

NATIVE PEOPLE'S USE OF NATIVE PLANTS

Primary Source: *Plants of the Pacific Northwest Coast* by Pojar & MacKinnon
Fautleroy Creek Watershed, Seattle.

SPECIES FOUND IN UPPER FAUTLEROY CREEK (FAUTLEROY PARK)

✓ _____



SALAL BUSH

Berries were eaten fresh or mashed and dried into cakes. They were often used to sweeten other foods. Young leaves were chewed to reduce hunger. Branches were used in pit ovens to create and hold heat.

✓ _____



SALMONBERRY BUSH

Young shoots were eaten in the spring as a green vegetable. The early berries were greatly enjoyed after a winter without fresh fruit. Families or individuals could own patches of salmonberry and harvest all they needed before sharing.

✓ _____



RED ELDERBERRY BUSH

Although poisonous when raw, cooked berries were an important food. After boiling, seeds and stems were strained out to make a tasty sauce.

✓ _____



SKUNK CABBAGE

Leaves were used to line berry baskets, drying racks, and pit ovens. Flowers were cooked and eaten only as "famine food" in the spring.

✓ _____



INDIAN PLUM BUSH

Ripe berries were eaten fresh or cooked and dried for the winter. Chewed twigs were applied to sore places. Bark tea was used for healing.

✓ _____



OREGON GRAPE BUSH

Berries were mixed and eaten with sweeter fruit. The shredded bark of stems and roots was made a bright-yellow dye for baskets. Bark and berries were also used to make medicines.

✓ _____



RED ALDER TREE

The inner bark was highly valued as a medicine and also used to make a red or orange dye. It continues to be the best wood for smoking salmon and other fish.

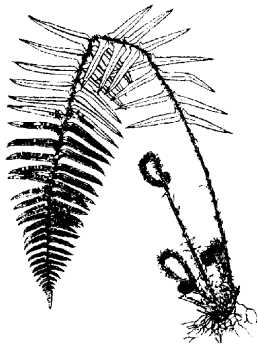
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WESTERN RED CEDAR TREE

Native people throughout the region relied on this "tree of life" for canoes, houses, cradles, clothing, dishes, medicines, and many other things. They harvested fallen trees or parts of live ones so that they didn't have to kill a tree in order to use it.

✓ _____



SWORD FERN

Leaves were used to protect food cooking in pit ovens, as racks for drying berries, and as floor mats and bedding. Large "runners" were eaten only as "famine food." Rubbing tender leaves on the skin will keep stinging nettle from stinging.

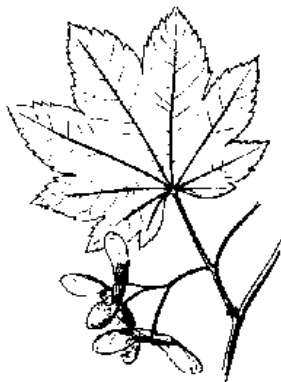
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LADY FERN

Young shoots ("fiddleheads") were eaten in the spring as a green vegetable. Leaves were used as racks for drying berries.

✓ _____



VINE MAPLE TREE

Native people cut new branches in the spring when this dense, hard wood was flexible. Thin branches were bent into frames for snowshoes and hoops for drums. Thick branches were carved into such things as bowls and spoons.

✓ _____



RED HUCKLEBERRY BUSH

Berries were widely enjoyed fresh, dried like raisins, mashed and dried into cakes, or stored for winter in grease or oil. Single berries were used as fish bait. The juice, leaves, and bark were used as medicines.

PLANTS FOUND IN LOWER FAUNTLEROY CREEK (NEAR THE FISH LADDER)

✓ _____



SITKA MOUNTAIN ASH BUSH

The red berries are not very tasty but some Native people ate them raw. Others mashed them and rubbed the paste on their heads to treat lice and dandruff.

✓ _____



NINEBARK BUSH

Considered very poisonous, it was used carefully. Inner bark was brewed into a tea or mashed to put on skin sores. The wood was used to make small items, such as children's bows.

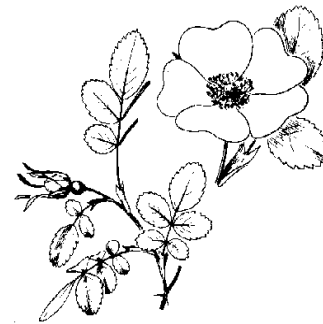
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SNOWBERRY BUSH

Although poisonous, one or two berries were sometimes eaten to settle the stomach after too much fatty food. Washing with berries steeped in water protects the body against spirits that may have been angered.

✓ _____



NOOTKA ROSE BUSH

Branches, bark, and rose hips were used for medicines and mashed leaves were applied to bee stings and skin sores. Leaves were layered with food in cooking baskets to add flavor and prevent burning.

✓ _____



RED-OSIER DOGWOOD BUSH

Medicine was made from bark and stems. The easy-to-bend stems were also used for salmon spreaders and basket rims.

✓ _____



ORANGE HONEYSUCKLE VINE

When stripped of leaves, the long stems were used for weaving and tying. The berries were known to be poisonous.