

Native Plants in Northern BC

- Dakelh _ Southern Carrier Name: hoolhts'ik
- Common name: Stinging Nettle
- Scientific name: Urtica Dioica
- Range/ habitat: Nearly worldwide (especially Europe, North America, and North Africa)

PLANT FACTS

Stinging nettle has been widely used as a food source, medicine, and for constructing materials (e.g. nets, rope, and linens).



Sources

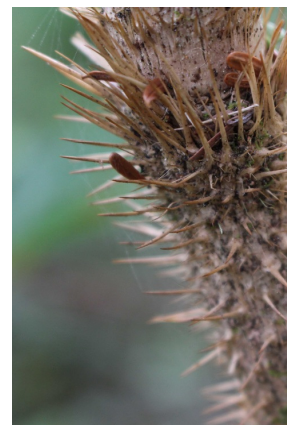
First Peoples' Cultural Council. (2020-2022). First Voices. Dakelh / Southern Carrier Home Page. Search: Stinging Nettle.
Petruzzello, M. (2018, October 31). stinging nettle. Encyclopedia Britannica.
MacKinnon, A., Kershaw, L., Arnason, J. T., Owen, P., Karst, A., & Chambers, F. H. (2014). Edible & Medicinal Plants of Canada. Lone Pine.
Photo: Comox Valley Nature (May 2020).



- Gitsenimx_Gitxsan Name: gahl daa'ts
- Common name: Devil's Club
- Scientific name: Oplopanax Horridus
- Range: Southern Alaska to Southern Oregon

PLANT FACTS

Devils Club is used by many Indigenous communities in Northern BC (and throughout its range) as both a physical and spiritual medicine.



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. Gitsenimx Home Page. Search: Devils Club.
Turner Nancy. (1982). Traditional Uses of Devil's Club by Native Peoples in Western North America. J.Ethnobiol 2(1):17-38.
Photo1: Oregon State Landscape plants: Oregon State University (2022).
Photo 2: Kelly Fretwell, Brian Starzomski. (2013). Biodiversity of the Central Coast. The Starzomski Lab, University of Victoria, Hakai.



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- Tsaa? Dane_Dane-zaa Name: k'ə?
- Common name: Saskatoon Bush
- Scientific name: Amelanchier Alnifolia
- Range: Native to BC, the Canadian Prairies, the Northwest Territories, the Yukon, Alaska, and northwestern and north central United States

PLANT FACTS

Saskatoon berries are a very important food source for many Indigenous peoples. This plant is also used as medicine and for construction materials (e.g. arrows, spears and pipe stems).



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. Tsaa? Dane - Beaver People Home Page. Search: Saskatoon. MacKinnon, A., Kershaw, L., Arnason, J. T., Owen, P., Karst, A., & Chambers, F. H. (2014). Edible & Medicinal Plants of Canada. Lone Pine. Description and photo: Province of Manitoba. (n.d). Agriculture - Saskatoon Berries.



- Gitsenimx_Gitxsan name: sginist
- Common name: Jack Pine
- Scientific name: Pinus Banksiana
- Range: Northeastern BC to Labrador, including the Northwest Territories, but not the Yukon

PLANT FACTS

The inner bark of pine trees are often used as a food source and treatment for skin ailments, the pine needles and sap for various medicinal treatments, and the trunks for construction materials.



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. Gitsenimx Home Page. Search: Jack Pine. MacKinnon, A., Kershaw, L., Arnason, J. T., Owen, P., Karst, A., & Chambers, F. H. (2014). Edible & Medicinal Plants of Canada. Lone Pine. Photo: Evgeniya Vlasova., Erica Puisis. (2022). The Spruce: Make Your Best Home.



Native Plants in Northern BC



● Secwepemc name:	tséts'elq
● Common name:	Balsamroot Sunflower
● Scientific name:	Balsamorhiza Sagittata
● Range:	BC, Alberta, and California

PLANT FACTS

Balsamroot is used as an important food, medicine, technology, and ceremonial plant by Secwepemc people.



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. Secwepemc Home Page. Search: Balsamroot.
Description and photo: JIM COOPERMAN. (2022). Shushwap Passion. THE SECWEPEMC USE OF WILD PLANTS.



● Tsilhqot'in (Xeni Gwet'in) Name:	datsan k'achilh
● Common name:	Common Juniper
● Scientific name:	Juniperus Communis
● Range:	Across North America and Eurasia

PLANT FACTS

Juniper is both today and historically considered an important medicine for interior peoples. It has also been used in European cooking. However, it must be used with caution!



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. Tsilhqot'in (Xeni Gwet'in) Home Page. Search: Juniper.
Kalina Hunter, Kelly Fretwell Brian Starzomski. (2014). Biodiversity of the Central Coast: *Common Juniper*. The Starzomski Lab, University of Victoria, Hakai.
MacKinnon, A., Pojar, J., & Alaback, P. B. (1994). Plants of coastal British Columbia: Including Washington, Oregon & Alaska. Vancouver: Lone Pine Publishing.
Photo: Churchill, Ashley. (2020). E-Flora BC: Electronic Atlas of the Plants of British Columbia. Lab for Advanced Spatial Analysis, Department of Geography, University of British Columbia.





- Tsilhqot'in (Xeni Gwet'in) name: telhadeninked
- Common name: Thimbleberry
- Scientific name: Rubus Parviflorus
- Range: Alaska to California and eastward across the Great Lakes Region

PLANT FACTS

Thimbleberries, its leaves and its bark have a wide range of uses from tea, construction materials, and soap!



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. Tsilhqot'in (Xeni Gwet'in) Home Page. Search: Thimble berry.
 Sierra Club BC. (n.d). Thimbleberry: *Rubus parviflorus*.
 Photo 1: Richard Hebda. (2017). Thimbleberry Shrub Blooms. Thimbleberry. Royal BC Museum.
 Photo 2: Robert D. Turner. (2017). Delicious fruit of thimbleberry. Thimbleberry. Royal BC Museum.



- Secwepemc name: elk
- Common names: Kinnikinnick/ Bearberry
- Scientific name: Arctostaphylos Uva-ursi
- Range: Southern Rocky Mountains to New Mexico

PLANT FACTS

Kinnikinnick has commonly been used as a medicine among various Indigenous peoples (e.g. bladder infections, kidney problems, and as a poultice).



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. Secwepemc Home Page. Kinnikinnick.
 Jaquelynn LaFlamme. Kinnikinnick. UVic Map Shop: a community-university mapping initiative. ES 421 - Ethnobotany: Plants and Human Cultures (2016) Plant Profiles - Ethnobotany. University of Victoria.
 Photo: Patrick Culbert. (n.d). Coastal Indicator Plants of BC. Faculty of Forestry. The University of British Columbia.



Native Plants in Coastal BC



● SENĆOŦEN name:	ELILE
● Common name:	Salmonberry
● Scientific name:	Rubus Spectabilis
● Range:	Found from Alaska to California

PLANT FACTS

Salmonberry sprouts and berries are eaten by all Northwest Coastal Indigenous peoples. Today they remain a favourite and are very common in BC!



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. SENĆOŦEN Home Page. Search: Salmon Berry.
Kelly Fretwell Brian Starzomski. (2014). Biodiversity of the Central Coast: *Common Juniper*. The Starzomski Lab, University of Victoria, Haka.
MacKinnon, A., Pojar, J., & Alaback, P. B. (1994). Plants of coastal British Columbia: Including Washington, Oregon & Alaska. Vancouver: Lone Pine Publishing.
Photo: Delmatier, Charmaine. (2018). Plant of the Week *Salmonberry (Rubus spectabilis)*. U.S Forest Service.



● Halq'eméylem name:	sk'ámeth
● Common name:	Camas
● Scientific name:	Camassia
● Range:	BC to California

PLANT FACTS

Camas is currently and has been historically a very important root crop for Indigenous peoples in Southwestern BC, as well as many tribes in the United States.



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. Halq'eméylem Home Page Search: Camas.
MacKinnon, A., Pojar, J., & Alaback, P. B. (1994). Plants of coastal British Columbia: Including Washington, Oregon & Alaska. Vancouver: Lone Pine Publishing.
Photo: Satinflower Nurseries. (2022). *Camassia quamash* Common Camas.



Native Plants in Coastal BC

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- HUL'Q'UMI'NUM' name: qethulhp
- Common names: Oceanspray/ Ironwood
- Scientific name: Holodiscus Discolor
- Range: BC to Montana, Colorado, and Arizona

PLANT FACTS

This plant has been a vital resource for Coastal Indigenous peoples as a construction material due to the hard and straight properties of its wood (e.g. arrows, spears, and harpoons). It is abundant on the coast!



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. HUL'Q'UMI'NUM' Home Page Search: Oceanspray.
University of Victoria. (2016). Oceanspray. UVic Map Shop: a community-university mapping initiative. ES 421 - Ethnobotany: Plants and Human Cultures (2016) Plant Profiles - Ethnobotany. University of Victoria.
Photo: East Maltnomah Soil and Water Conservation District. (2014). Oceanspray (Holodiscus discolor) 1.



- SENĆOŦEN name: PEPKI,YOES
- Common name: Snowberry/ Waxberry
- Scientific name: Symphoricarpos Albus
- Range: From Alaska to Northwest US

PLANT FACTS

Snowberries are generally considered poisonous. The Stl'atl'imx people have a story in which they are depicted as berries of the spirit world.



Sources

First Peoples' Cultural Council. (2020-2022). First Voices. SENĆOŦEN Home Page. Search: Snowberry.
MacKinnon, A., Pojar, J., & Alaback, P. B. (1994). Plants of coastal British Columbia: Including Washington, Oregon & Alaska. Vancouver: Lone Pine Publishing.
Sierra Club BC. (n.d). SNOWBERRY (WAXBERRY) *Symphoricarpos albus*.
Photo: Native Plants PNW. (n.d). Common Snowberry, *Symphoricarpos albus*.



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