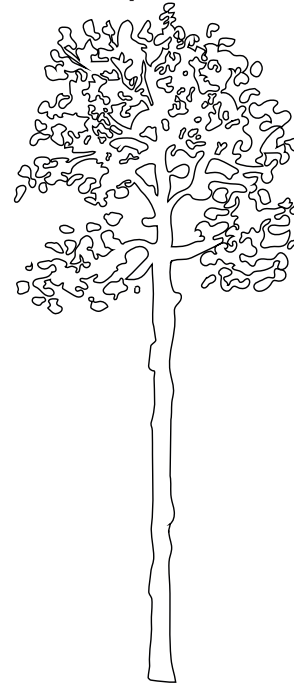
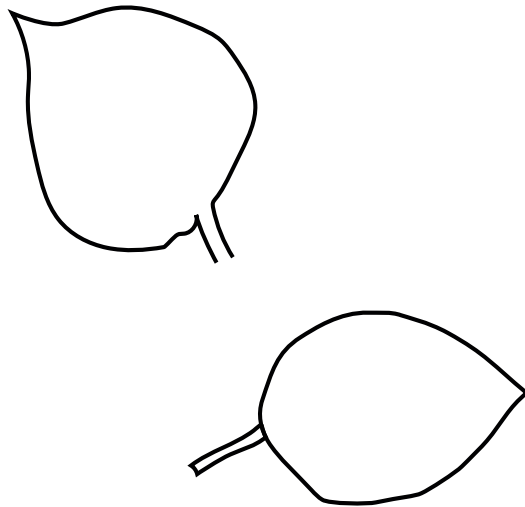


Artist: Martha Ryan

Trembling Aspen - *Populus tremuloides*

Coloured by: _____

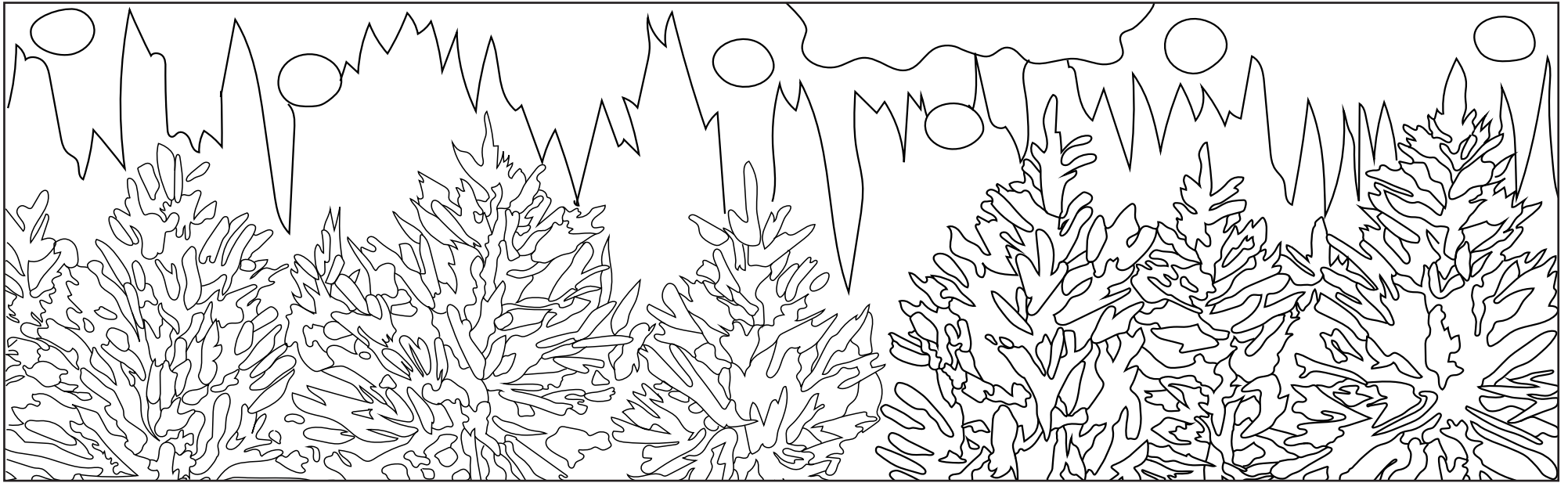
Groups of genetically identical trees will live 1000's of years; Their bark is favored by beavers, elk and snowshoe hare and bears often choose this tree to scratch or climb. People make saddles, whistles, tent poles and drying racks out of the wood which they also use for fuel.



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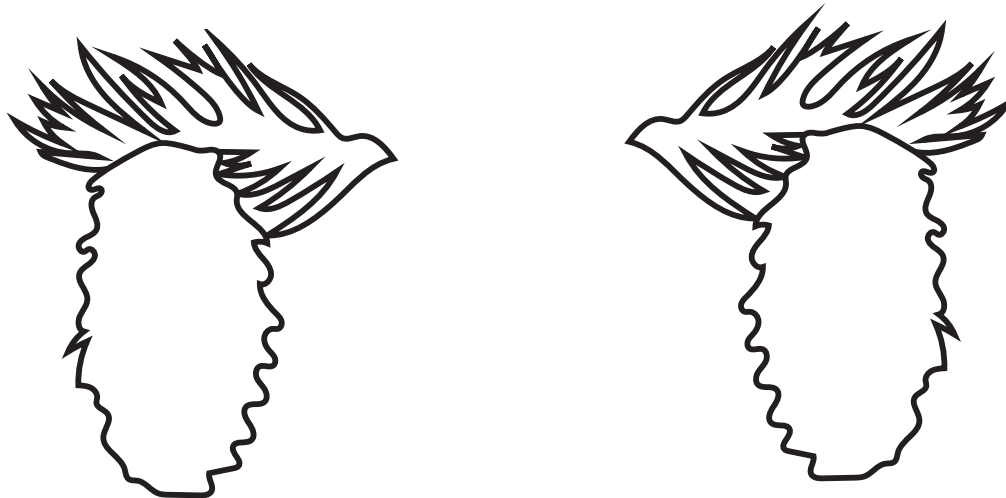


Artist: Brandi Romano

White Spruce - *Picea glauca*

Coloured by: _____

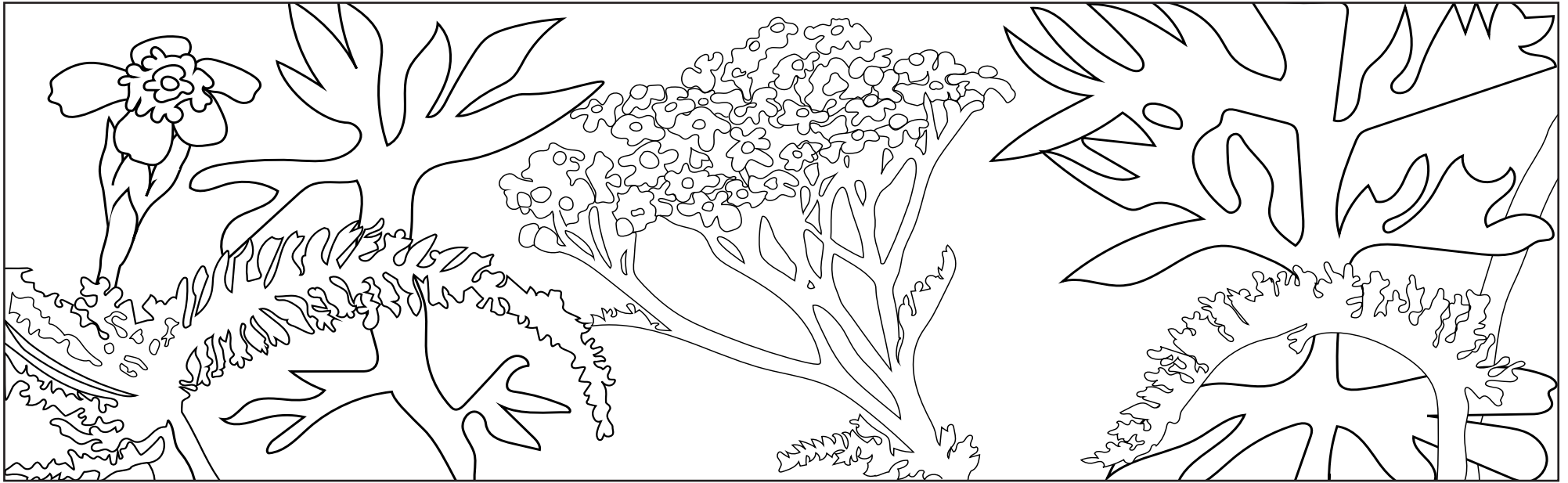
250-400 years is the lifespan of this tree which provides habitat and food for many birds and other species. The reddish swelling you may see on the branches is full of insects and does not hurt the tree. People make baskets, canoes, rope and beds from the branches and bark while using the thick, sticky pitch as chewing gum and glue.



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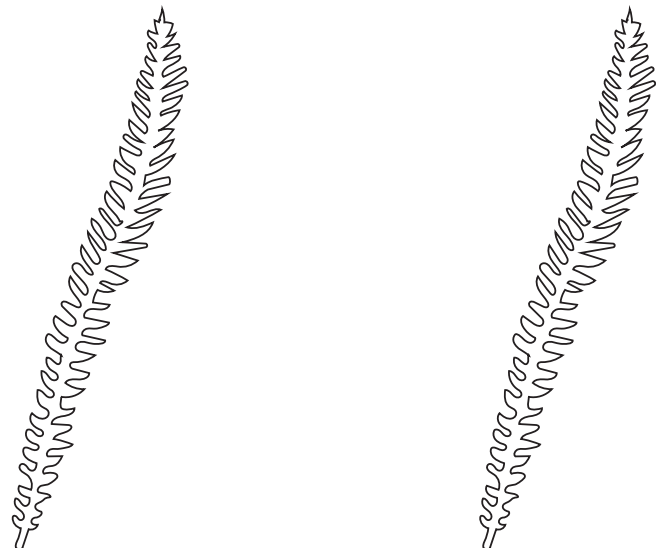


Artist: Annette Lutterman

Yarrow - *Achillea millefolium*

Coloured by: _____

This furry, feather-like, strong-smelling plant holds useful medicine: the crushed leaves will speed up blood clotting, repel insects, or ease a cold. Tea can be made from the entire plant to treat infections and constipation.



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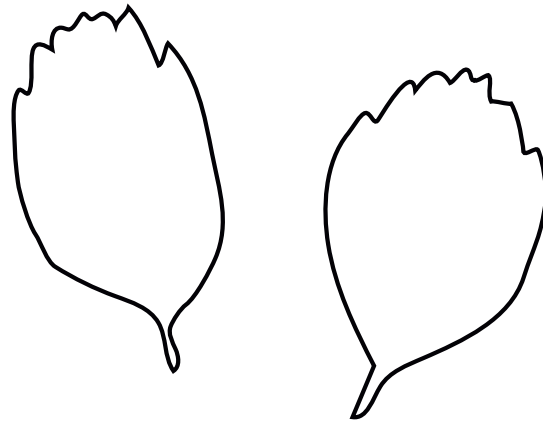


Artist: Tammy Prather

Birch-leaved Spiraea - *Spiraea betulifolia*

Coloured by: _____

This member of the rose family makes seedpods, not berries. It grows easily in dry soil and provides soil-cooling shade to the forest floor. A tea was made from the stems, leaves and flowers and the plant can be used to treat stomach pains.



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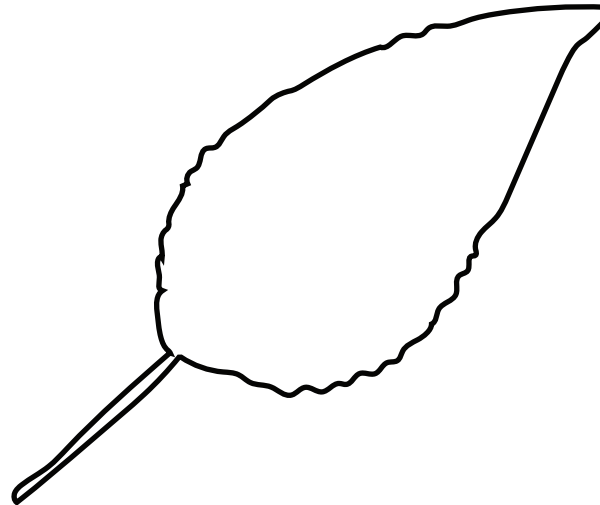
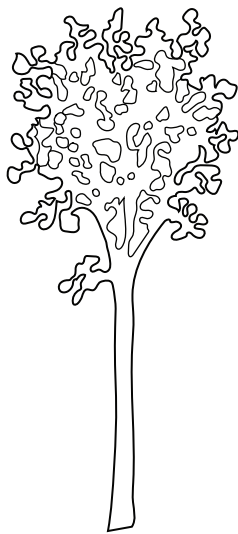


Artist: Marilyn Kelly-McArthur

Black Cottonwood - *Populus balsamifera*

Coloured by: _____

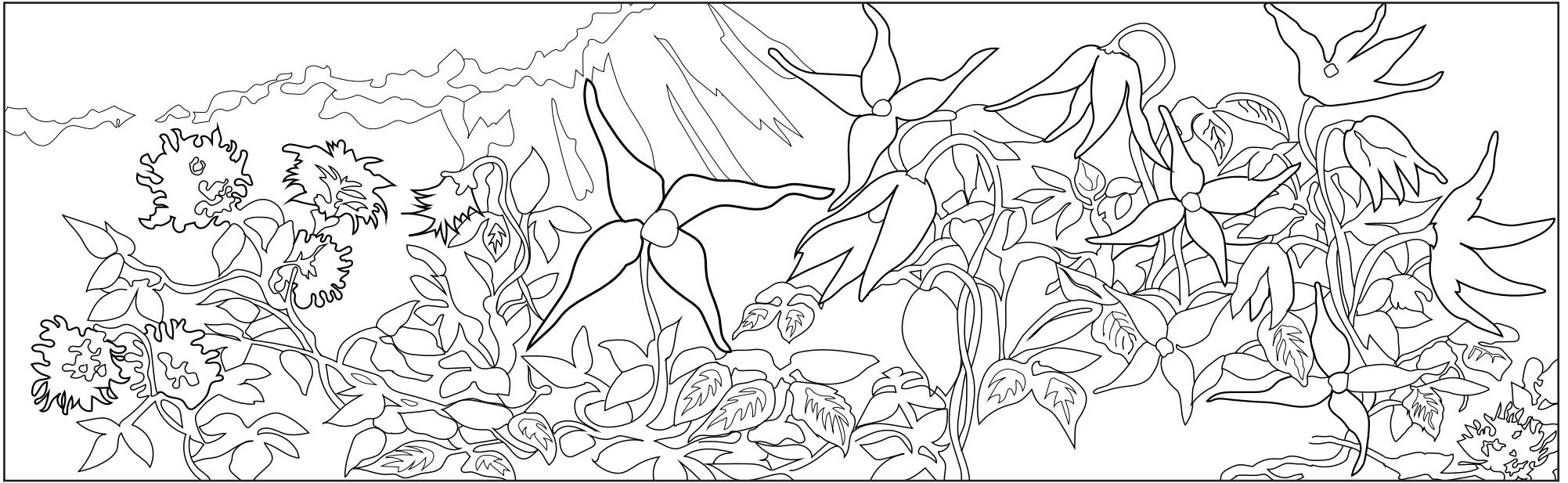
These trees add nutritious leaves to the soil and regulate water temperature for fish and insects while buds are food for moose, elk, bighorn sheep and bears. Beavers prefer the wood and people can eat fresh cambium, make pillows from seed fluff and build canoes from large trunks.



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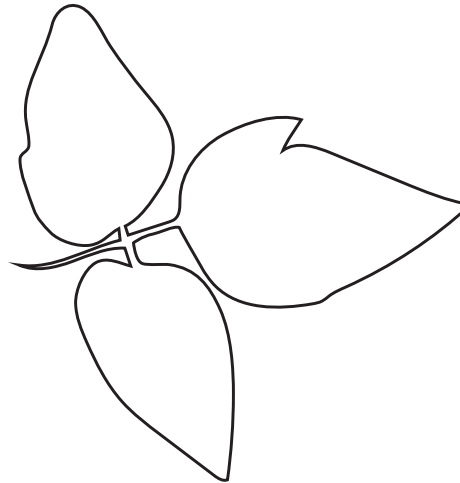
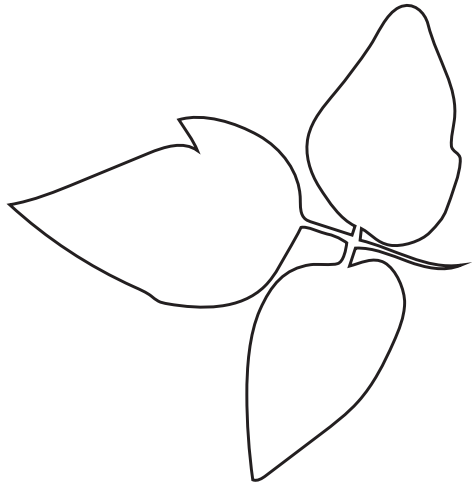


Artist: Gale Berndt

Blue Clematis - *Clematis occidentalis*

Coloured by: _____

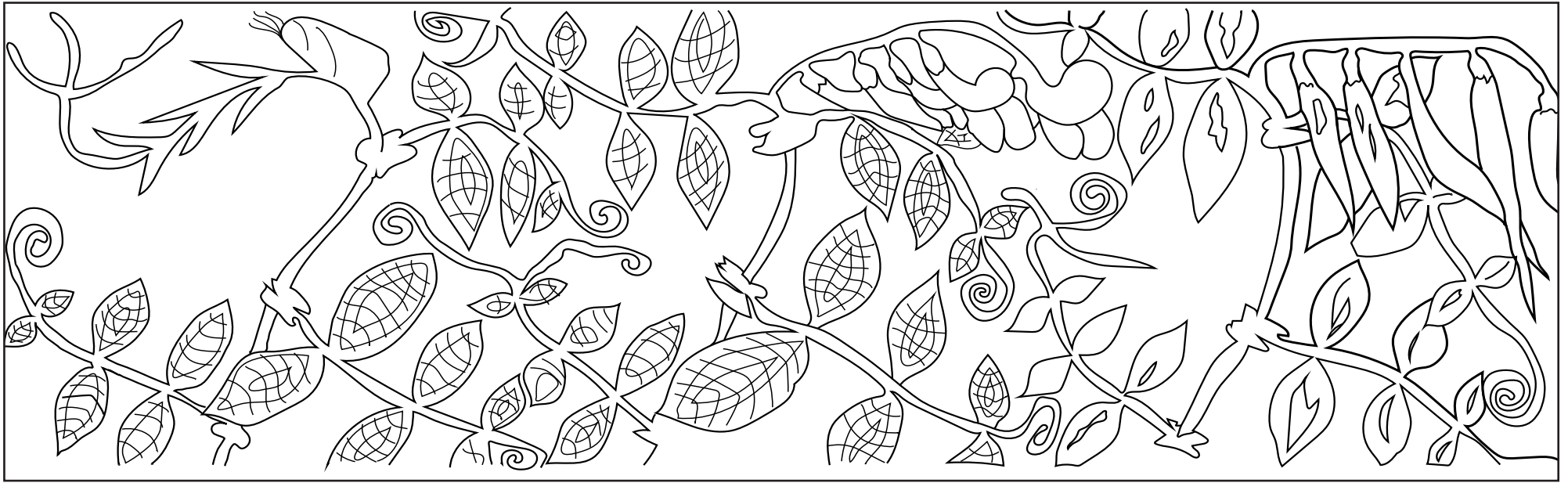
The graceful plant was known to trip people walking when it grew across a trail and so was called "ghosts' lariat." Skin sores can be treated with the the plant and the fluffy seeds are good for starting fires.



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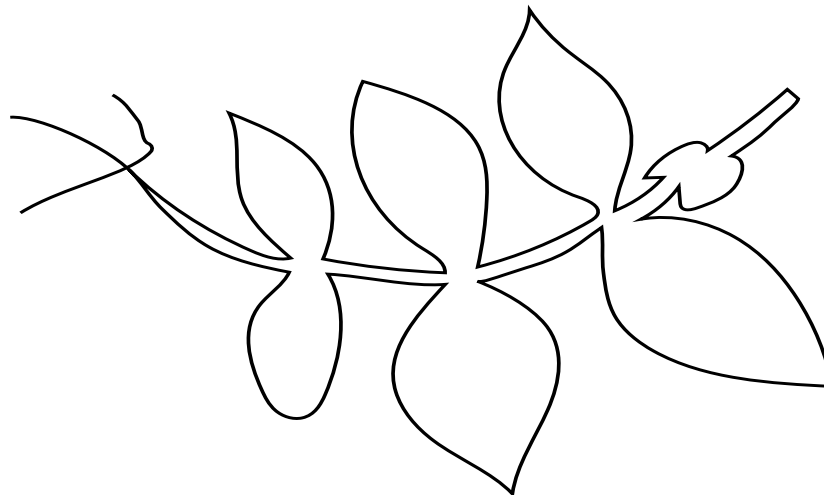


Artist: Meg Langley

Creamy Peavine - *Lathyrus ochroleucus*

Coloured by: _____

This vine is able to take nitrogen from the air (like all legumes) allowing it to grow in and improve poor soil. During historic famines, this plant was a large food source and caused lathyrism which leads to paralysis. Legumes and their seeds are eaten by many species of wildlife.

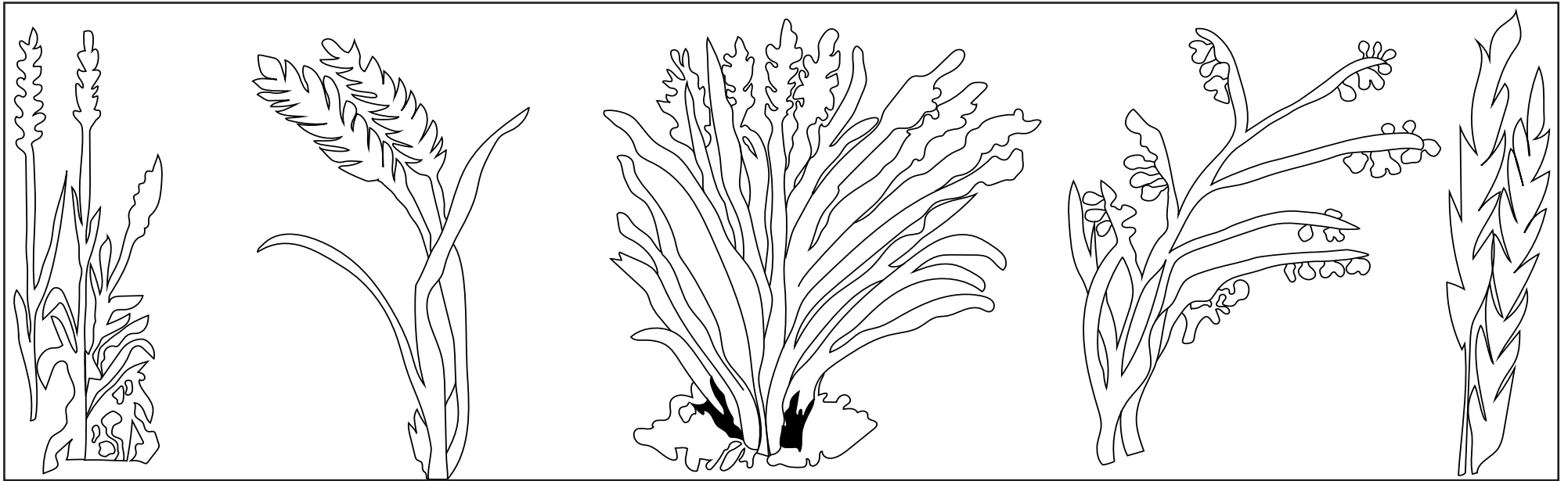


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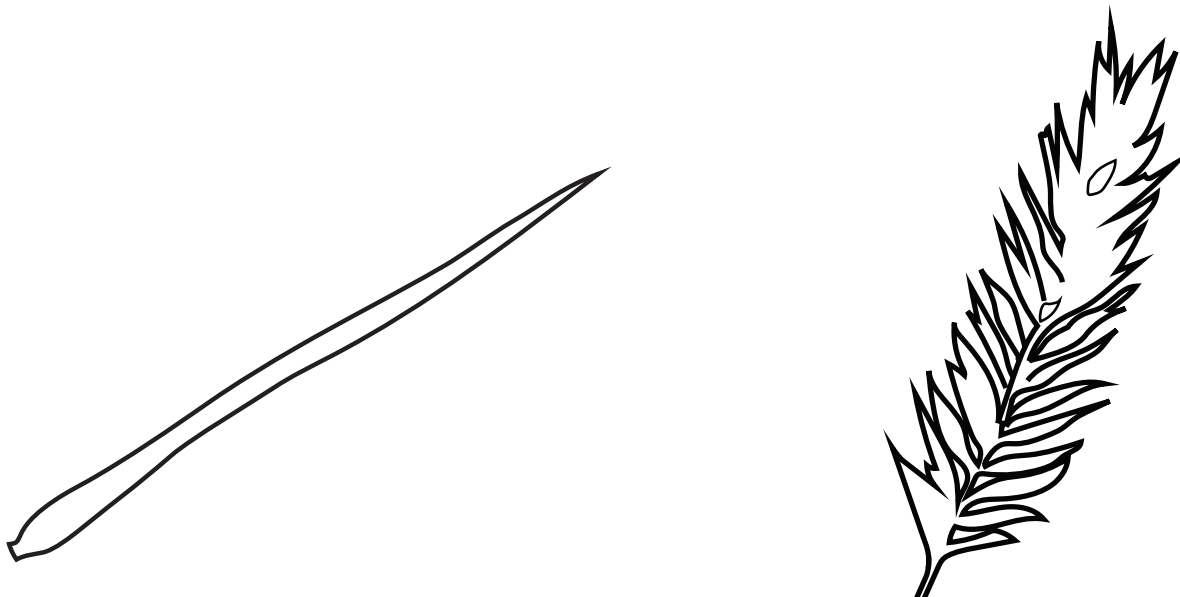


Artist: Jan Rodman

Crested Wheatgrass - *Agropyron cristatum*

Coloured by: _____

The grass came from Russia and is highly drought resistant making it useful for erosion control on dry and disturbed sites. It often replaces more nutritious native grasses, preferred by wildlife.



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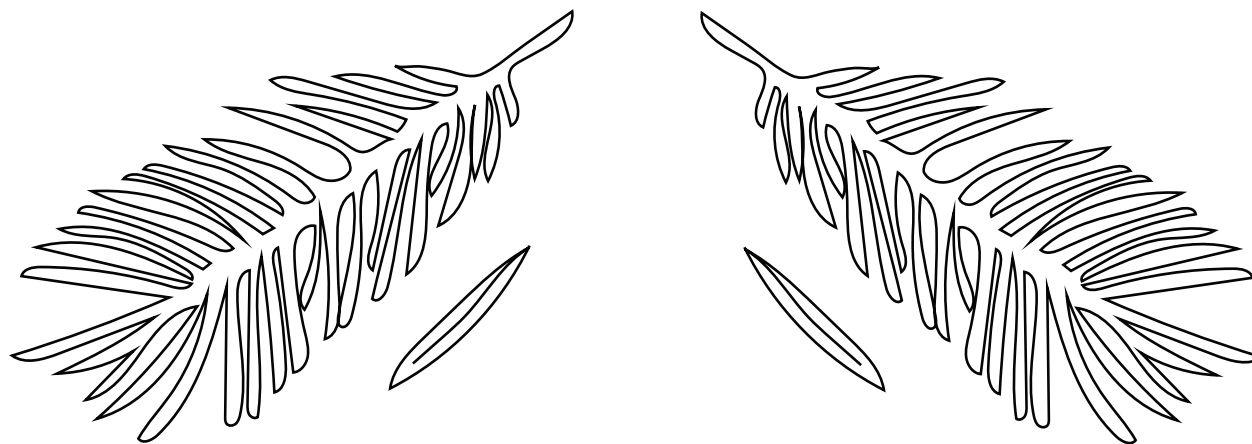


Artist: Donna Mendes

Douglas-fir - *Pseudotsuga menziesii*

Coloured by: _____

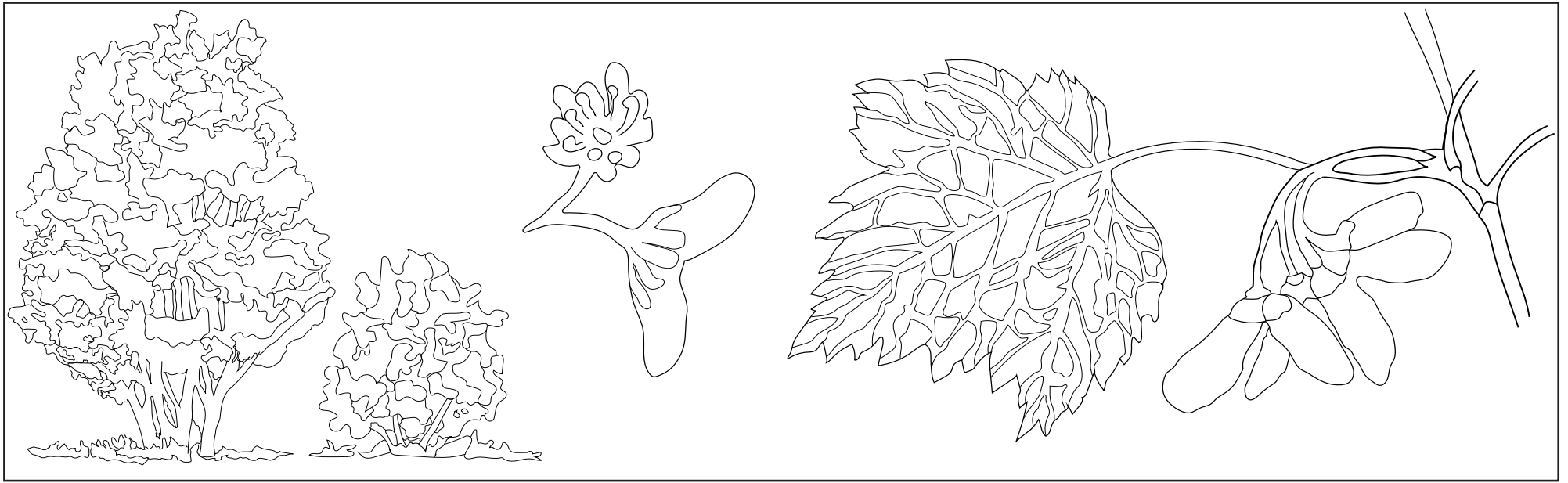
This widespread “fake” fir (really a pine) withstands fire well and is used as a home for woodpeckers and other birds. Cooking grills and sweat lodges can be made from branches which also have medicinal qualities. Legend tells that mice escaping Napi ran into the cones and we see their backends sticking out to this day.



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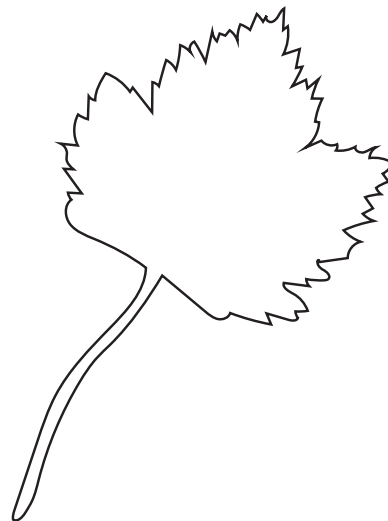
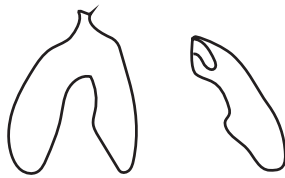


Artist: Kelly Mason

Douglas Maple - *Acer glabrum*

Coloured by: _____

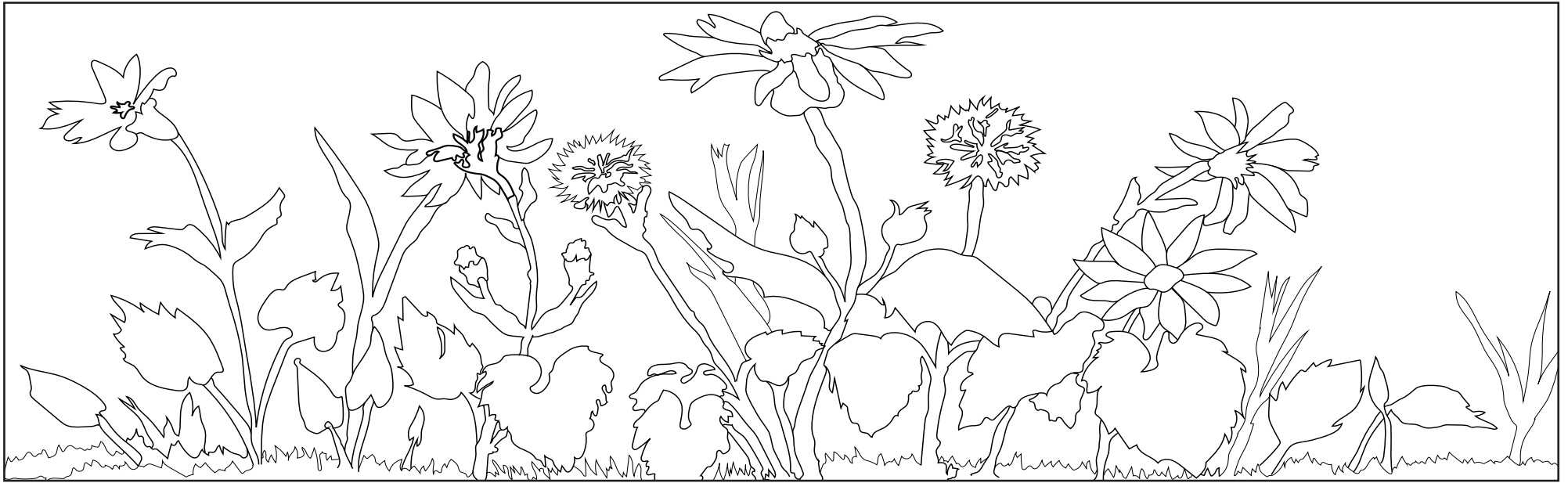
Maple leaves add to the soil and cycle nutrients, improving habitat quality. Many uses exist for this tree: green wood is used for rattles, bows, masks and snowshoe frames; bark can be made into twine and rope and the sap tapped for sugar.



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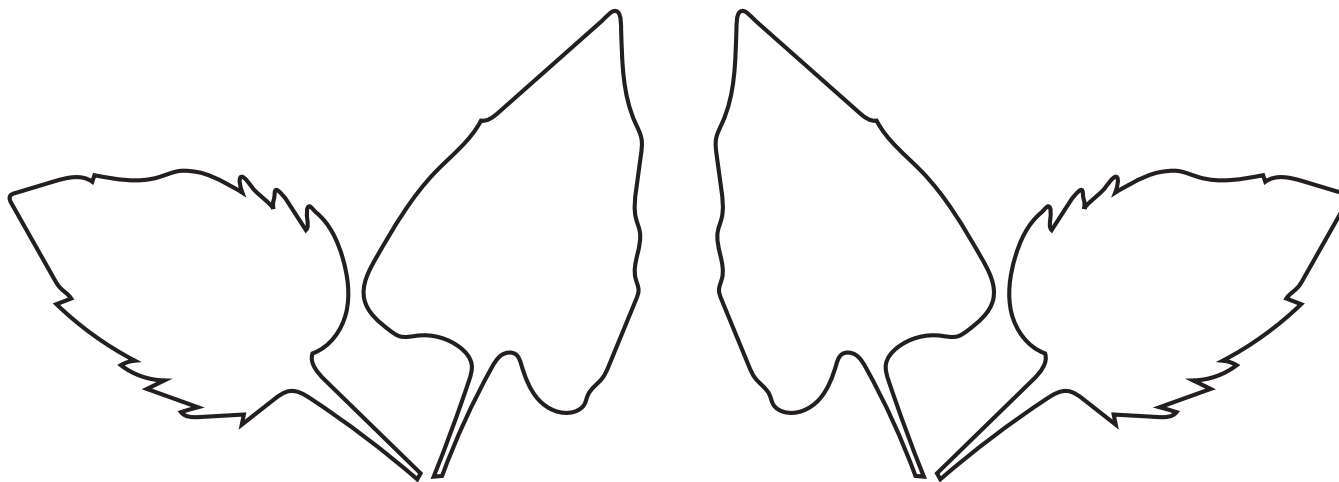


Artist: Trina Wolfenden

Heart-leaved Arnica - *Arnica cordifolia*

Coloured by: _____

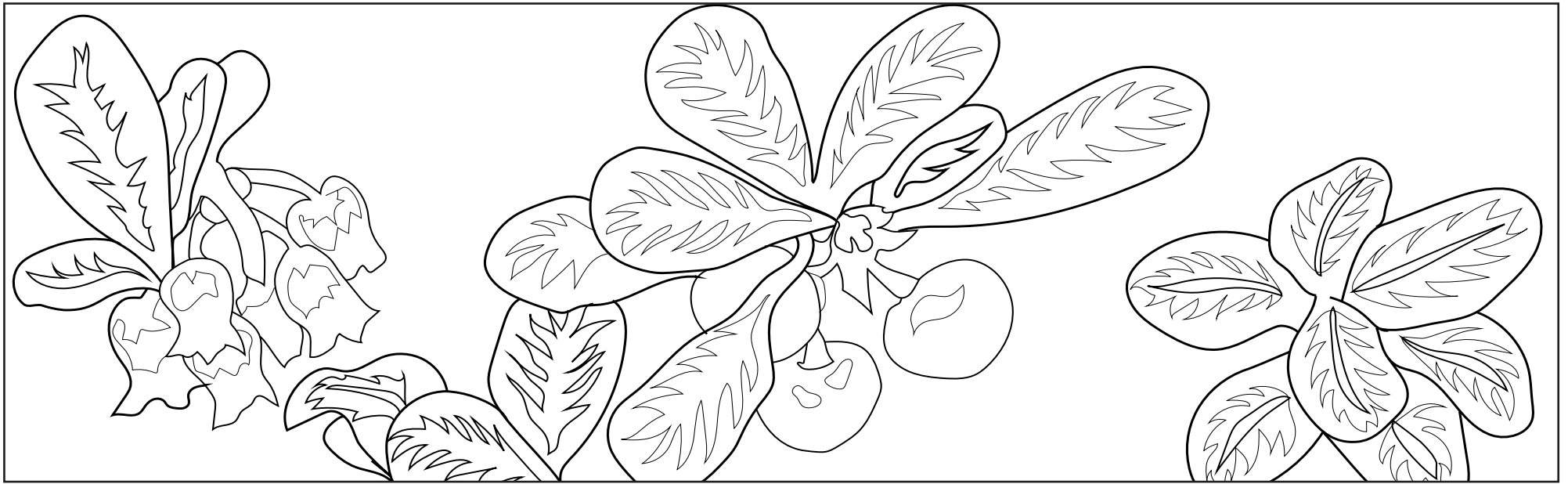
Early season flowers provide food for hungry insects. This pretty yellow flower is toxic if it enters the human bloodstream although dried flowerheads have been used to treat bruises and strains for centuries.



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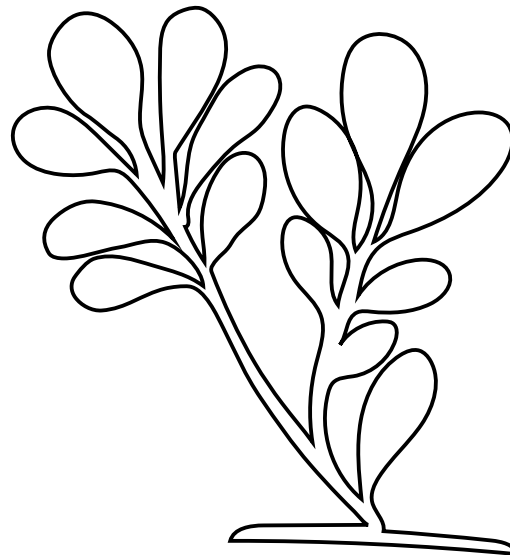


Artist: Denys Bardarson

Kinnickinnick - *Arctostaphylos uva-ursi*

Coloured by: _____

The berries are winter food for bears and grouse and moose and bighorn sheep eat the leaves. Roasted leaves can be mixed with other plants to make a smoking mixture. People also fry the berries until they pop and use the leaves for medicine. A lot of fruit in the fall may mean a heavy winter will follow.



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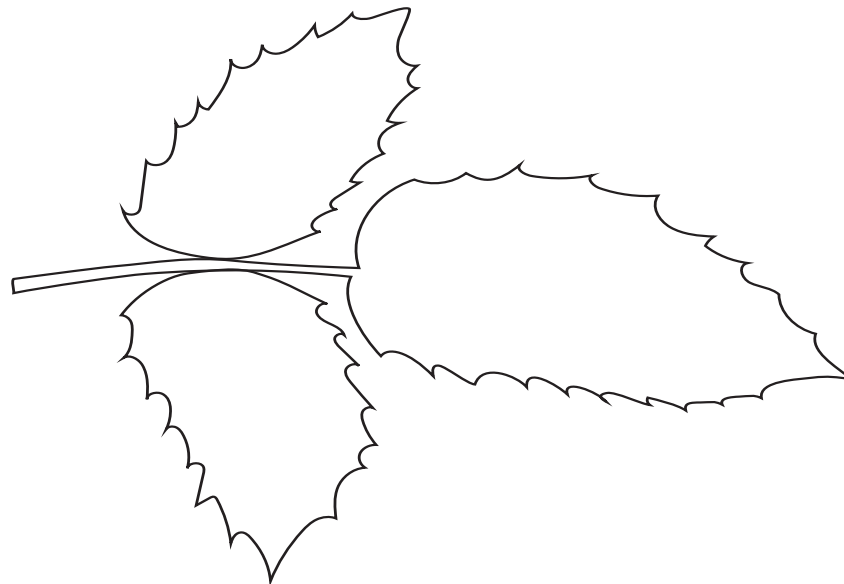


Artist: Krys Sikora

Oregon Grape - *Berberis aquifolium*

Coloured by: _____

The sour, blue berries taste better roasted or in preserves. A brilliant yellow dye can be made from roots and inner bark to color baskets, quills or hides. A root extract is also used to wash hands.

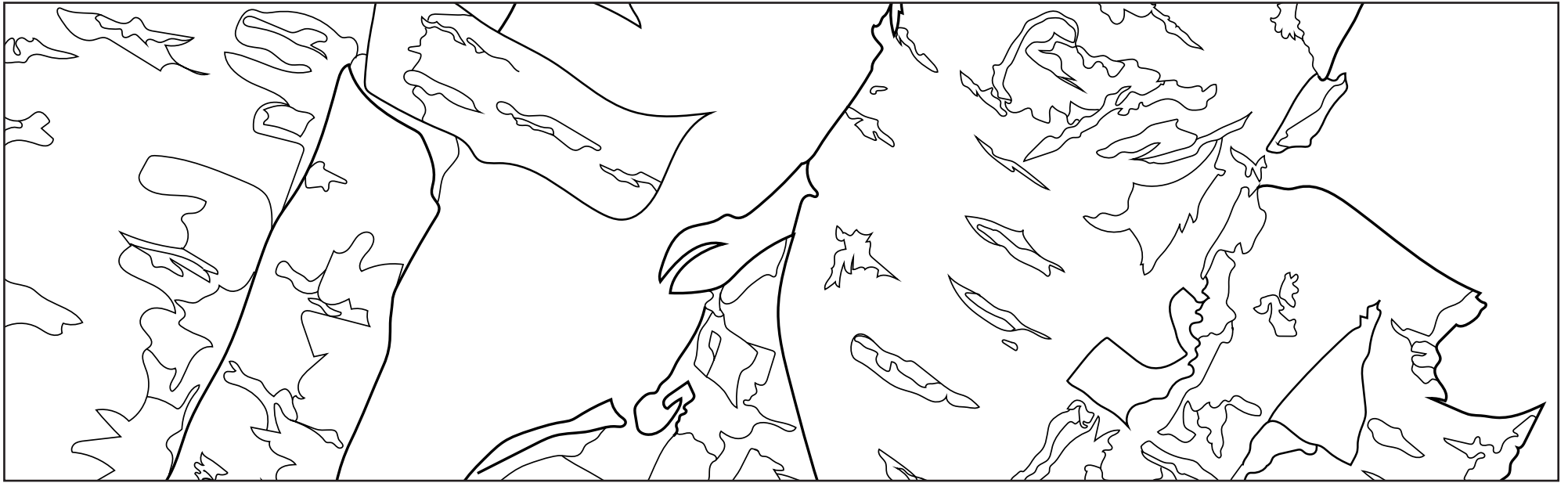


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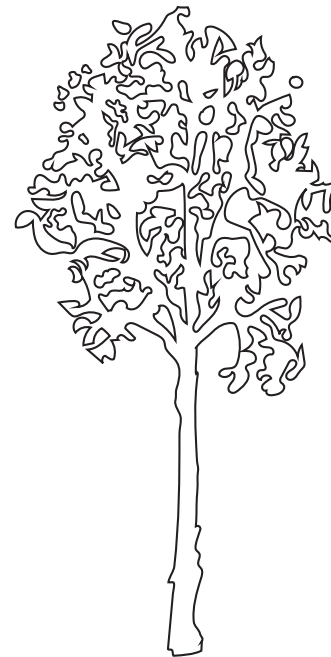
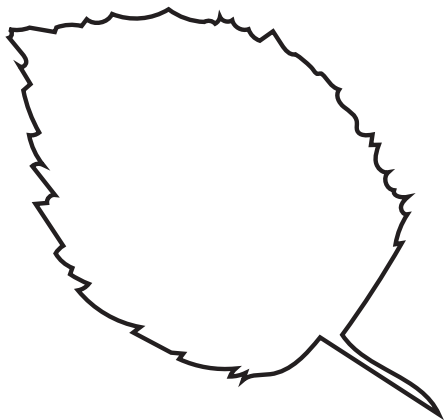


Artist: Babe Wanamaker

Paper Birch - *Betula papyrifera*

Coloured by: _____

While providing food for deer, moose, bighorn sheep and birds, this short-lived (<140 yrs) tree also improves soil by cycling nutrients. Humans use it to make soap, shampoo, baskets, canoes, cradles and sunscreen as well as eating the cambium.



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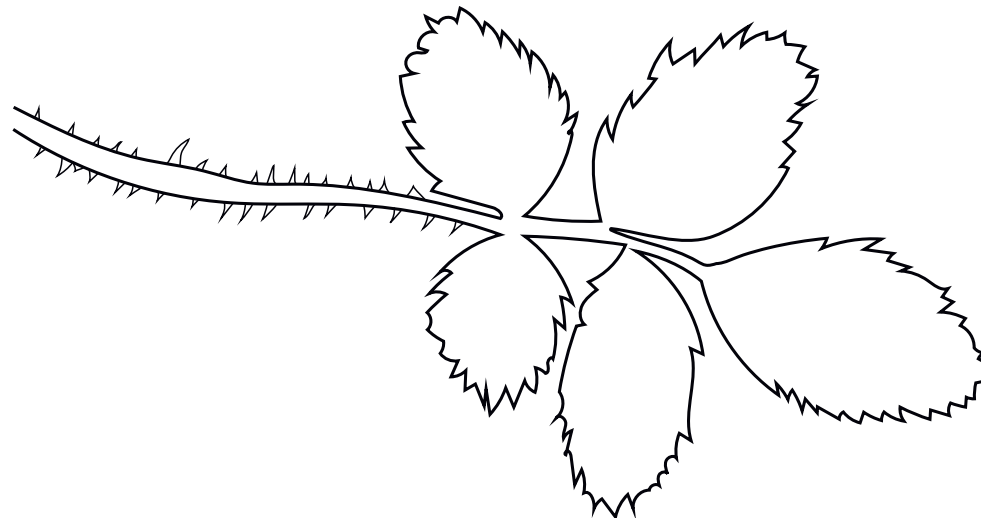


Artist: Phyllis Twa

Prickly Rose - *Rosa acicularis*

Coloured by: _____

Rose fruit provides winter food full of Vitamins A and C for coyote, bear and grouse and many animals eat the young shoots. The red flesh of the fruit is used to make tea and jam and is eaten raw or cooked. Legend tells of coyote eating too many rosehips and bleeding to death from the irritating seeds.



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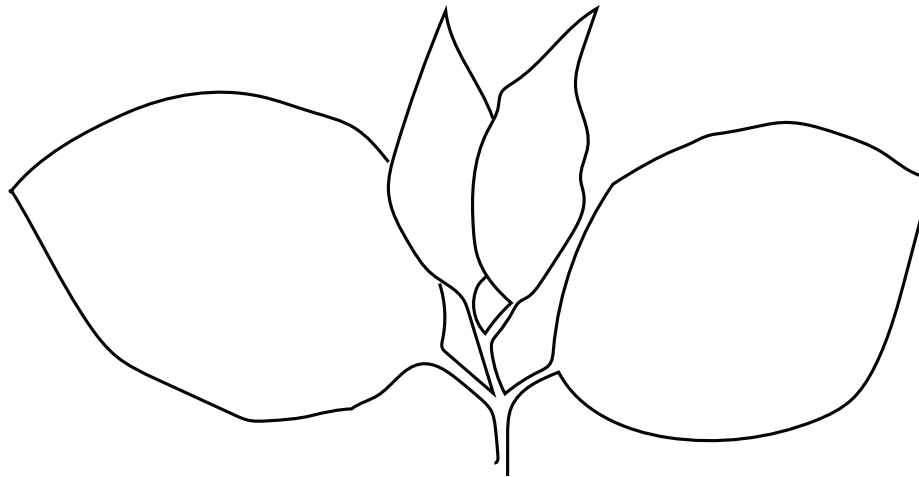


Artist: Janis Dyck

Red-osier Dogwood - *Cornus stolonifera*

Coloured by: _____

This red-barked shrub is favored by moose and was put to many uses by people: flexible branches can be made into cooking grills, baskets, pipe stems, pelt stretchers, stakes, sweatlodges and more while the bitter berries can be mixed with saskatoon berries and sugar for eating.



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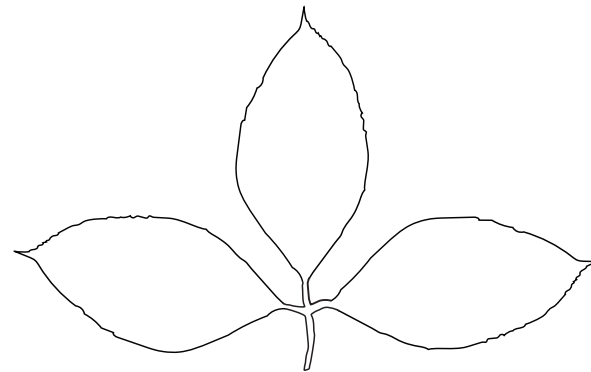
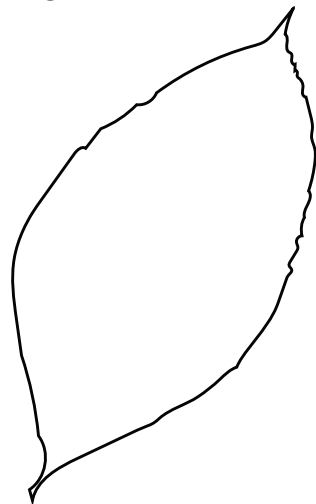


Artist: Joyce Priest

Sarsaparilla - *Aralia nudicaulis*

Coloured by: _____

Spreads via shallow roots (rhizomes) which can share nutrients; they often form large cloned colonies in undisturbed forests. The roots have a spicy fragrance and are made into a medicinal drink. The plant is nutritious and young leaves can be cooked and the fruit can be made into jelly or wine.



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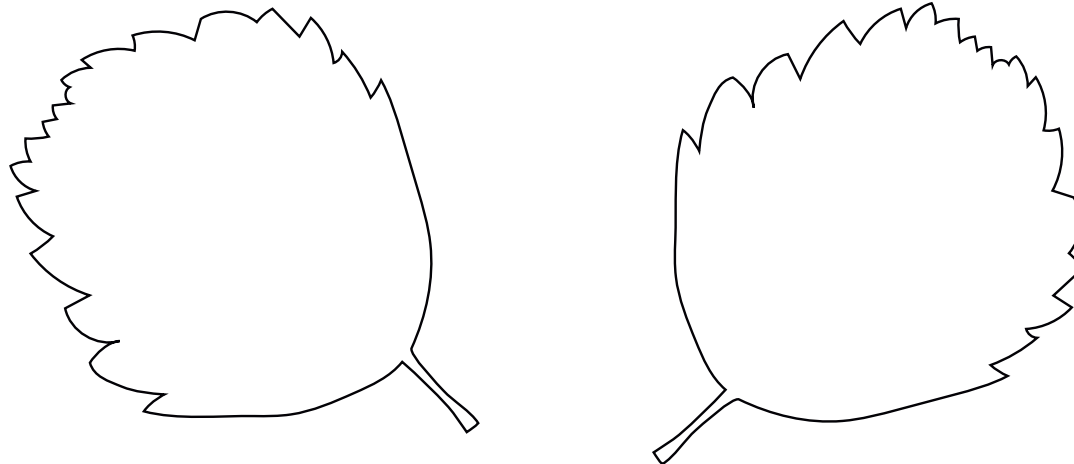


Artist: Lynne Romano

Saskatoon - *Amelanchier alnifolia*

Coloured by: _____

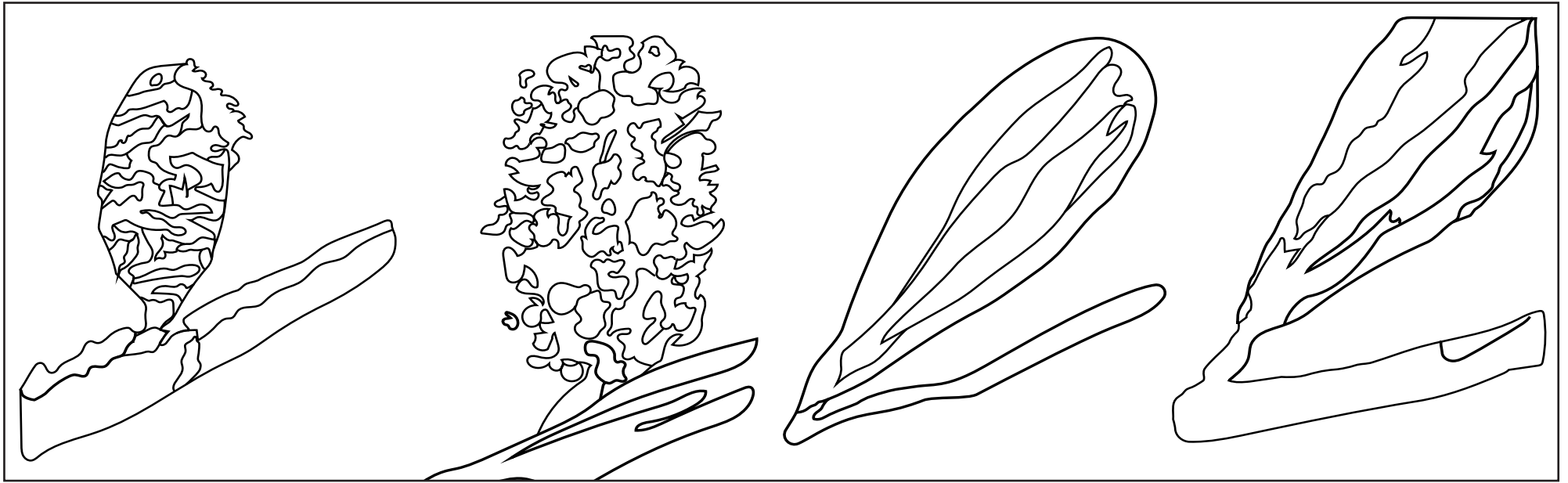
This shrub provides food for ungulates, bears and birds all year long from spring shoots and buds to fall and winter berries and twigs. People also make good use of this plant: the nutritious berries are eaten in soups and dried with fat to make pemmican, even traded. Arrows can be made from the wood which hardens when heated.



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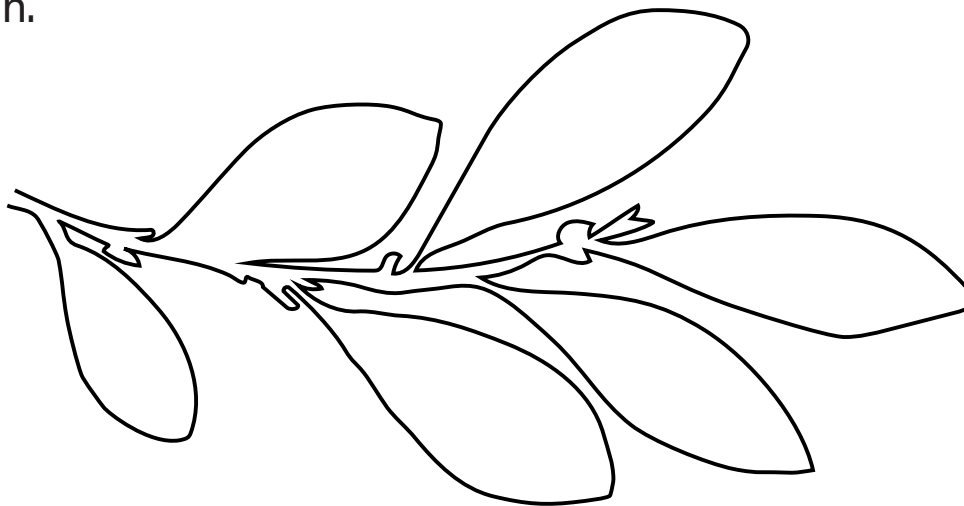


Artist: Tammy Henry

Scouler's Willow - *Salix scouleriana*

Coloured by: _____

Early forming buds are an important food for mice, grouse and ungulates. People used the bark for diapers and rope while twigs can be used for baskets, rafts, fish traps, toothbrushes and much more including furniture, drums and kitchen tools. The plant contains salicylic acid also found in aspirin.



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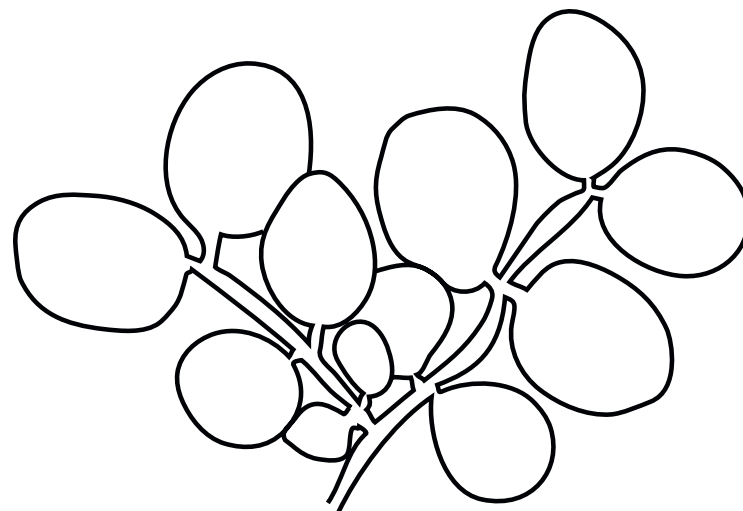


Artist: Denise English

Snowberry - *Symphoricarpos albus*

Coloured by: _____

The white berries are an important winter food for many animals but are not eaten by people. The twigs can be used for brooms, arrow shafts and pipe stems as well as to heal cuts, burns and fevers.

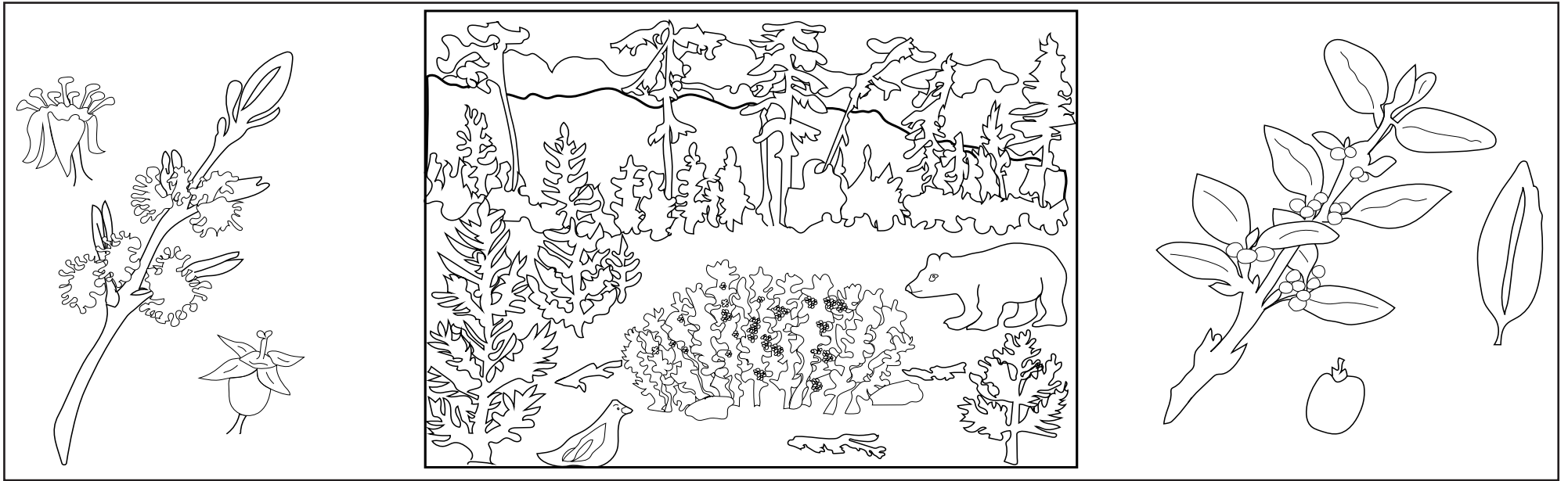


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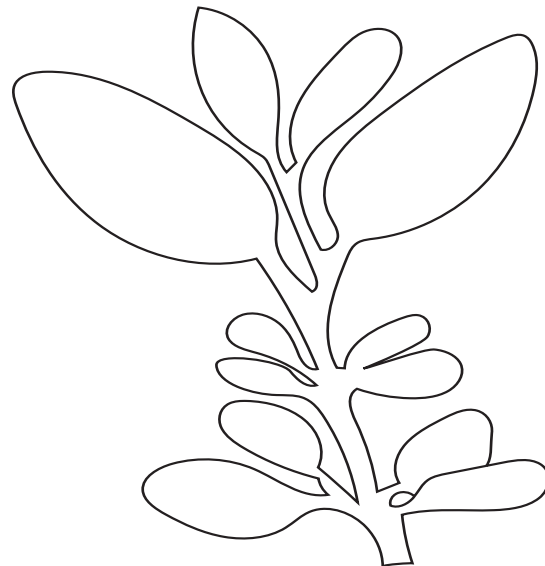


Artist: Nicole Lussier

Soopolallie - *Sherpherdia canadensis*

Coloured by: _____

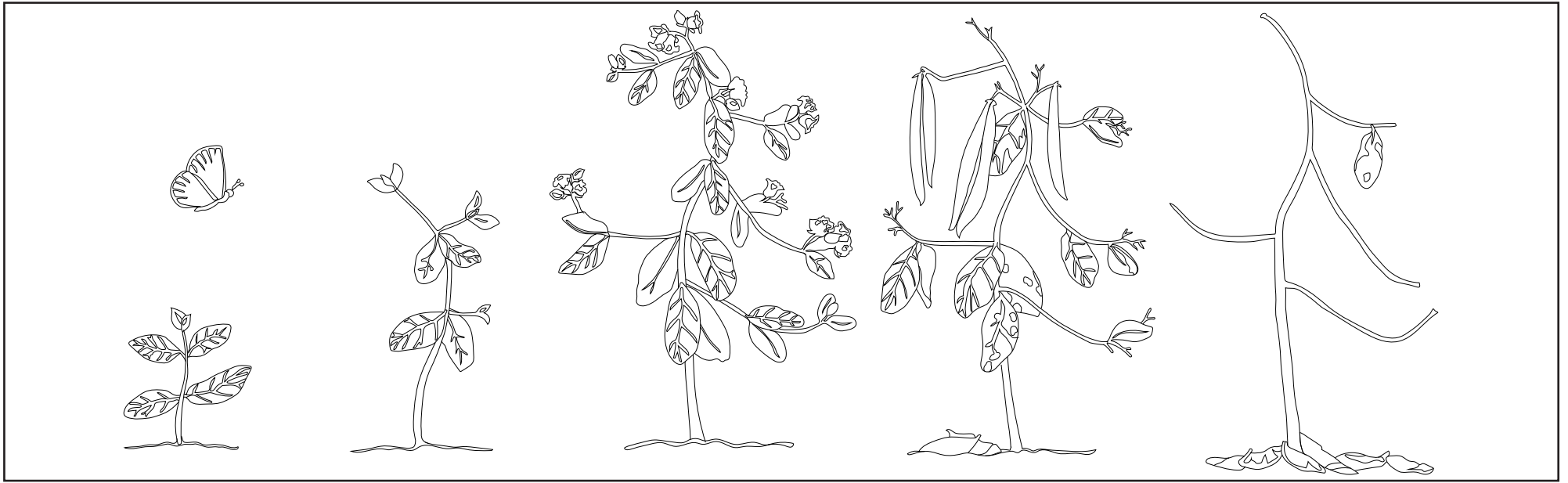
Being able to take nitrogen from the air allows Soopolallie to fight erosion as it can grow in poor soils on steep slopes. Bears and grouse eat the berries, high in vit C and iron, and people make a frothy drink from mashed berries. Berries, juice, twigs and leaves can all be used medicinally.



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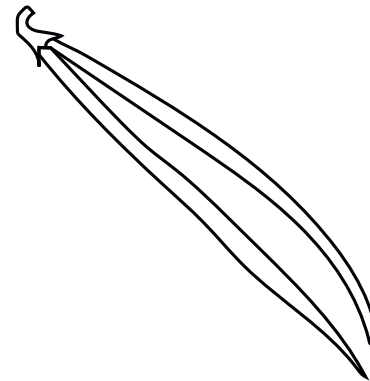
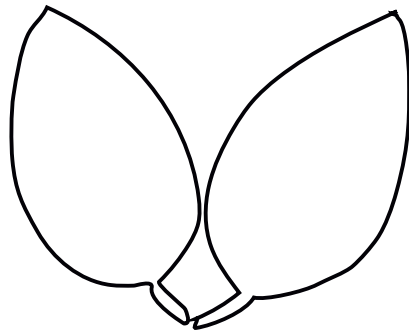


Artist: Dawna-Lea Ringer

Spreading Dogbane - *Apocynum androsaemifolium*

Coloured by: _____

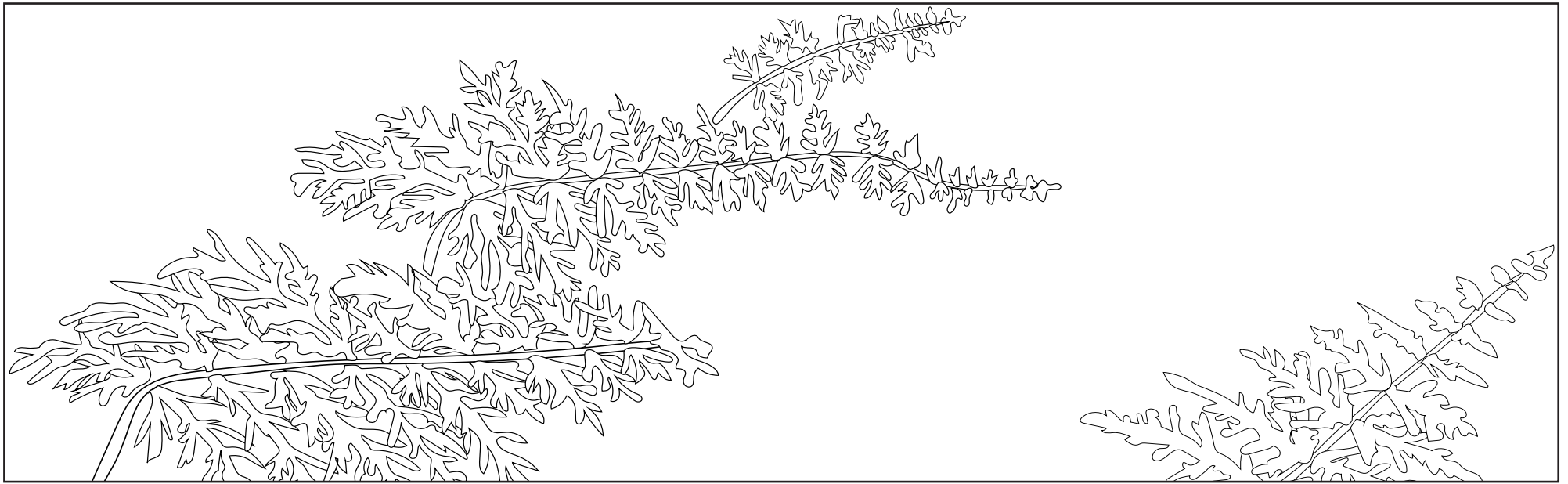
Insects feed on and pollinate this flower and are drawn inside with guiding lines leading to 5 nectar pods. The plant can also be used as a source of fiber for thread, rope, bowstrings, bridle ropes and clothes.



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Artist: Sheelagh England

Step Moss - *Hylocomium splendens*

Coloured by: _____

Moss are unique, small, non-vascular and flowerless plants. While helping to clean the air, they trap nitrogen; they also protect hillsides from erosion. They are very absorbent and were used as diapers as well as for floor covering and insulation. The age of this moss can be estimated by counting annually added "steps."



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