

LÁMTEN (lame-ten)

Red Columbine | *Aquilegia formosa*

This name comes from our neighbours from Quw'utsun Territory. It can translate to "something that looks after you and guides you".



KEXMIN (kh-ugh-mean)

Desert Parsley | *Lomatium nudicaule*

This plant has a very spiritual and sacred role to the WSÁNEĆ. It grows in dry sandy places, and is still harvested and used. Please protect this plant when you see it in parks and growing in the wild.

ĆEN,ÁŁĆ (chung-ae-th-ch)

Garry oak | *Quercus garryana*

An iconic tree in an extremely rare, diverse, and important coastal ecosystem, the KŁO,EL (camas) meadow. Acorns can be used as food once it is properly leached. A protected tree in this region.

KŁO,EL (q-thuh-el)

Common Camas | *Camassia quamash*

The bulb of this flower is an important starchy food that has sustained the WSÁNEĆ since the beginning of time, growing in beautiful meadows.

KÁTEŁĆ (kay-ts-eh-th-ch)

Oceanspray | *Holodiscus discolor*

This is an indicator plant for the WSÁNEĆ related to salmon. The "iron" wood from the thick branches are used for many tools and knitting needles.

TŦÁ,ELĆ (ts-the-eh-th-ch)

Bigleaf Maple | *Acer macrophyllum*

The wood from this tree is used for canoe paddles, spindle whorls, handles, and other various tools. A spiritual tree which calms the mind.

TĚSIP (tl-uh-seep)

Licorice Fern | *Polypodium glycyrrhiza*

Grows with moss preferably on trees or rock. The roots has a medicinal use for sore throats.

TĚLIKEŁP (tl-ugh-lee-kwu-th-p)

Yarrow | *Achillea millefolium*

Wonderful plant for pollinators. The leaves and flowers are used for teas, oils, and salves for healing inside an out.

KEKIŁĆ (qwuh-qwuh-ee-th-ch)

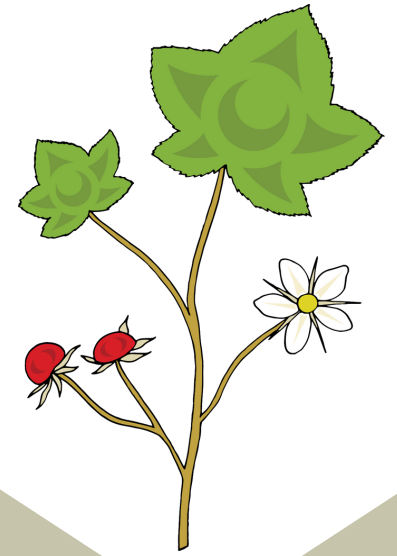
Arbutus | *Arbutus menziesii*

Translates to 'the drinking tree' since its roots can find water in the driest of places. A very sacred tree featured in the WSÁNEĆ flood story.

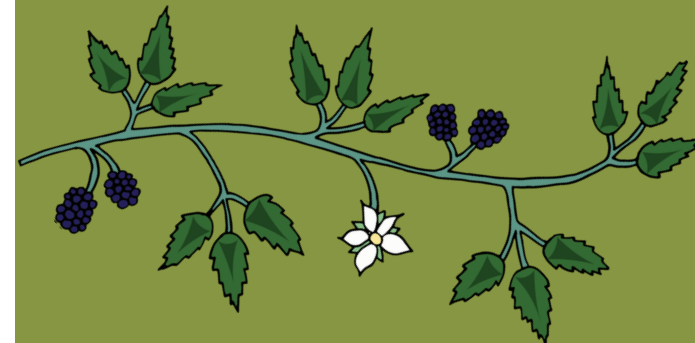
This trail was made possible by the partnership between the Gardens at the Horticulture Centre of the Pacific and the PEPÁKEN HÁUTW Foundation.



Native plant art by Sarah Jim Studio



WSÁNEĆ Ethnobotany Trail



TEXEN, IŁĆ (ts-ugh-wung-eeth-ch)

June Plum | *Oemleria cerasiformis*

This is an indicator plant and lets us know when spring is on its way. Leaves and berries are edible, and great first food for birds.

YIYEXEM (yuy-ye-kh-um)

Evergreen Huckleberry | *Vaccinium ovatum*
A sweet berry growing low to the ground in the forests.

JSÁY (j-say)

Douglas Fir | *Pseudotsuga menziesii*
The bottle brush needles of this tree contain vitamin C and the sap used as disinfectant for wounds.

SEKÁÁN (suh-cane)

Bracken Fern | *Pteridium aquilinum*
Root can be pounded into a flour.

PEPKIYOS (pup-key-yos)

Snowberry | *Symphoricarpos albus*
This shrub is a favorite among pollinators and birds. Its berries aren't edible to humans, although it has cultural and spiritual uses.

ELILE, IŁĆ (uh-leel-ee-th-ch)

Salmonberry | *Rubus spectabilis*
Salmonberry shoots and berries are a staple food source for W̱SÁNEĆ.

We encourage you to plant native plants in your yard to create native ecosystems in the spirit of reciprocity to the land. Thank you for not wild harvesting.



= Forest Ecosystem



= Meadow Ecosystem

DEKEN, IŁĆ (duh-kwung-ee-th-ch)

Thimbleberry | *Rubus parviflorus*

The fresh shoots and berries are edible and a staple food. The leaves can be folded to make a cup to hold your berries in.

TEX, TEX (ts-uh-kh-ts-uh-kh)

Stinging Nettle | *Urtica dioica*

A beloved and versatile plant that is medicinal, edible, and used for fibre to make cordage, nets, weaving, and has spiritual uses.

SKELÁLNEW, IŁĆ

(squh-layl-nghoo-ee-th-ch)

Trailing blackberry | *Rubus ursinus*
Delicious native blackberries are full of flavour and very nutritious. This is another spiritually significant plant to the W̱SÁNEĆ.

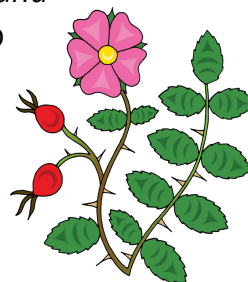
KÁMQ, IŁĆ (ghame-q-ee-th-ch)

Wild Black Gooseberry | *Ribes divaricatum*
These berries are traditionally used in a fruit cake often paired with salal. The thorns can be used as needles/tweezers. Roots were used in the reef net.

KELKE, IŁĆ (gulk-gu-ee-th-ch)

Nootka Rose | *Rosa nutkana*

The generous rose shrub provides food, medicine, and fibres. The roots of the shrub were used in making the reef net.



SFXÁLEM (s-th-kh-ale-um)

Swordfern | *Polystichum munitum*

Its large fronds are used in traditional pitcooks.

SQEL, QELEX (squl-qul-ekh)

Rattlesnake Orchid | *Goodyera oblongifolia*

The name translates to "it's got spots".

Spiritual plant that is used for protection. Is used for medicinal purposes.

SKEKĆES (skuh-ekw-ch-us)

Red Huckleberry | *Vaccinium parvifolium*

Delicious berry often seen growing out of stumps.

SENI, IŁĆ (sun-ee-ee-th-ch)

Oregon Grape | *Mahonia aquafolium*

These tart berries are edible and medicinal. The inner bark is used for natural dye.

TI, IŁĆ (tye-ee-th-ch)

Yerba Buena | *Satureja douglasii*

Delightful native mint and very good for tea.

WIWQ, IŁĆ (wee-wu-q-ee-th-ch)

Red Flowering Currant |

Ribes sanguineum

This is an indicator plant and lets us know when winter is ending and to get ready for spring. A 'must have' for supporting pollinators.