





Black Currant
(*Ribes laxiflorum*)

Black currant has trailing branches up to 1 m off the ground. Alternating leaves (4 to 10 cm long) grow up the stem and have 5 toothed lobes that are similar to a maple leaf. The leaves are hairy on bottom, smooth on top. Flowers can be greenish-white to purple. Hairy flower stalks that extend with 5 to 10 flowers in an erect cluster. Berries are purple-black, with waxy bloom and small hairs.

Harvest in late summer. Traditionally, berries were sometimes eaten with ooligian grease. They have a disagreeable odour and flavour.









Blackcap Raspberry
(*Rubus leucodermis*)

ЖКОМО (SENĆOFEN)
ciciypakk^wapt (Diitiidŋatcsx)

A bramble with arching to erect branches up to 2 m tall, covered in a white film with small prickles. The egg-shaped leaves are tooth-edged and come to a point. They alternate up the branches and grow in sets of three and sometimes five. The flowers are pinkish and small (2 to 3 cm across) in clusters of 3 to 7 near the leaves. The berries are 1 to 1.5 cm thick, purple to black. Found in disturbed sites, thickets, and open forests.

The berries are harvested in late spring, early summer. The peeled shoots are edible in early spring. For winter use, the berries were dried into cakes and eaten with dried meats or fish. They can be boiled and eaten as a dessert. The leaves can be used in tea.







Burdock

(*Arctium minus*)

kʷitiskʷtsapt (Diitiidʒatcsx)

Burdock grows up to 1.5 m tall with multiple branches and leafy stems. The egg-shaped leaves are large and long (30 to 50 cm), with thick veins. Lower leaves are heart-shaped. The leaves have light fuzz underneath. The prickly flowers are purple, similar to thistle. Each prickly hooks inwardly. The fruits are the brown burrs that stick to clothing during its second year of growth. It grows from a deep taproot in disturbed areas. Burdock is an introduced species.

Lightly chewed leaves applied to insect bites and stings help relieve pain and itch. Crush seeds to use as a poultice to relieve bruising. Roots can be made into a tea to treat arthritis and cleanse the blood. Burdock has a bitter flavour.







Camas

(*Camassia quamash*)

(*Camassia leichtlinii*)

KL`O,EL (SENĆOTEN)

SPÁNW (LEKWUNGEN)

speenhw (Hul'q'umi'num)

k^wa.dis (Diitiid̓atcsx)

Camas grows up to 70 cm tall from an egg shaped bulb that sits 20 cm deep in the earth. It has several grass-like leaves up to 2 cm wide and 50 cm long. The pale to deep blue flowers are in loose clusters of 5 or more. Mature bulbs are usually between 2 to 4 cm long and 1 to 2 cm wide. Traditionally, they grew up to 12 cm long by 6 cm wide. Found on grassy slopes and meadows, well drained rocky outcrops and moist soils. Traditionally, these areas were "burned" as part of growing Garry Oak ecosystems.

Bulbs can be harvested in early spring before flowering, early summer as they flower, and late summer after they go to seed. Each harvesting time gives camas bulbs a different taste. Traditionally women and elderly harvested this plant. Traditionally cooked in steam pits.

WARNING: To distinguish between deathcamas and edible camas, look at the flowers. Deathcamas flowers are creamy white and smaller. Experts can distinguish between the leaves, bulbs, and seeds of both varieties. Consult an expert before harvesting this plant, as a mistake can be deadly.

