

# **Traditional Uses Of Tranquille River Plants**

(Ethnobotony)

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## Wild Rose

- Stems and wood for shelter and hunting
- Leaves and hips for tea (dried or fresh)
- Hips eaten are high in Vitamin C

## Douglas Maple

- Wood used for bows, masks, snowshoes, dip net frames, and handles of tools
- Bark used to make a twine







## Red Willow / Red-Osier Dogwood

- Berries used as a mouthwash
- Branches used for fish traps, poles and salmon stretchers
- Made sweathouses from the bent branches

## Sagebrush

- Used leaves and branches to make teas for colds
- Used the leaves as a fumigant and as a smudge when dried
- Used the tea to soak sore feet
- After a death, sagebrush would be burnt or hung to ward off evil spirits







## Rabbit Brush

- Name came because heavily browsed by jack rabbits, deer, and mountain sheep
- Tea from the leaves used to ease cramps and cure sore throats
- Branches used for smoking hides

## Cottonwood

- Deciduous tree
- Cambium layer occasionally used as food in the spring
- Cottony seed fluff as stuffing for pillows
- Inner bark to make soap and medicinal tea
- Sticky resin on buds as ointment for small cuts or glue
- Large trees to make dugout canoes
- The tree is an important stabilizer of riverbanks – provides roots, shade, insects,
- Woodpeckers, nuthatches and chickadees make cavities
- Rarely exceeds 200 years – average age is that of humans
- Pulp used for high grade paper, wood for furniture







## Oregon Grape

- The tart berries were eaten or used to make a jelly
- A bright yellow pigment extracted from the inner bark and roots used to dye basket materials

## Red Raspberry

- Berries were eaten fresh or mashed and dried for storage
- Roots and stems sometimes used for medicinal purposes





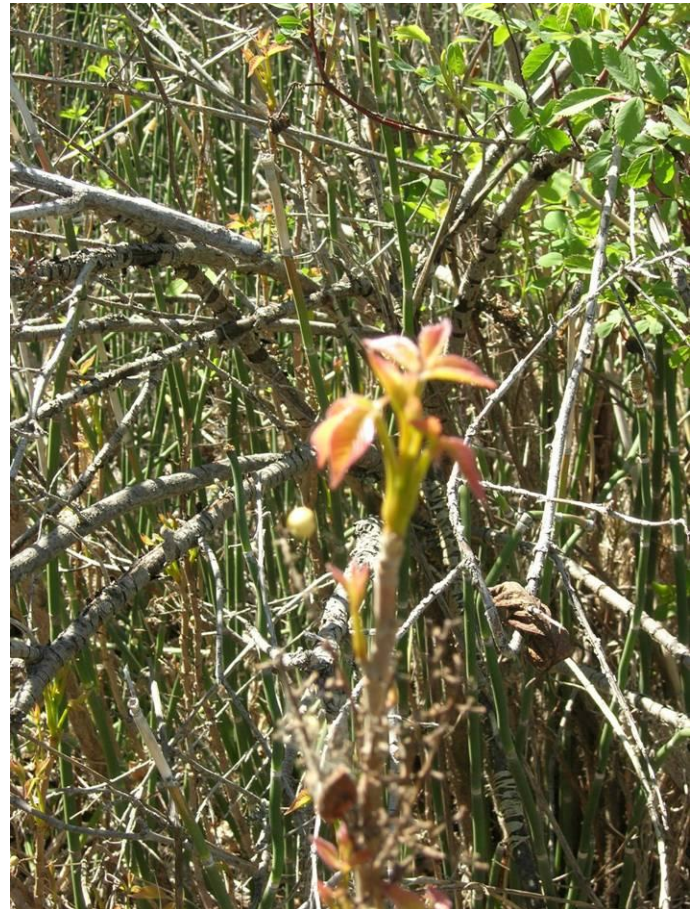


## Wild Thistle

- Ate the taproot of the plant in the first year when it does not produce flowers
- Roots were gathered in the fall, peeled, cut up, and steam-cooked in pits or boiled in stews

## Poison-Ivy

- Contains an oil that can cause an itching, burning rash upon contact with the skin
- Shiny leaves grow in three: “Leaflets three - Let it be!”
- Berries will be eaten by the autobon’s warbler when no insects are available







## Great Mullein

- Lives for two years
- First year produces a rosette of leaves and the second year, a tall flowering stalk
- Soft, wooly leaves provide a good, natural toilet tissue
- Native people would smoke the dried leaves
- Brought in from Eurasia; not a native plant to North America

## Saskatoon

(sometimes called serviceberry)

- Purple to nearly black edible fruit
- Berries eaten fresh or dried in cakes or like raisins for storage or trading







## Scouring Rush

- Young men rubbed the ends on their face to keep whiskers from growing
- Stems were filled with water to treat sore eyes
- Used the ashes from burnt stems to treat burns
- Name was given to this species because silica in the tips used in Europe for scouring utensils made of wood.

## Balsamroot

- Young leaves eaten raw or steamed
- Smoked leaves
- Taproots roasted or steamed







## Prickly Pear Cactus

- Inner stem was boiled, roasted or pit-cooked
- Used in soup or mixed with fat and berries
- Boiled the flesh into a syrup for use as a cough medicine

## Chokecherry

- Berry eaten fresh as a snack or dried for winter use.
- Juice was consumed to gain strength after sickness
- Wood was used for handles, especially root-diggers
- Bark was shredded and used for decorating basket rims







## Dandelion

- Young leaves make excellent cooked or fresh greens
- Roots can be roasted or dried and ground as a coffee substitute

## Birch

- Bark was used to make baskets, canoes and baby cradles
- Leaves were used to make soap and shampoo
- The hard wood was used to make sleds, snowshoes, paddles, canoe ribs, arrows, and tool handles
- Birch trunks were sometimes used as poles for making tipis and drying racks

