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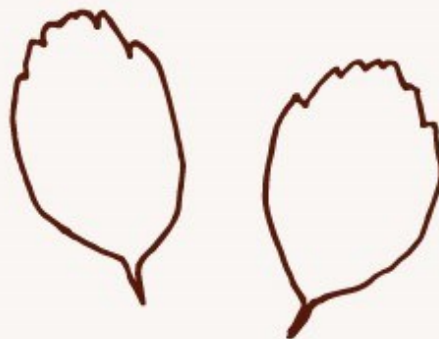
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Photo Credit: Virginia Skilton

BIRCH-LEAVED SPIREA

Spiraea betulifolia

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.





Artist: Marlynn Kelly-Bloch/Star

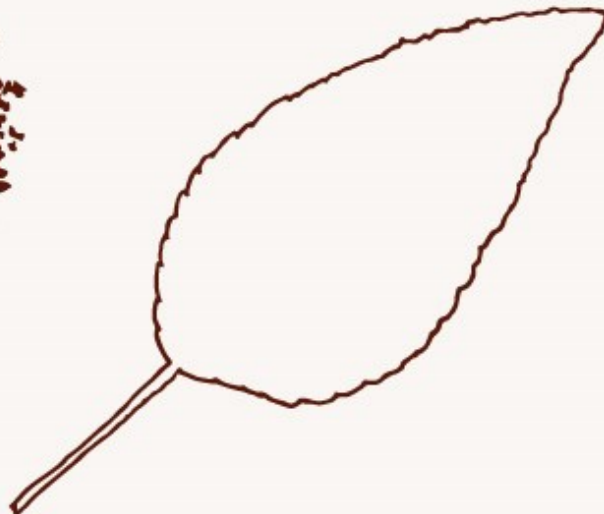


Photo Credit: Virginia Skilton

BLACK COTTONWOOD

Populus balsamifera

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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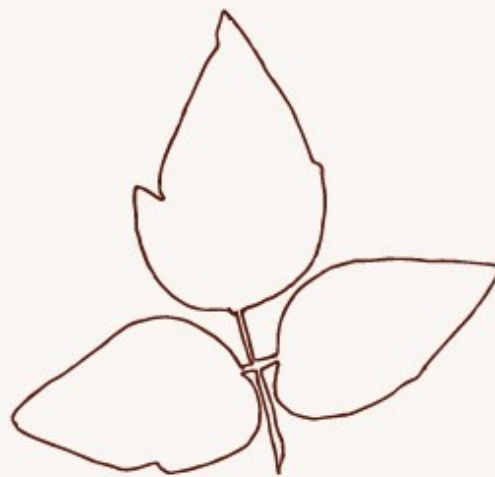
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Photo Credit: Virginia Skilton

BLUE CLEMATIS

Clematis occidentalis

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





Artist: Meg Langley

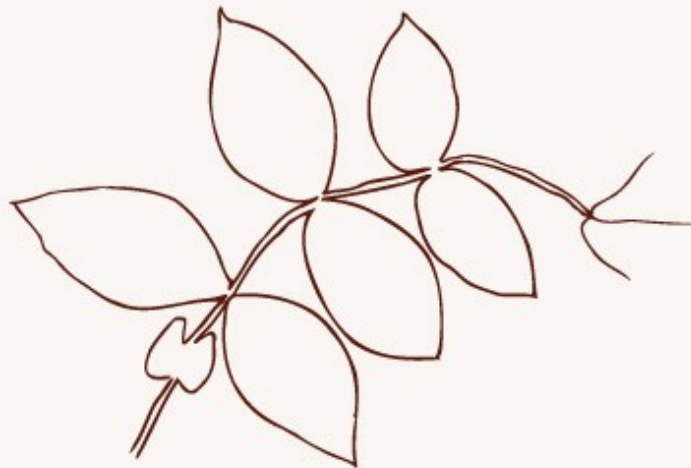


Photo Credit: Bryan Kelly Shutterstock

CREAMY PEAVINE

Lathyrus ochroleucus

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.





Artist: Joe Rodman

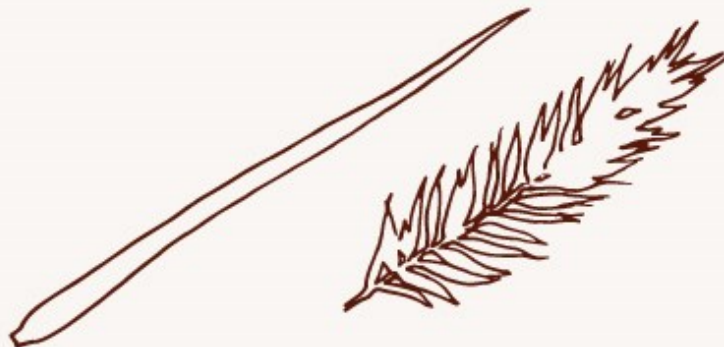


Photo Credit: Virginia Skilton

CRESTED WHEATGRASS

Agropyron cristatum

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.





Art: Diana Blosse



Photo Credit: Meg Langley

DOUGLAS-FIR

Pseudotsuga menziesii

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 back ends sticking out to this day.





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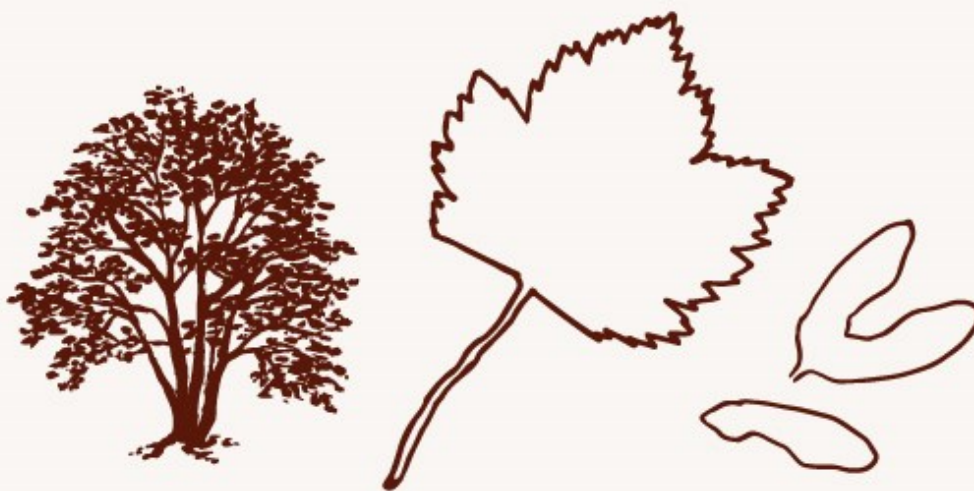


Photo Credit: Virginia Shelton

DOUGLAS MAPLE

Acer glabrum

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: Tricia Woldenden

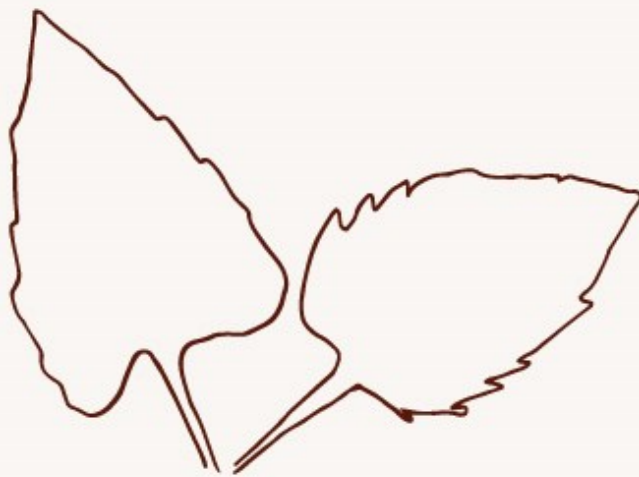


Photo Credit: Virginia Shelton

HEART-LEAVED ARNICA

Arnica cordifolia

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





Artist: Danyla Babinov



Photo Credit: Virginia Shelton

KINNIKINNICK

Arctostaphylos uva-ursi

The berries are winter food for bears and grouse, moose and bighorn sheep eat the leaves. Roasted leaves were mixed with other plants to make a smoking mixture. People also fried the berries until they popped and used the leaves for medicine. A lot of fruit in the fall meant a heavy winter would follow.





Artist: Kyo-Sikora

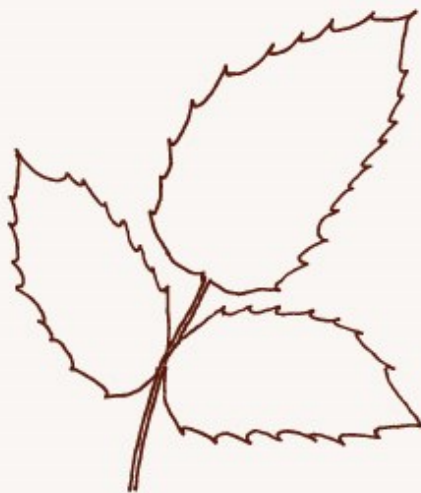


Photo Credit: Virginia Shelton

OREGON GRAPE

Berberis aquifolium

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





Artist: Edo Watanabe

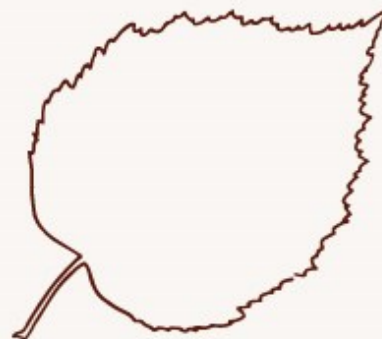


Photo Credit: Virginia Shelton

PAPER BIRCH

Betula papyrifera

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.





Artist: Phyllis Tox

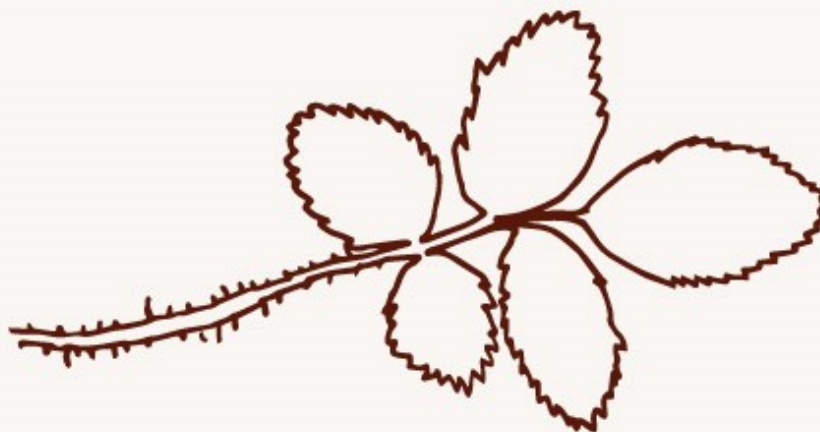


Photo Credit: Larry Malowson

PRICKLY ROSE

Rosa acicularis

Rose fruit provides winter food full of Vit 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.





Artist: Jane Dyck

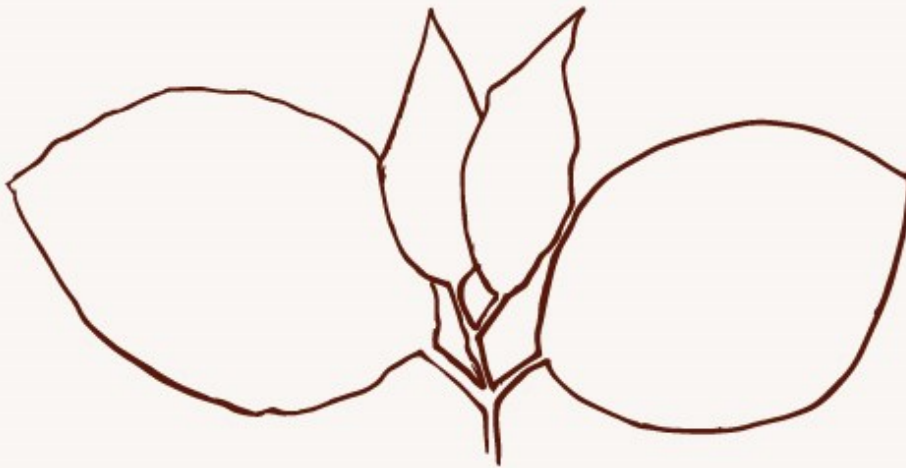


Photo Credit: Larry Halverson

RED-OSIER DOGWOOD

Cornus stolonifera

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





Artist: Joyce Priest



Photo Credit: Doug Skilton

SARSAPARILLA

Aralia nudicaulis

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 were 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.





Artist: Lynn Sweeney

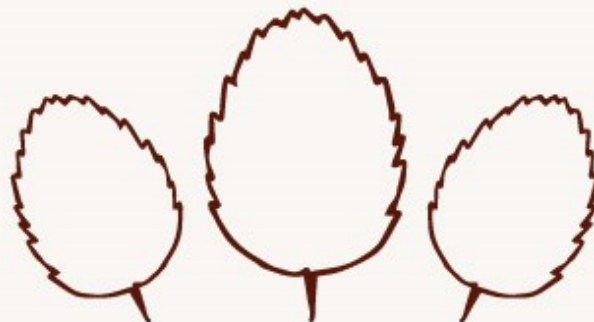


Photo Credit: Virginia Skilton

SASKATOON

Amelanchier alnifolia

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 made good use of this plant: the nutritious berries were eaten in soups and dried with fat to make pemmican, even traded. Arrows were made from the wood which hardens when heated.





Art: Tanya Harty

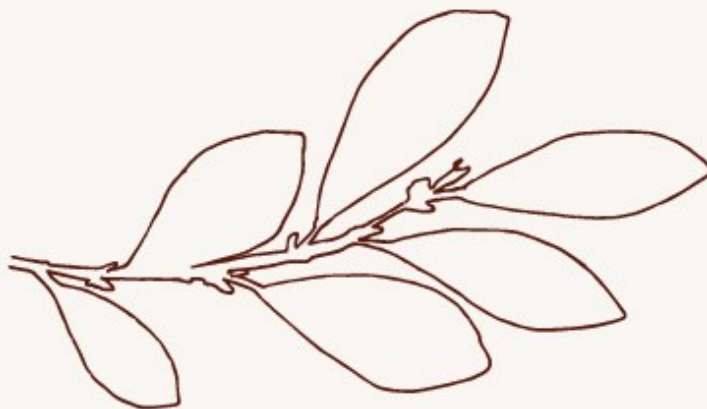


Photo Credit: Bryan Selby/BlackStar

SCOULER'S WILLOW

Salix scouleriana

Early forming buds are an important food for mice, grouse and ungulates. People used the bark for diapers and rope while twigs were 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.





Artist: Daniela Gajdos



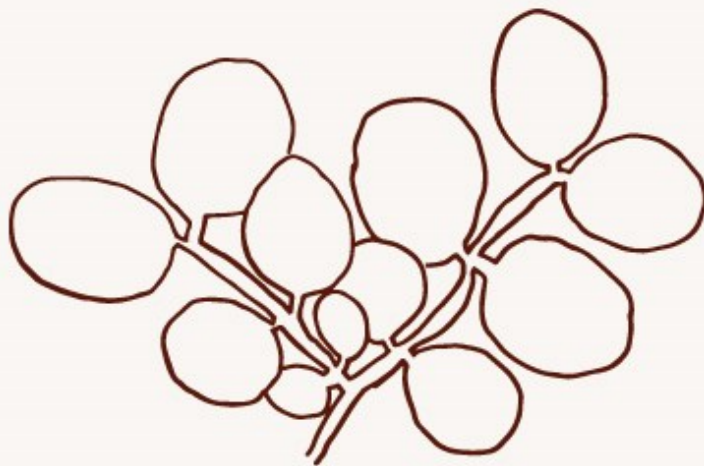
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Photo Credit: Virginia Skilton

SNOWBERRY

Symphoricarpos albus

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.





Artist: Mark Latham



Photo Credit: Tracy Chen

SOOPOLALLIE

Shepherdia canadensis

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 made a frothy drink from mashed berries. Berries, juice, twigs and leaves can all be used medicinally.



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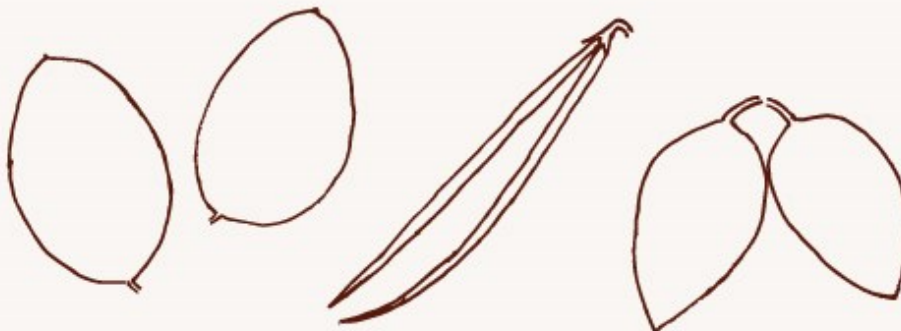
Art: David Lee



Photo Credit: Virginia Skilton

SPREADING DOGBANE *Apocynum androsaemifolium*

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.





Artist: Sheldagh England



Photo Credit: Michael Luzzo

STEP MOSS

Hylocomium splendens

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 floor covering and insulation. The age of this moss can be estimated by counting annually added "steps."





Artist: Marty Pope

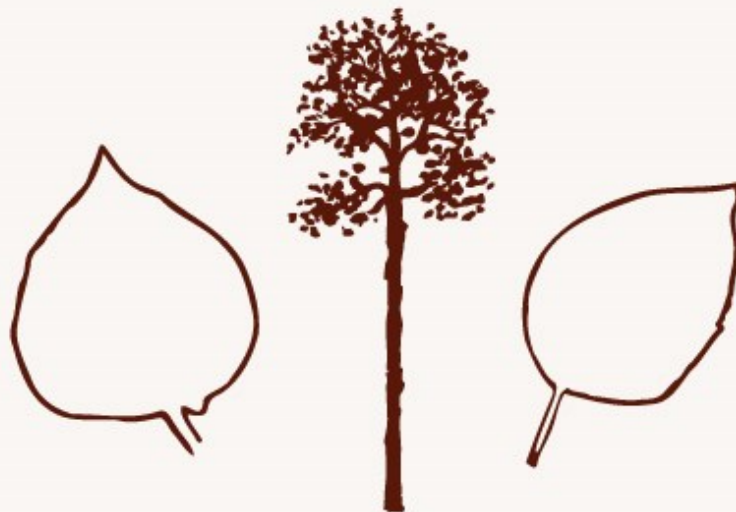


Photo Credit: Meg Langley

TREMBLING ASPEN

Populus tremuloides

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 fashioned saddles, whistles, tent poles and drying racks out of the wood which they also used for fuel.



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Artist: Shari & Suzanne



Photo Credit: Michel Lussier

WHITE SPRUCE

Picea glauca

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 made 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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Photo Credit: Bryan Kelly McArthur

YARROW

Achillea millefolium

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 infection and constipation.

