







## Eel Grass

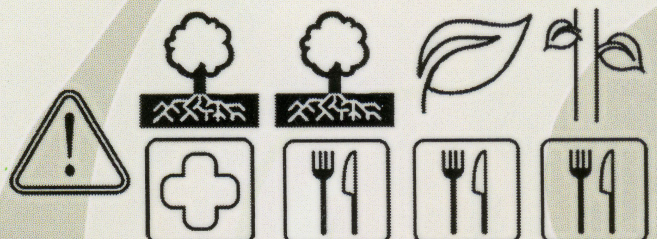
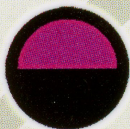
(*Zostera marina*)

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Partially or fully submerged in protected intertidal areas. Eel grass has branching, leafy stems up to 2.5 m long. Lengthy ribbon-like leaves (20 to 120 cm long and 2 to 12 mm wide) with rounded tips. Growing from long rhizomes. Seeds are in a ribbed bladder, with a beak at the end.

Rhizomes and stems (including the leaf base) were eaten fresh, in pitcooks, or dried into cakes. Used as a caffeine-free tea with a similar taste to orange pekoe. Use 5 cm of rhizome for a pot of tea.

**CAUTION:** This plant forms a critical part of the habitat for many sea creatures, some of which are endangered. Please refrain from harvesting this plant without proper guidance.











## Flowering Red Currant

(*Ribes sanguineum*)

sqwuliius (Hul'q'umi'num)

A 1 to 3 m tall shrub with reddish-brown bark. Young growth is hairy, but there are no prickles. Leaves generally have 5 curved lobes, are 2 to 6 cm across and alternate up stem. The undersides are pale and hairy. Flowers are white to pale pink to dark red flowers and arranged in elongated clusters of 10 to 20 that are erect or droop slightly. Round berries are blue-black and waxy. They are found on the edge of Garry Oak meadows.

Harvest berries in mid-summer. The mild flavour allows you to mix with better tasting berries and make them last longer. Eaten fresh. Use dried berries for tea.

