









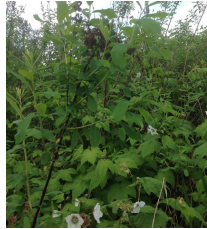











Some Traditional and Contemporary Uses of Plants found on Stó:lō Territory





Tree / Plant	Part of the tree or plant	Uses
Alder (xéyth'elhp) 	Wood	<p>The tree was cut in the spring or summer while the wood was still green –smaller pieces of the wood were carved to make eating utensils (spoons, bowls etc.).</p> <p>Alder wood was cut and allowed to dry for four months before it was used to cook salmon.</p>
	Bark	<p>In the spring, bark was stripped from the Alder tree. One of the uses for the Alder bark was to boil it with the fish net until the net turned a dark red. When this was done, the fish would not be able to see the net in the water.</p> <p>When Mountain goat wool was boiled with the Alder bark the wool turned red. The now red wool was used for weaving blankets for respected leaders (Siya:m).</p>
	Leaves	<p>Were stripped from the tree in the spring and used as dye for bark baskets</p> <p>When cherry bark was soaked with alder leaves for 6 months, the cherry bark turned black. This black cherry bark was then used to weave the family's pattern on baskets.</p>
Blackberries (trailing) (skw'ó:lmexw) 	Berries	<p>The berries were picked in early fall.</p> <p>The berries were eaten fresh or dried in the sun to eat in the winter or during a long journey.</p>
	Leaves	<p>Leaves were picked in the summer.</p> <p>The leaves were dried and used in a tea when people had a stomach ache.</p>
	Roots	<p>Roots were dug up in the fall and boiled with the vines to make a tea when people suffered with diarrhea.</p>



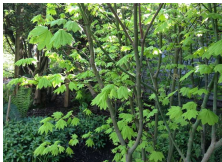
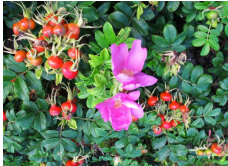
Bracken Fern (ptákwen) 	Shoots	The shoots were steamed and boiled to eat.
	Fronds (triangular with the "leaves" growing in rows from the stem)	In the summer and fall the fronds were used to clean fish and to line cooking pits. Sometimes the fronds were used to make soft mattresses.
	Roots	In the fall roots were dug up and roasted in coals. When they were cooled, the roots were peeled and the inner part was pounded to a fine powder to be used on soup and stews.
Broad Leaf Maple (q'emó:lh) 	Wood	Wood was used to carve paddles, and make cooking utensils (bowls, ladles...) The leaf of the Broad Leaf Maple looks like the leaf on the Canada Flag.
Cattails (sth'á:qel) 	Seed balls	Cattails grow in ponds or marshes. They have long thin hollow leaves. In the summer the brown flowers bloom at the end of a long, thin stock. In the fall the seed ball was collected to use as fire starters.
	Leaves (thin and hollow)	Leaves were collected in the fall. Leaves were woven together to make baskets for food or storage. Leaves were woven into mats that were used for sitting or for temporary walls in the longhouse, shelters at fish or hunting camps.
	Flowers	In the summer, brown flowers bloom at the end of the long stalk.
Cedar (xpa:yelhp) 	Bark	In the spring, bark was stripped from the cedar tree and the soft inner bark carefully removed. The inner bark was rolled and allowed to dry. Later the inner bark was soaked and pounded to break the bark into long thin strips. The inner bark strips were woven into many things (fishing line, rope, clothing, mats, baskets and temporary shelters). Appearance of the "leaves" of the cedar tree look like they are braided.
	Roots	Roots were dug up in the fall. The roots were soaked and split into long thin pieces that were woven to make cooking pots that hold water.
	Trunk	The cedar tree was, and still is, an important tree for the Stó:lō people. The wood was used to make

		paddles, canoes, planks for the longhouses, and house posts. Wood from old cedar trees were used to carve masks.
	Boughs	The boughs of the cedar tree were used like a towel to clean the body when bathing in the river. Today, cedar boughs are used for ceremonial brushing or cleansing.
	Saplings	Wood from young cedar saplings was split into thin strips. The strips were steamed, rolled and stitched to make drum frames and slat baskets.
Crabapple (qwe'ó:pelhp) 	Fruit	The fruit grows in long stemmed clusters. The fruit was picked in the summer before it ripened and turned purple red. The green fruit was stored in bags made of cattail leaves to ripen. Ripe crabapples were eaten fresh or cooked.
	Wood	The green wood of the crabapple tree was used to make many tools (spear tips, fish hook barbs and axe handles). The wood was cut in the spring after the sap started to flow inside the tree.
Devil's club (qwó:pelhp) 	Stems (Devil's club is a shrub that grows 2 to 3 m. high. It has broad leaves and sharp needlelike spines on the stems.)	Devil's club stems were picked in the winter and boiled to make a tea. The tea helped relieve the pain of sore joints and arthritis. The stems were also used in traditional ceremonies.
Red Elderberry (sth'iwéq') 	Stems (Elderberry leaves have 5-7 sharp points)	Stems were picked in the summer. The soft centre of the stems was removed and then cut to make beads.
	Fruit	The fruit was picked in the summer and cooked before it was eaten. Elderberries were eaten as medicine to cleanse the digestive system. Some red elderberries were cooked and dried for winter. Dried red elderberries were eaten to strengthen the immune system and prevent illness.

Fireweed (xáts'et) 	Seed fluff	Seed fluff was collected in the fall and added to the mountain goat hair to be woven into blankets
	Stock (red/purple flower with 4 petals – flowers grow together in a triangle shape at the top of the stock)	The stock was collected in June or July before the flowers bloomed. The stock was peeled and dried to make twine and fish nets. The rope and twine gets tighter and stronger as it dries.
Hardhack 	Branches (shrub with long straight brown branches)	Branches were cut in the fall and used to hold salmon fillets open when they were cooked over an open, smoky fire. Salmon was preserved by this “smoking” process.
Hazelnuts (sth'ítsem) Hazelnut bush grows about 2-5 m high 	Nuts	Picked in the fall and eaten after the hulls had been cracked open.
	Husks	Were boiled with mountain goat wool to dye the wool brown.
	Roots	Roots of the hazelnut bush were boiled with bark, grass or tule to dye them blue for basket designs.
Horsetail (xémxém) 	Stock (grows as a long jointed stem with feathery leaves growing at the joints)	The stock was picked in the fall and dried. The stock was used to polish wood and stone.
Indian Plum (mélhxwel) 	Fruit	The fruit is the size of the nail on your little finger. The fruit is dark blue when ripe in the middle of June. The fruit was eaten fresh.

Kinnikinnik (tl'íkwe'el) (Indian Tobacco) 	Berries 	The red berries taste like green beans The berries were picked in the fall and eaten fresh.
	Leaves (Low evergreen shrub with red bark and oval green leaves)	The leaves are picked all year long and dried. The dried leaves were crushed and used in a pipe during ceremonies as a way of saying "Thank you".
Licorice Fern (tl'asip) 	Rhizomes (plant area between the stalk and the root)	Grows in the moss of old trees, especially broad maple trees. Licorice fern is picked in the fall. After the woody covering was removed, the soft inside was eaten like licorice candy or chewed to relieve coughs, asthma and sore throats.
Mountain Ash (qwiqwelh) 	Berries (the boughs have 7-11 small leaflets)	The berries grow in big clusters. Berries were picked in the early summer. The fresh berries were rubbed on the head to get rid of head lice and dandruff.
Oregon Grape (th'ó:lth'iyelhp) 	Berries (holly-like leaves)	The deep blue berries were picked in the summer. The berries were boiled and mashed with other berries then dried to eat in the winter.
	Roots	The roots were dug in the fall and boiled to make a tea for people suffering with diabetes or leukemia. When Oregon Grape roots and sticks were boiled with mountain goat wool the wool turned yellow.
Plantain (pipehomá:lews) 	Leaves	Plantain grows close to the ground and has long thin leaves or round frog shaped leaves. Leaves were picked from spring until fall. The leaves were used fresh to apply to open wounds to help them heal. The leaves were also boiled to make a tea for people with stomach problems.
Salal (t'áqe) 	Berries	Salal is a low bush with waxy, oval evergreen leaves. The dark blue salal berries were picked in the fall then cooked and dried for winter

Salmonberries (elile) 	Berries	The berries were eaten fresh or cooked and dried for winter. The Salmonberries ripen in the spring. Ripe berries are the colour of fresh salmon and are ready at the same time as the salmon are coming up the Fraser River.
Skunk Cabbage (ts'ó:kw'a) 	Leaves	The flower is bright yellow. And the plant grows in swampy areas. The large leaves of the skunk cabbage are an oval shape and very waxy. The leaves were picked in the spring, summer or fall whenever they were needed. The tough centre spine of the skunk cabbage leaves were removed. The leaves were then used to line the cooking pits or used as a platter to serve food. The leaves were boiled to make a steam bath for people suffering from arthritis.
Stinging Nettles (th'éxth'ex) 	Shoots	Stinging nettles grow on long thin stocks and have round leaves that come to a point. Stinging nettle shoots were picked in the early spring and boiled. The first water was brought to a boil then thrown out. A tea was made after the shoots were boiled again in fresh water. The tea contained many vitamins and minerals that are good for the blood.
	Stems	The stems of the stinging nettle were rubbed on sore joints so the stings would warm the skin and muscles and relieve some aches and pains.
	Stocks	Stinging nettle stocks were picked in the fall, split open and dried. The dried inside of the stock was gently picked off leaving long thin fibre threads which were used to make strong thin twine. One of the uses for the twine was fishing line.
Sword Fern (sthxá:lem) 	Fronds	The frond (leaf) on the sword fern stands straight up and is shaped like a feather. Sword Fern fronds were used as tissue paper and used to make a soft mattress.
	Roots	Sword Fern roots were dug in the fall and boiled with mountain goat wool to dye the wool black.

Thimbleberries (t'qwém) 	Leaves	Thimbleberry bushes have large leaves that look like fuzzy maple leaves. They were cut in the late summer and fall, after the fruit was picked. Clusters of thimbleberry leaves were used to clean the fish before it was cut for wind drying.
	Berry	The berry was picked in the spring and eaten fresh or dried for the winter.
Tule (wó:l) 	Leaves	Tule usually grows in clumps, in marshy areas. The leaves are like long hollow straws. They are picked in the summer and used to weave baskets or to decorate cedar bark baskets.
Vine Maple tree (sí:ts'elhp) 	Branches	The branches of a vine maple are small and thin. The branches were used to make dip nets for fishing in the canyon. The branches were also used to put across the hot rocks in cooking pots.
Wild Rose (qá:lq) 	Hips (fruit of the rose plant)	Wild rose hips were picked in the fall after the petals fell off the flowers and the hip turned orange red. The hips were eaten fresh or dried to use as vitamins during the winter months.