

Common name: **Bigleaf Maple**

Scientific name: *Acer macrophyllum*

dx^wləšucid Lushootseed: sčʉʔtəc
(sCHO-thluts)



The Bigleaf Maple's leaves were historically used to store food and their bark was boiled to create a medicinal tea. The inner bark fiber was made into ropes and baskets. Maples are **deciduous** trees which means that their leaves turn colors and fall in the autumn.

IDENTIFY BIGLEAF MAPLE

- Up to 80 feet tall
- Lobed leaves about 6 - 12 inches across
- Young trunks are green then become gray-brown, bark furrowed into narrow ridges
- Fragrant, yellow flowers
- Often hosts lichens & licorice ferns



"Coast Salish people and groups from as far as Alaska would meet around the Cedar, Black, Green, and Duwamish Rivers as cultural hubs."

-Liz Stewart, Renton History Museum



Notice that the term **macro**, meaning "large," is in its scientific name. **Phyllum** derives from the Greek word for "leaf." These definitions can make remembering names easier.

Common name: **Stinging Nettle**

Scientific name: *Urtica dioica*

dx^wləšucid Lushootseed: **sćəd^zǰǰǰ**
(sTSuh-zuHuts)



Nettle grows in wet areas and uplands. Although the fine hairs sting upon contact, when harvested correctly, stinging nettle can be eaten raw, cooked, or used in teas. Using a specific technique, the stalk fibers can be harvested to make strong and versatile cordage for nets, clothing, and fishing.

IDENTIFY STINGING NETTLE

- Often grows in great thickets, up to 5 feet or taller
- Fine toothed, tapered, somewhat heart-shaped leaves with serrated edges that grow opposite
- Drooping clusters of green/white flowers
- Square stems
- Bottom side of leaves are covered with fine stinging hairs

"Stinging nettle can be used topically for quick relief from arthritis and other pains. You have to deal with the burning, but that's part of the fun!"

-Buzz Cloud, Snoqualmie Tribe

Common name: **Sword Fern**

Scientific name: *Polystichum munitum*

dx^wləšucid Lushootseed: sǰaǰəlčəc
(sHaHol-chuh-ts)



These ferns are extremely versatile and resilient and can live up to 200 years! Sword ferns are great for cooking food and lining pits. The spores can be used to treat burns or the sting of a nettle. Indigenous groups in the Puget Sound chewed and swallowed curled young leaves to ease a sore throat.



IDENTIFY SWORD FERN

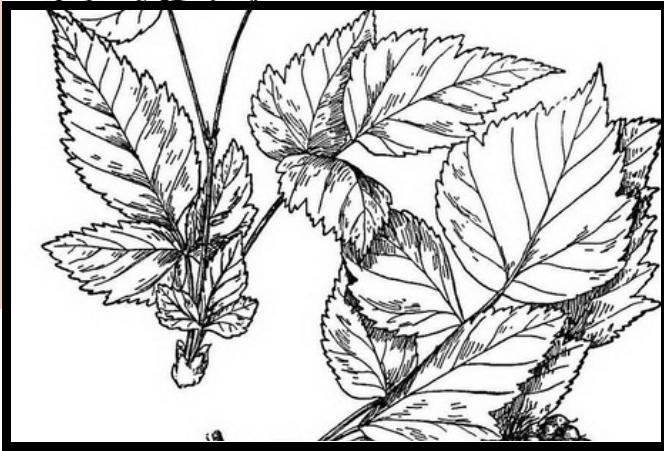
- Medium-sized, perennial, evergreen fern
- Long, symmetrical, and bladelike appearance of leaves clustered on a short, vertical rhizome
- Many orange or brown spores on underside of leaves

"Our relationship with the outdoors is a distant but intimate one."

**-David B. Williams,
Seattle-based author**



Common name: **Salmonberry**
Scientific name: *Rubus spectabilis*
dx^wləšucid Lushootseed: stəg^wədəc
(Sstuh-gwuduh-ts)



IDENTIFY SALMONBERRY

- Leaves have deep veins & grow in three leaflets
- Light/golden brown stems with sparse thorns
- Rounded, salmon-colored berries
- 5-petaled, bright pink flowers
- Blooms April - June

Salmonberries have striking flowers and berries. Although they appear similar to raspberries, salmonberries are infamously less delicious. Nonetheless, they are generally the first berries in this ecosystem to ripen, making them ecologically and culturally significant. The berries can be used to make jelly or wine. The sprouts can be peeled, steamed or eaten



raw, even their beautiful pink flowers are edible.

"Shadow Lake is important to the community, not only ecologically, but also as a part of its identity."

- Sharon Leishman, Duwamish Alive Coalition

Common name: **Western Red Cedar**

Scientific name: *Thuja plicata*

dx^wləšucid Lushootseed: **ǰəpayəc**
(Huh-pie-uh-ts)



IDENTIFY WESTERN RED CEDAR

- Can grow taller than 200 feet
- Leaves have flattened scales with a fruity smell
- Vertically fibrous, dark red or purplish brown bark
 - Small, oval cones
 - Distinct cedar aroma

A Western red cedar can live up to 1,000 years. Its wood is lightweight and highly resistant to rot, making it popular. The cedar tree is commonly

known as "**the Tree of Life**" because of its strength, utility, and spiritual connection to the land and people throughout history. Coast Salish shamans had cedar "spirit assistants" or "guard figures" to protect them.



"(Conservation) needs to be brought up more to bigger developments, land purchases, and people who purchase the land need to be educated on it."
- Wayne Graika, Snoqualmie Tribe

Common name: **Salal**

Scientific name: *Gaultheria shallon*

dx^wləšucid Lushootseed: ʔaqaʔəc
(Talk-ah-uh-ts)



IDENTIFY SALAL

- Dense and robust shrub, generally grows 1 - 4 feet tall
- Large, leathery, & oval-shaped, evergreen leaves
- Spreading hairy stems, often in large dense patches
 - Dark-blue berries that grow after the flowers bloom
 - Urn-shaped flowers

The salalberry is not a true berry but rather a **swollen**

sepal. The sepals are crushed and used in **fruit leather**, a crushed and dried fruit snack, that can be saved for winter. Fauna also enjoy munching on its leaves and berries, so don't forget to look around for critters having a snack!

"We think the (fruit leather) is delicious, but nobody else really liked it, so we ate all of it-- it can be a little dry"
- Wayne & Buzz, discussing a 2018 Canoe Journey



Common name: **Sitka Spruce**

Scientific name: *Picea sitchensis*

dx^wləšucid Lushootseed: c'əl'kayəc
(Tsilk-eye-uh-ts)



Look up! Do you see Sitka Spruce's puzzle piece bark near by?

Known for its spiky leaves and scaly bark, the Sitka Spruce is among the most iconic trees of the Pacific Northwest. Indigenous peoples of Washington used its roots to tie together salmon spears, weave baskets, and tie cross pieces of canoes. The **resin** (pitch) can be used as glue. Throughout the 20th century many of these trees were logged for use as Boeing airplanes. Be careful when shaking hands with a spruce, their needles, they will poke you.

IDENTIFY SITKA SPRUCE

- Grows up to 300 feet tall
- Sharp needles as leaves arranged in a spiral around twig
- Thin, brown/grey bark, with with scales that resembles puzzle pieces
- Grows from sea level to about 1,000ft (300m) elevation

Common name: Red Huckleberry

Scientific name: Vaccinium parvifolium

dx^wlǎšucid Lushootseed: stix^wib

(sTea-whee-b)



Red huckleberries are a great source of vitamin C. As with most berries in the area, Red Huckleberry is an important food for birds, mammals, and even fish. Huckleberry, along with serviceberry and salalberry, can be crushed and dried into a fruit leather to be preserved for the winter.

IDENTIFY RED HUCKLEBERRY

- Deciduous shrub
- Ovate, small, not toothed leaves
- Bright green shoot
- Edible red berry
- Yellow or pinkish white flowers



Edible and medicinal plant identification is useful and should be passed down through generations.



Common name: **Peat Moss**

Scientific name: *Sphagnum capillifolium*

dx^wləšucid Lushootseed: q^wəd^zab

(qwuh-dazh-b)



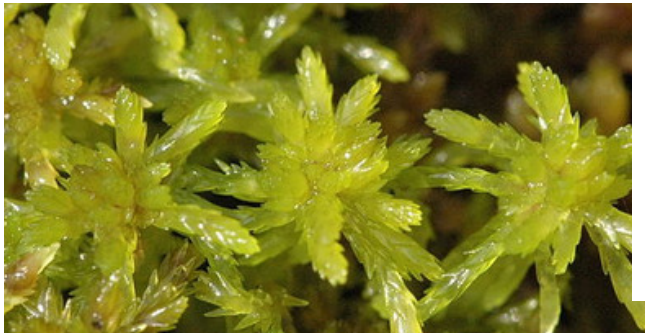
Sphagnum moss is one of many things that makes SHADOW's wetland so unique; its an ecosystem you don't often find.

During World War I, sphagnum moss was used as an absorptive wound dressing. It can hold up to 20 times its own dry weight in water and produces **peptic acid**.

IDENTIFY PEAT MOSS

- Light, lime-green color
- Grows in small patches and thick, dense clumps
- Grows close and creates hummocks or a "bog mat," rolling hills that can float

Found in wet areas with low pH, or highly acidic, soils, sphagnum moss stores high levels of carbon. By decaying extremely slowly, it forms **peat**, which is the definitive characteristic of bogs and fens. Commonly used in gardening, as a fuel source, and in the distilling of Scotch whiskey, peat harvesting has led to the destruction of many natural areas. In fact, WA was the Nation's top peat-producing state in the 1950s.



Common name: **Bog Laurel**
Scientific name: *Kalmia microphylla*

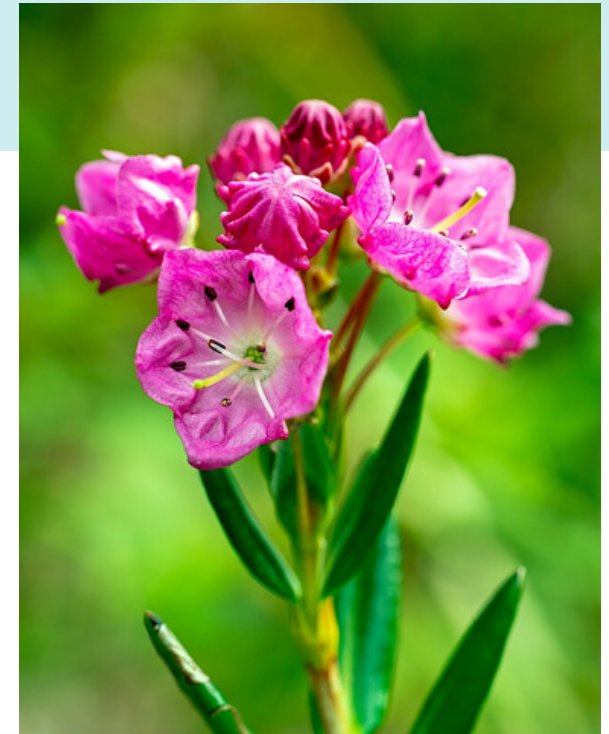
Bog laurel is a member of the Heath family, native to North America. It grows actively during spring and summer.



**"What is today King County used to be bog-rich. The Puget Glacier scraped the landscape all the way to Olympia, creating hills ideal for wetlands."
-David B. Williams, Seattle-based author**

IDENTIFY BOG LAUREL

- Leathery, evergreen leaves 1 - 2 inches long, with a dark glossy-green top
- Older branches are smooth & reddish brown
- 5-petaled, bright pink flowers



Unlike its similar-looking neighbor, Labrador tea, Bog laurel is highly toxic and poisonous if ingested.

Consumption can cause loss of appetite, depression, and vomiting. When used externally as a poultice or wash, *Kalmia microphylla* can treat skin diseases and inflammation.

Common name: **Labrador Tea**

Scientific name: *Ledum groenlandicum*

dx^wlǎšucid Lushootseed: q^wəlut
(qwool-oat)



It's an all around a wholesome tea...

For a long time, Labrador tea has been used for fighting the flu, infections, and viruses. Some people drink it everyday and hardly ever get sick. As with all foraging, it is important to know what you are picking and not to over-harvest. Make sure to leave enough of the plant that it can continue to survive.

Here at SHADOW, we ask that you not forage native plants without explicit permission from staff.



Can you spot the differences between bog laurel and Labrador tea?

IDENTIFY LABRADOR TEA

- Usually grow 4 - 5 feet tall
- Narrow leaves, smooth on top and orange fuzz underneath (*bog laurel's leaves have a smooth, white underside*)
- Tiny clusters of white flowers with protruding stamen

Common name: **Western White Pine**

Scientific name: *Pinus monticola*

dx^wləšucid Lushootseed: ʕax^wəyəc
(Sa-wh-eye-uh-ts)

IDENTIFY

WESTERN WHITE PINE

- Grows to 95 - 165 feet tall
- Needles in bundles of five, with white stripe on back
- Gray, smooth, and thin bark
 - Whorled and slender branches
- Slender and showy cones

"With climate change, we must watch how the ecosystems want to structure themselves. Otherwise, we may kill them by trying to save them."
- Buzz Cloud, Snoqualmie Tribe

Western white pines were once an abundant tree west of the Cascade Mountains. In the past few decades, their numbers have decreased by around 80% because of an human-introduced fungal disease, **White pine blister rust**

(*Cronartium ribicola*) and extensive logging. SHADOW is lucky to have some standing strong here.

