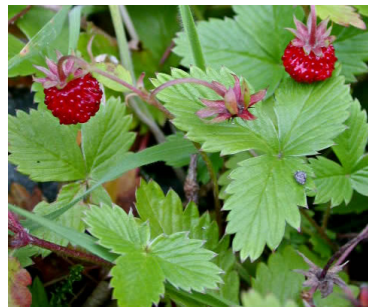




***Asarum caudatum* Wild Ginger**

Shade loving evergreen perennial native to the Pacific Northwest.

Ethno-botany The Nuxalk drank wild ginger tea to ease stomach pains. The Squamish drank the juice to cure tuberculosis. The Sechelt used it as a salve to relieve arthritis pain. Wild Ginger has known antibiotic properties.



***Fragaria vesca* Woodland Strawberry**

Shade loving perennial native to the Pacific Northwest.

Ethno-botany The berries were eaten by all coastal people. The Saanich and Comox made strawberry leaf tea and the Skokomish use this tea to treat diarrhea. The Quileute made a poultice with the leaves to treat burns. The Haida use the leaves in a female tonic.



***Gaultheria procumbens* Wintergreen**

Shade loving perennial evergreen native to the Pacific Northwest.

Ethno-botany Most coastal first Nation people harvested these **fresh tasting berries**. The leaves were used to make tea and the berries were eaten fresh or dried in cake form made out of cedar wood.



***Oxalis oregana* Redwood Sorrel**

Shade loving perennial native to the Pacific Northwest.

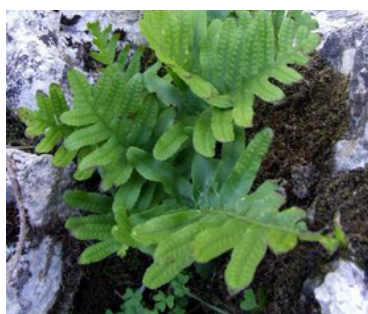
Ethno-botany The Cowlitz, Quileute and Quinault ate the leaves which has a sour and tangy taste. Caution, its oxalic acid content is potentially harmful.



***Penstemon nemorosus* Woodland penstemon**

Shade loving perennial herb native to the Pacific Northwest.

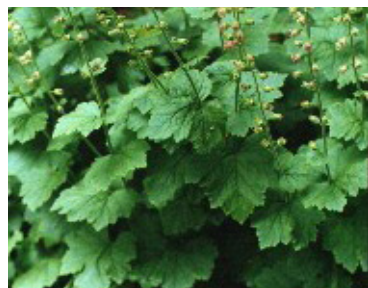
Ethno-botany Unknown



***Polypodium Glycyrrhiza* Licorice Fern**

Shade loving perennial evergreen native to the Pacific Northwest.

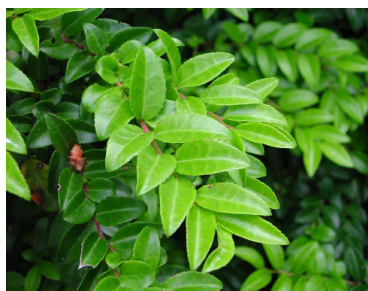
Ethnobotany The Squamish, Sechelt, Comox, Nuxalk, Haida and Kwakwaka'wakw chewed the rhizome for their flavor. This was an important medicine for colds and sore throats.



***Tellima grandiflora* Fringecup**

Shade loving perennial native to the Pacific Northwest.

Ethno-botany The Skagit made tea from Fringecup to stimulate their appetite. It is also known as a "special" medicine to the Ditidaht people.



***Vaccinium ovatum* Huckleberry**

Shade loving perennial evergreen native to the Pacific Northwest.

Ethno-botany The berries were prized by the Nuu-chah-nulth, Sechelt, Comox, Halq'emeylem, Salish, Quinault. They were eaten fresh or dried in cakes.



***Viola sempervirens* Evergreen Violet**

Shade loving perennial evergreen native to the Pacific Northwest.

Ethno-botany Unknown