

Salmonberries

yetwānāy



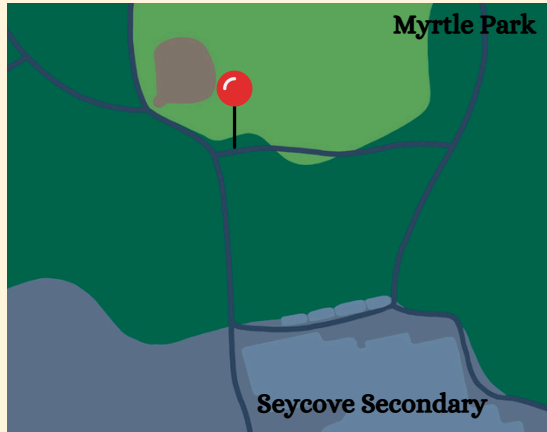
Traditional Use:

Salmonberries are most popular as a food source within Indigenous communities. Ripe berries were eaten fresh as they are too juicy to dry. The salmonberry has medicinal properties too so the flower is often used in teas to treat digestion issues.

Cultural Significance:

The Salmonberry is a symbol of prestige within many First Nations as it has the ability to grow in different climates.

Location:



Sword Fern

pala-pala plant



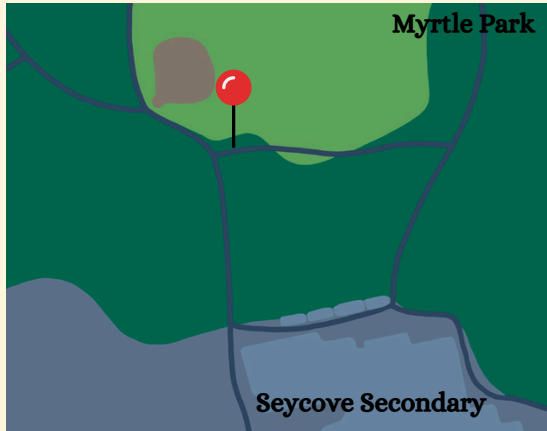
Traditional Use:

Rhizomes from sword ferns were dug and roasted before being peeled and eaten with grease or salmon eggs. The leaves (fronds) were used to line baskets and the pits used to cook roots. Infusions from the ferns stems were also used to treat skin sores.

Cultural Significance:

This fern with its upright fronds is a symbol of courage as its ability to grow under many conditions mirrors our human resilience and ability to overcome adversity.

Location:



Red Cedar

xpeyʔ-ətp



Traditional Use:

The Red Cedar tree has many medicinal purposes as the wood and leaves contain antibacterial compounds and analgesic flavonoids. This is often used in teas to relieve coughs, colds and canker sores. The wood of this tree is commonly used to build canoes, paddles, houses, boxes, totem poles, and other tools. While the bark can also be used to build mats, clothing, baskets, nets and fishing lines.

Cultural Significance:

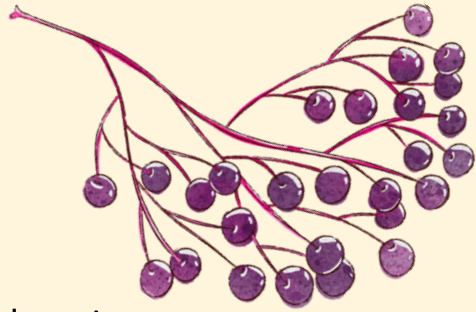
The Red Cedar tree is associated with healing, dreams and protection against disease within many Indigenous communities.

Location:



Elderberry

sth'iwug'



Traditional Use:

As a food, elderberries were commonly crushed, strained and boiled to create syrups and jams but could also be used as sweetener in many recipes. The berries and flowers were used in boils and salves for burns. The leaves could also be used as a wash for sores or to treat infections, swellings and burns.

Cultural Significance:

The elderberry is often known to protect and heal and is a very significant traditional medicine.

Location:



Salal T'eqe'



Traditional Use:

This plant's berries are commonly consumed fresh, dried or mashed into cakes because of their unique spicy flavour.

Cultural Significance:

Salal is a significant resource for Indigenous people as it's used for both food and medicine.

Location:



Red Huckleberries

skw'ugwcu



Traditional Use:

Red huckleberries can be eaten fresh, mashed and dried. The leaves or bark can be added to infusions to soothe sore throats.

Cultural Significance:

This berry is essential in diets and traditions of many Indigenous peoples along the coast. They symbolize the deep connection between the people and their land.

Location:



Red Laver Seaweed

pala-pala plant



Traditional Use:

Due to its high salt content, Red laver seaweed is often used to season soups and stews after being dried in large quantities.

Cultural Significance:

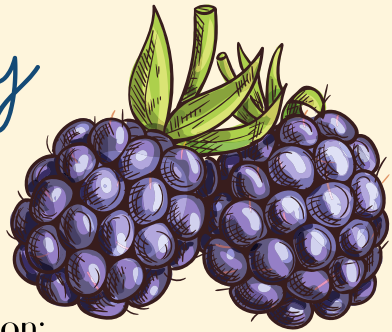
Along the coast, red laver seaweed is an important resource for many Indigenous peoples as its a very nutritious addition to meals.

Location:



Trailing Blackberry

spw'it'muhw



Traditional Use:

Trailing blackberries are edible and were eaten fresh, dried or used in dyes for their purple colour by many Indigenous communities. The leaves were also made into teas to treat different illnesses.

Cultural Significance:

Trailing blackberries are the only native blackberry species in B.C.

Location:



Big-leaf Maple

q'umun'ulhp



Traditional Use:

The wood from big-leaf maples was often used when making dishes, utensils, axe handles, canoe paddles and other tools. The large leaves were used as a mat for drying fruits and roots.

Cultural Significance:

This species has the largest leaves of any maple tree making it valuable to many Indigenous communities.

Location:



Soapberry

Sxwesum



Traditional Use:

Soapberries are small and shiny, often whipped up with water to make "Indian ice cream". The berries were often dried and used to trade.

Cultural Significance:

Soapberries are culturally important as a food and medicine to many Indigenous Peoples in Canada.

Location:



Bull Kelp

Q'am'

Traditional Use:

One of the common uses for bull kelp is to use it's hollow stock for steaming wooden hooks, bows and hoops. The leaves are used to line canoes and to keep your catch cool and fresh during the summer.

Cultural Significance:

Bull kelp is one of the largest species of brown algae. It's very spiritual and used in many traditions within Indigenous communities.



Location:

