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Secwepemc Plant Book

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A Word About Traditional Plant Use

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Our bodies are not used to them and like any medicine, they should never be taken without a doctor's directions.

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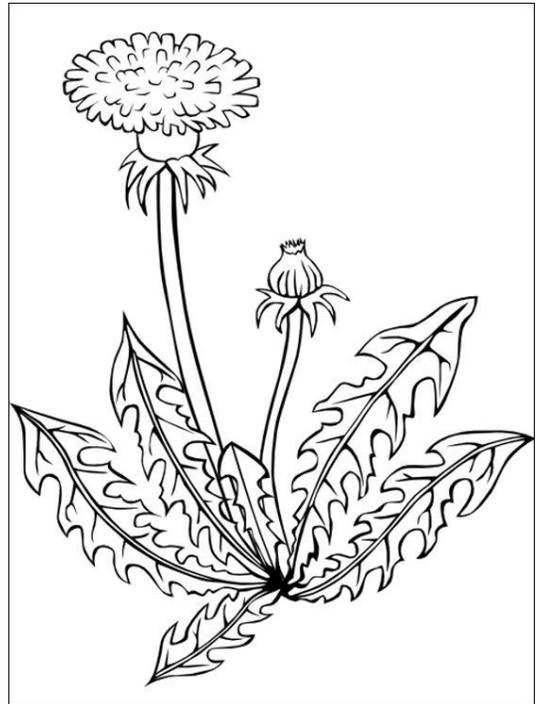
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Dandelion

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The tender green leaves are considered a delicacy in salads.

Dandelion roots are roasted and sold as a coffee substitute.



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Juniper

The berries of this plant are steeped and used as a rinse which people use to wash down buildings and rinse hair - very shiny and clean.

The wood was used to make bows and the strong scent of the boughs would get rid of harmful spirits.



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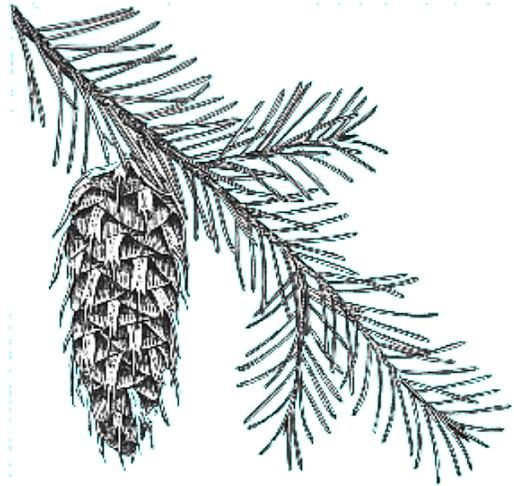
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Douglas Fir

This tree produces a strong shelter if you need to make a lean-to in the woods.

The seeds were eaten and the sap was chewed.



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Great Mullen

This plant would be used if you were outdoors and had to wipe your bottom.

It was also used for baby diapers and other absorbent personal care products.



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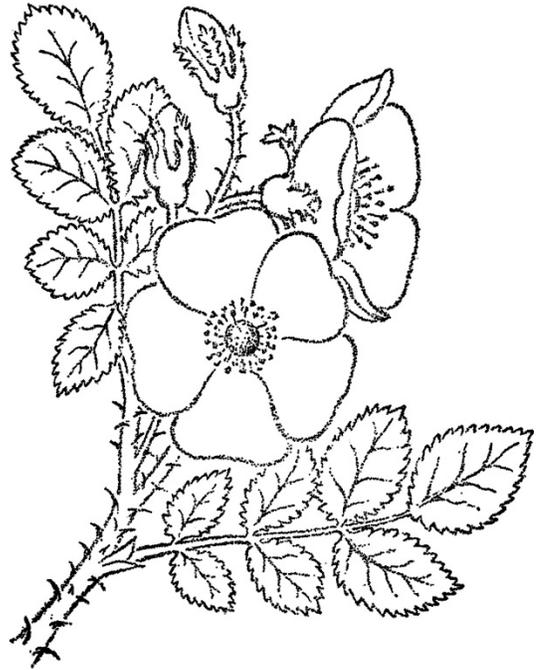


Wild Rose

The ripened flower/fruit of this plant looks like a berry and is very high in vitamin C.

Bears graze on rosehips to fatten up for the winter.

Arrows were once made from rosewood.

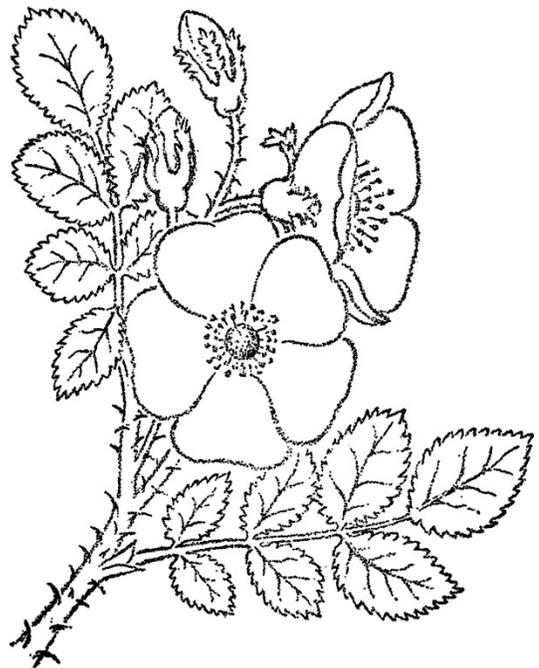


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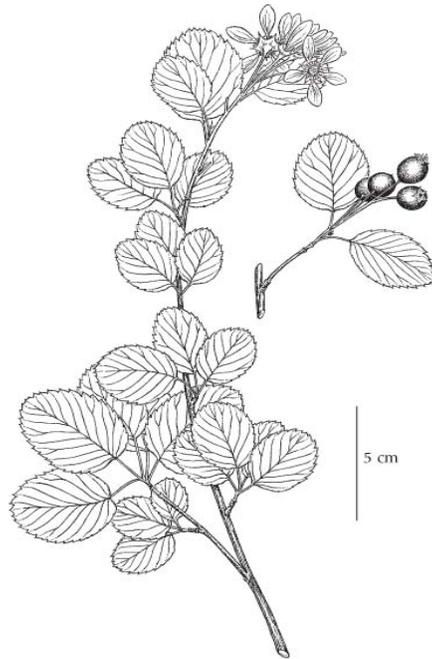
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Saskatoon Berry

This was the most important berry and widely used plant amongst the people of the Southern Interior.

The berries were eaten fresh and also dried and used like raisins.

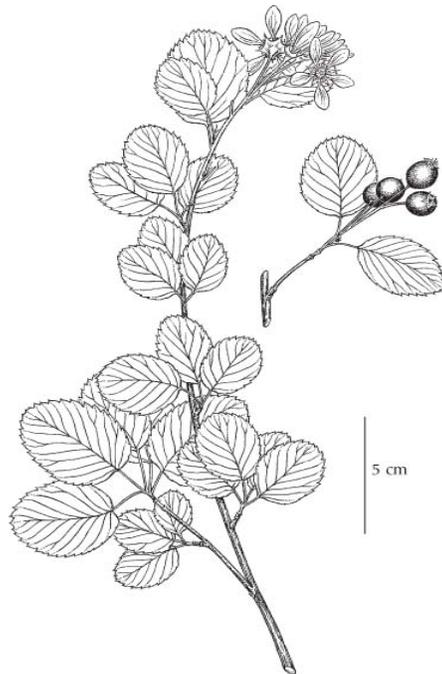


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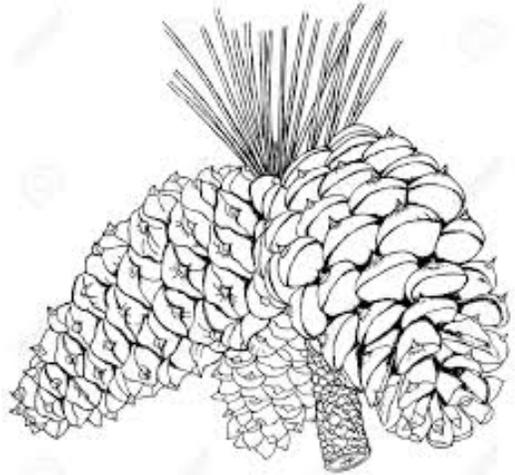


Ponderosa Pine

The needles of this tree were used to make baskets of all shapes and sizes.

The seeds provide a great source of food for small birds and animals.

The cones only open to release seeds after intense heat or fire.

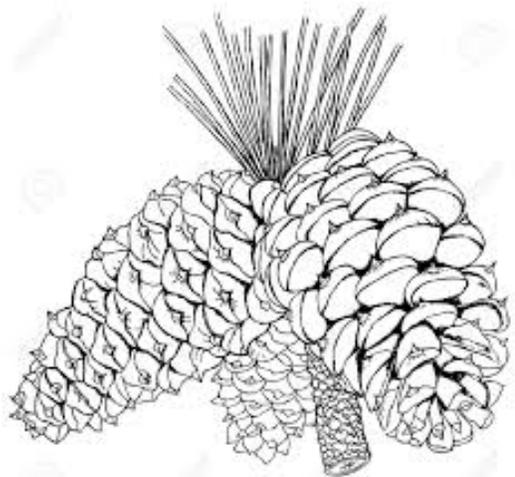


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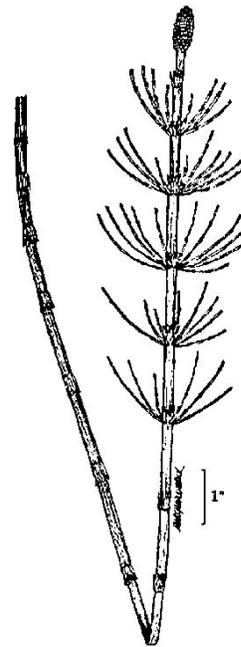


Horsetail

Horsetail has an abrasive or sandy feel to it.

Years ago it was used for sanding down, or smoothing out wood.

If you had to scrub dishes out on a camping trip you could use this.

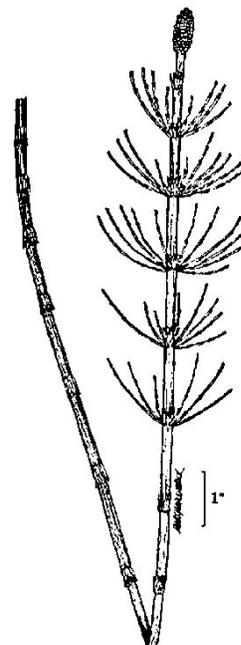


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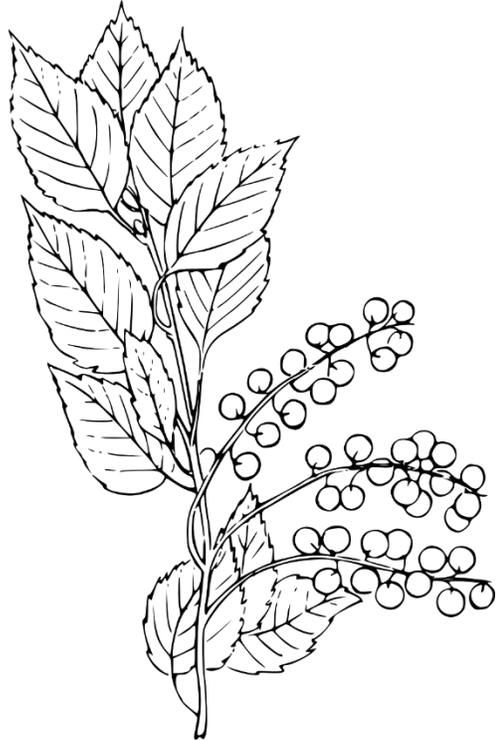
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Choke Cherry

This plant produces a fruit that gives a choking sensation when eaten.

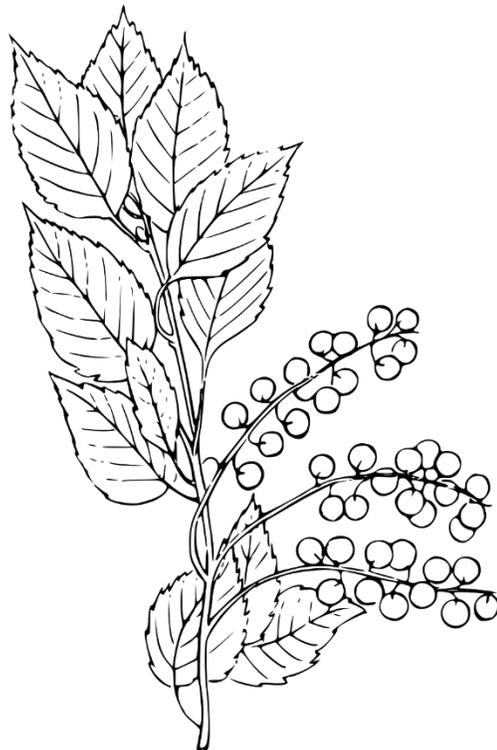
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Plantain

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A leaf from this plant will protect your tender foot from blisters.



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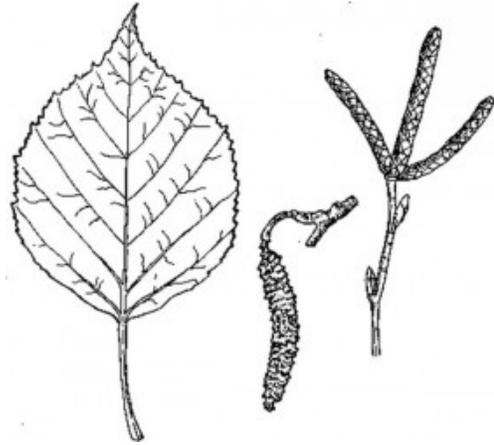
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Paper Birch

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Soap and shampoo were made from birch leaves.



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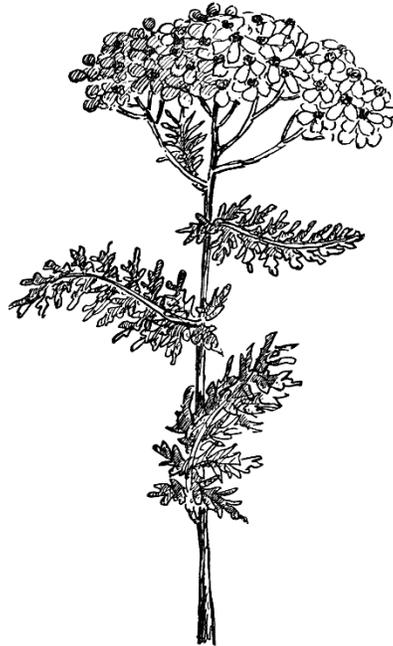
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Yarrow

You can rub this plant on your skin to keep the bugs away!

The roots were rubbed on the gums to relieve toothaches.



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Extra Notes