáy (bush)



DOUGLAS FIR

This wood is well suited for making fishing equipment. It was used to make poles and handles for harpoons and fishing nets, among other uses. Also, a good firewood.

- cseýətp (tree)
- cseý (wood)
- le:ýətp (mature tree)
- sle:ý (bark suitable for fires)
- ch'shaŋ (tree)



VINE MAPLE

Vine maple is used to make tools such as mat needles, bows, and net frames.

- sičətp
- t'ek̓t'káŋ



BEAKED HAZELNUT

Picked in early autumn, hazelnuts were better known amongst the həŋqəmiŋəh. They were an occasional food for the Skw̓xwú7mesh.

- st'əicəm (fruit)
- st'əicəmətp (bush)
- k'p'axw (generic term for any nut)



WILD ROSE

The inner part of the rose hip can be eaten, but the seeds should be avoided. Hips can also be boiled, and the strained liquid used to make a jelly.

- qel'q (fruit)
- qel'qətp (bush)
- kálkay (bush)

"Our people lived by a "seasonal round," a complex cycle of food gathering and spiritual and cultural activities that formed the heart of our culture."

– Tsleil-Waututh Nation