





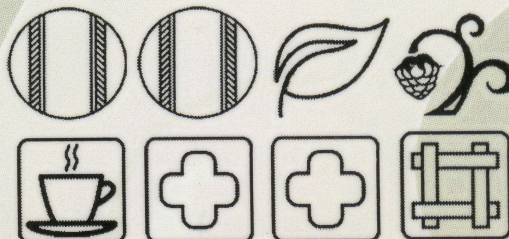
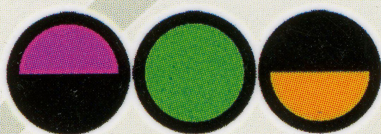
Arbutus

(*Arbutus menziesii*)

KEKEIC (SENCOFEN)
qaanlhp (Hul'q'umi'num)
xu.ʔuk^waʔapt (Diiłidʔatcsx)

Arbutus is a broadleaf evergreen tree (30 m tall) with a peeling red-orange bark on older trees. The leaves are oval, dark, shiny green and somewhat leathery with a lighter, whitish-green colour on the underside. The white sprays of flowers turn to bright red berries in the fall.

Arbutus bark can be used medicinally as a tea. Brew a strip of bark 2 to 3 cm long by 1.5 cm wide per cup to make an "end of the day" tea that makes people happy and relieves stress. It can also be used for colds and stomach problems. Experiment with the amount of bark used to find preferred strength. Chewing leaves helps relieve a sore throat. As an activity with children, string fresh berries using a needle and hang to dry in an airy location. The dried berries can then be used as beads.







Big Leaf Maple

(*Acer macrophyllum*)

ᑕᓕᓕᓕ, ᓕᓕᓕ (SENĆOTEN)
q'umun'ulhp (Hul'q'umi'num)
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A multi-branched tree that can grow up to 35 m tall. Tall, young trees have green, smooth bark. Older trees have greyish-brown, rough bark. The leaves have between three and five lobes, and can grow up to 30 cm across. The leaf buds develop in winter at the ends of the branches. The clusters of flowers are bowl-shaped, greenish-yellow, and grow in early spring.

The flowers are harvested in early spring. They can be eaten by themselves or in a salad. They have a mild sweet flavour. Phloem (innermost layer of the bark) is eaten with oil. Leaves are used to flavour pitcooks. Leaves rubbed on a young man's face at puberty discourages facial hair. Sap from the burls is mixed with other medicines to treat tuberculosis. The sap can be mixed with KEXMIN (Indian Consumption plant) seeds or leaves to make a poultice to treat open tuberculosis sores. The mix of sap and KEXMIN seeds can also be made into tea to treat tuberculosis symptoms.

