



## PEPÁKEN HÁUTW Native Plants & Garden Education Program

ŁÁU, WELŃEW Tribal School, Brentwood Bay BC

### WELCOME TO PEPÁKEN HÁUTW / ĆENQOLEW Moon *ethnoecology follow up sheet*

#### KEXMIN

Indian Consumption Plant (*Lomatium nudicaule*)

KEXMIN is a flowering perennial plant. The bright yellow flowers bloom from May until June or July. The seeds begin to form in the really hot summer weather. WŚÁNEĆ people harvest these seeds as a powerful medicine. The seeds can be chewed up or put into tea to help with colds and sore throats. Sometimes KEXMIN seeds are burned to clean the air in a house. Many WŚÁNEĆ use KEXMIN to ward off evil spirits or protect themselves from negativity. KEXMIN lives in open meadows throughout WŚÁNEĆ territory and in some shoreline areas, such as TIXEN in Tsawout.



#### TI,ĪĆ

Yerba Buena (*Satureja douglasii*)

TI,ĪĆ is a vine plant that grows along the mossy forest floor in open Douglas fir or Garry oak woodlands. TI,ĪĆ is a member of the mint family and the leaves smell sweet and minty, especially when they are crushed. TI,ĪĆ is used to make tea, and its SENĆOFEN name is from the English word 'tea'. This plant was also traditionally used as a poultice for wounds and scratches. This plant can be found living in shaded mossy areas of the Gowlland Range in WŚÁNEĆ territory.



#### KŁO,EL

Camas (*Camassia spp.*)

KŁO,EL is a flowering perennial plant in the lily family. The edible bulb used to be the most important root vegetable for the WŚÁNEĆ people. KŁO,EL bulbs need to be cooked for up to 24 hours to be ready to eat! The traditional WŚÁNEĆ method of pit cooking foods is perfect for preparing KŁO,EL. When it is cooked it is actually a little bit sweet.

The beautiful blue flowers are easy to admire in the springtime. Traditionally KŁO,EL meadows would have been tended and cultivated just like any garden plant, and divided up into family plots to be passed down through generations. The harvest would take place in June and August when the seed pods were dry. In the past KŁO,EL bulbs could be as big as an adult sized fist! Nowadays they are quite small because the beds are no longer being tended as they were. KŁO,EL lives in Garry oak meadows all through WŚÁNEĆ territory.



*...what more can you learn?*

Adapted from *Saanich Ethnobotany: Culturally Important Plants of the WŚÁNEĆ People* (Turner & Hebda 2012).