

# Indigenous Foods of Coast Salish Tribes:

Citizens for Local Food, a Local 20/20 Action Group, 2015

Diet Basics: Greens, Berries, Nuts, Seaweed, Shoots, Roots, Seafood, Wild Game, Oils/Grease, Herbal Teas.

## Flora:

Stinging Nettle leaves, Siberian Miners Lettuce, Lambsquarters, Sheep Sorrel, Cinquefoil, Dandelion leaves and root, Western Dock leaves and root, Fiddlehead Fern tops, Braken Fern, Spiny Wood Fern, Lomatium, Angelica

Black Cottonwood roots, Licorice Fern roots, Lupine roots, Springbank Clover rhizomes, Salmonberry blossoms and shoots, Cow parsnip stems, Fireweed shoots, Thimbleberry shoots, Horsetail shoots

Camas bulbs, Wild onions, Tiger Lily bulbs, Wild Carrot, Eel Grass rhizomes, Licorice Root rhizome, Balsam Root, Wapato tubers, wavy-leaved Thistle root, Pink Fawn lily, Rice Root, Cattail rhizomes

Hazelnuts, Garry Oak Acorns, Pacific Crabapple

Cranberries, Black Cap Raspberries, Huckleberries, Blackberries, Salmonberries, Salal berries, Coastal Strawberries, Thimbleberries, Nootka rose hips (check for butterfly larva!), Blue and Red elderberries, Serviceberries aka Saskatoon berries, Black Hawthorne berries, Kinnikinnick, Bunchberries, Stink Currants, Swamp/Black/Green Gooseberries, Soapberries, Mountain Bilberries, Stink Currants, Wild Blue Currants, wild Raspberries

Kelp, Laver, Sea Beans

Mushrooms: Oyster, American Matsutake, Poplar Tricholoma

Trees:

Cambium: Sitka Spruce, Red Alder, Western Hemlock

Sap: Paper Birch

Needles: Doug Fir tips

## Fauna:

Elk, Venison, Mountain Goat, Bear, Beaver, Marmot Duck, Grouse, Quail, Pheasant, Rabbit

Bone broth, and Organ meats

Clams, Oysters, blue Mussels, Abalone, Urchin, Sea Cucumber, Barnacles, Limpet, Chiton, Shrimp, Scallop, Sea Anemone

Hair Seals, Purple Shore and Dungeness Crab, Octopus

Smelt; Chum, Hump, Coho, Sockeye, Chinook Salmon Herring, Steelhead, Trout, Flounder, Red Snapper, Ling Cod, Eel, Sturgeon

Oolichon fish (aka candle fish) for fish and oil, Seal oil Salmon and Herring Eggs

## Suggested Reading:

- Ethnobotany of Western Washington, by Erna Gunther
- Food Plants of Coastal First Peoples, by Nancy Turner
- Teachings of the Tides: Uses of Marine Invertebrates by the Manhousat People, by David Ellis and Luke Swan
- Pacific Feast, by Jennifer Hahn
- The people of Cascadia-Pacific Northwest Native American History, by Heidi Bohan.
- Northwest Foraging: the Classic Guide to Edible Plants of the Pacific Northwest, by Doug Benoleil.
- Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture, by Elise Krohn and Valerie Segrest.