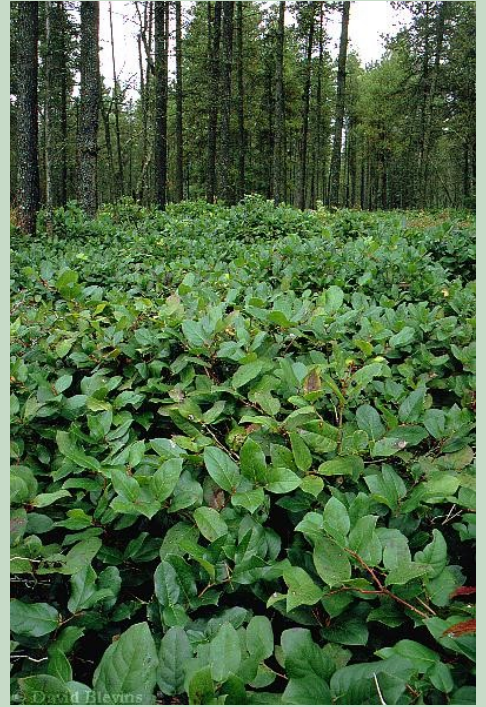


Salal



©T. Neuffer

Gaultheria shallon

PNW Native Plant

The white flowers look like lanterns hanging across the stem!

Berries!

Cultural Uses

The dark, juicy berries are plentiful and an important fruit for Coast Salish Tribes. They are eaten raw or dried into cakes or fruit leather. They are used to sweeten other foods, such as the tart Oregon grape. In the past they were used for trading or selling. Used in flower arrangements!

General

One of the most common understory shrubs in our region. Height is variable, creeping and or spreading by layering, suckering and sprouting. Leaves are alternate, evergreen, thick and leathery. The white flower stalks bend so that flowers are all oriented in one direction. The flowers then turn to dark purple berries.

Sun to part shade

Dry to moist soils

Ecology

Coniferous forests, rocky bluffs, to the seashore: low to med. elevations

Labrador Tea



©T. Neuffer

Ledum groenlandicum

PNW Native Plant

Make sure you ID this plant correctly as there are other bog plants that look similar and are toxic.

TEA TIME

Cultural Uses

The leaves are used for tea and medicine. The leaves can be dried or used fresh for making tea, and has a very aromatic scent. It is important to drink in moderation as excessive does have been known to act as a diuretic or a cathartic, or cause intestinal disturbances.

General

Evergreen shrub with many branches, twigs have dense rusty hairs and a spicy fragrance. Leaves are alternate, narrow and often dropping, have rusty hairs on the bottom of the leaves. Flowers are white with protruding stamens, in short umbrella like clusters.

MOSTLY SUNNY

VERY WET SOILS

ECOLOGY

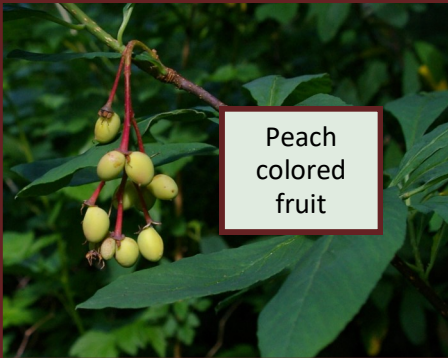
Peatlands and bogs, usually an indicator or wet, very acidic and nutrient poor soils. At low to middle elevations.

Indian Plum



Early spring bloomer

Small shrub or tree with purplish brown bark, leaves alternate, thin, broadly lance-shaped



Peach colored fruit



Greenish white flowers, male and female on separate plants

©T. Neuffer

PNW Native Plant

Oemleria cerasiformis

Deciduous shrub **Early Bloomer**

Restoration and Landscape Uses: This deciduous shrub grows to 16.5 feet and produce clusters of white flowers in very early spring (February to April). The berries turn peach colored and then turn bluish-black, like small plums and attract humming-birds. It is best used as a background plant in a garden due to its size.



Ecology: Open woods, stream banks, open areas

Cultural Uses: The berries are eaten in small quantities fresh, cooked or dried by several Washington Salish groups. The young leaves taste like cucumber and can be used in salads. The twigs are chewed and applied to sore places. The Saanich made a bark tea as a tonic.

Devils Club



Leaves alternate, deciduous, maple-leaf shape with 7-9 sharply pointed and heavily toothed lobes. Numerous spines on underside.



©T. Neuffer

Oplopanax horridum

PNW Native Plant

Large shrub reaching up to 15 feet. Tiny yellowish spines cover stems of the large maple-shaped leaves and veins.

Ginseng Family

Cultural

Harvested in late October after the leaves turn yellow. It is tricky to harvest because it is covered in spines. It is one of the most important traditional medicines. The root and bark are used to treat arthritis, both internally as a tea, and topically as a steam or bath. You can infuse oil with devils club and use it to rub on sore feet. The root and bark are strongly aromatic and encourage lung tissue to work more efficiently. Can be used as a medicine for blood sugar imbalances and adult onset diabetes. Berries are not edible.

General

Erect to sprawling, thick stems, crooked and often entangled, armed with numerous large yellowish spines. Wood has a sweetish odor.

Part sun and shade

Moist to wet soils

Ecology:

Loves moist forests, wetlands, along streams and avalanche tracks

Pacific Ninebark



©T. Neuffer

Physocarpus capitatus

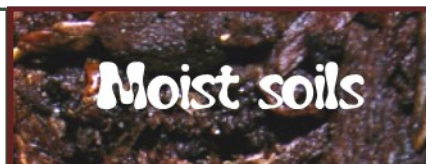
PNW Native Plant

Deciduous shrub *nine layer bark*

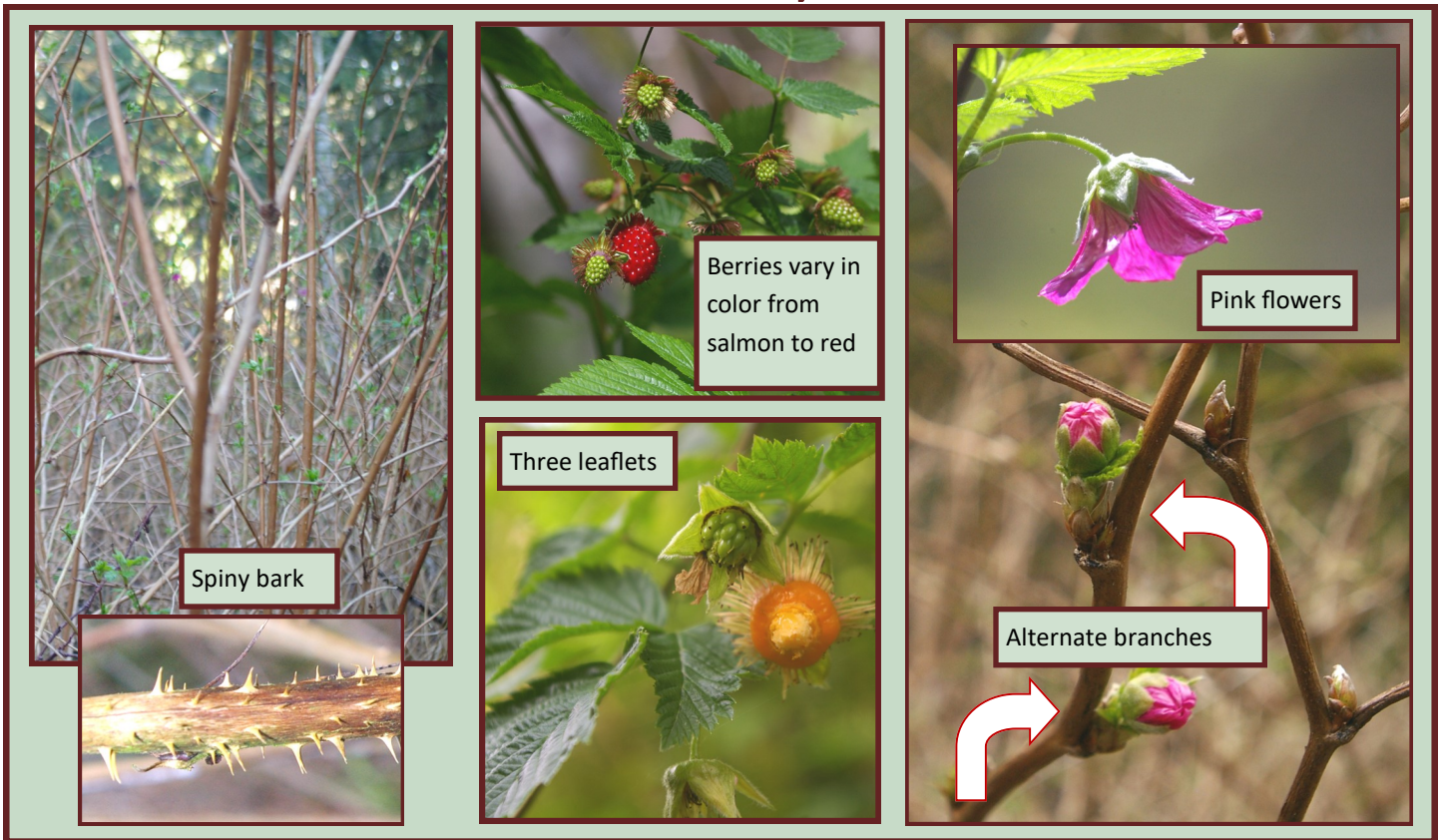
Cultural Uses: Laxative medicine made from bark, tea made from outer bark. This species is called ninebark because it was believed there are nine layers of shreddy bark on the stems.

Ecology: It is found along streams, in wet meadows, coastal marshes and at the edges of moist woods.

In the Landscape: Pacific Ninebark is a valuable shrub in a wild garden but could also be used at the back of a shrub bed in a more traditional landscape. Its attractive buds, white flower clusters and reddish fruit extend its



Salmon Berry



©T. Neuffer

Rubus spectabilis

PNW Native Plant

Deciduous shrub forming dense thickets

Erect Branches

Cultural Uses: The hollowed stems could be used as plugs or pipes. It has medicinal uses such; pain killers, to clean infected wounds and burns. The berries are eaten by all northwest coastal peoples, often with salmon. Sprouts can be peeled and eaten raw and are gathered in early summer as a green vegetable.

Full sun

Part shade

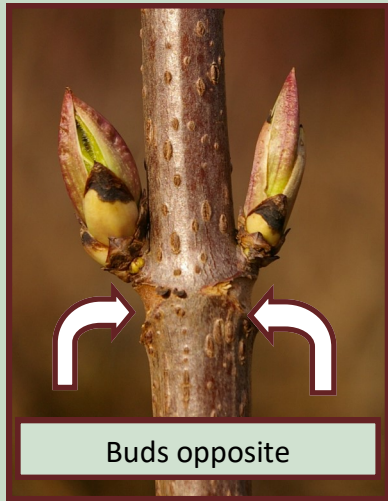
Ecology:
Forests, disturbed sites, stream edges, avalanche tracks

Restoration and Landscape Uses:

This quickly spreading shrub attracts birds and butterflies. It grows to about 12 feet tall forming dense thickets. The twigs are hairless and have scattered prickles.

Moist to wet soils

Red Elderberry



Buds opposite



White flowers



Spring buds



5-7
leaflets
sharply
toothed



Bright red berries

©T. Neuffer

Sambucus racemosa

PNW Native Plant

Deciduous shrub to
small tree

Arching growth habit

Cultural Uses:

Berries are important food for peoples on the northern and central coast. They are boiled to make sauces and make good jelly as well. The Makah pound the fresh leaves and put them on boils, the Cowlitz put them on sore joints. The raw berries may cause nausea.

Ecology:

Stream banks,
swampy thick-
ets, moist clear-
ings, open
forests

Restoration Uses:

The leaves of this shrub have 5-7 sharply toothed leaflets and pyramidal clusters of small creamy white flowers that bloom May-July. The flowers turn to small bright red berries that attract butterflies and hummingbirds. This shrub can tolerate full sun and prefers moist soils. Best in wild part of garden. Grows 12-20 feet tall.

FULL SUN TO



Full shade

Full shade

Moist soils



Stinging Nettle



©T. Neuffer

Urtica dioica

PNW Native Plant

Springtime is the best time for nettles! Harvest when they are young, short and tender.

medicine

Cultural Uses

Harvest in the spring when the shoots are tender, no taller than about 1 foot, before they flower. Stay away from industrialized areas where they get contaminated with heavy metals. The whole plant is useful. Nettle leaves, flowers and seeds are great nutritional food and medicine. The stem is used for fiber. Gloves and scissors are a must! Some great preparations are cooked, juiced and they make a very healthy tea.

General

Perennial, armed with stinging hairs. Leaves are opposite, narrowly lance-shaped to oval or heart shaped. Flowers are greenish, tiny and numerous.

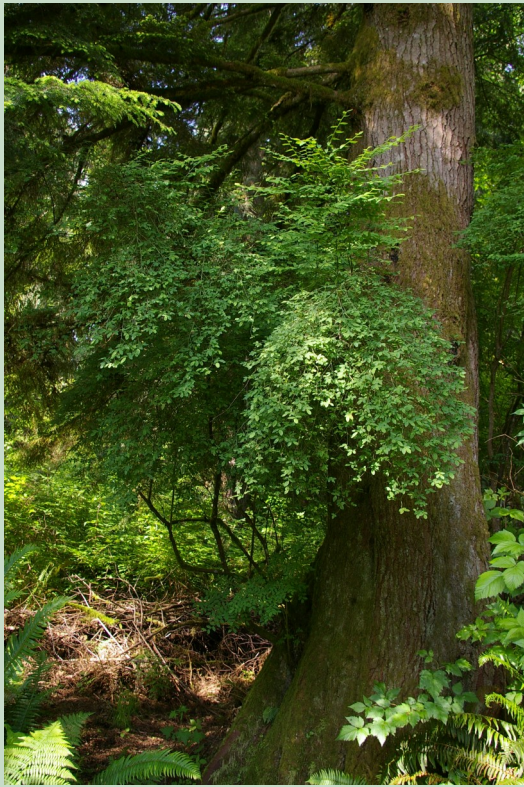
Full sun to shade

Moist rich soils

Ecology

Meadows, thickets, stream-banks, open forest; often growing in large quantities in disturbed habitats.

Red Huckleberry



©T. Neuffer

Vaccinium parvifolium

PNW Native Plant

Can you see who's munching on these delicious berries in the top right picture?

YUMMY!

Cultural Uses

These berries were used as fish bait in streams and eaten raw. When gathered in quantities they were dried single like raisins, mashed into cakes for winter use. There are different harvesting techniques, clubbing the branches and allowing the berries to fall into a basket, or using a comb like implement, which meant you had to separate the leaves from the berries. The leaves can be dried and made into a delicious tea.

General

Erect deciduous shrub, usually found on logs or stumps. Leaves are alternate and oval. The fruits are bright red round berries, a little sour for some but edible.

PART SUN, OPEN
CANOPY

SOIL RICH IN
DECAYING WOOD

ECOLOGY

Coniferous forest, often at forest edges or under canopy openings, in soils rich in decaying wood, often on stumps or logs at low to middle elevations

Vine Maple

Spring flowers



New leaf growth



Winged seeds, samaras



Fall foliage



Leaves opposite, palmate,



Winter buds



©T. Neuffer

PNW Native Plant

Acer Circinatum

Deciduous shrub to sprawling small tree

Arching Branches

Cultural Uses: It can be used for decorative purposes due to its colorful foliage. The dense and hard wood makes excellent fuel but fresh is flexible and used for baskets, fish traps, drum hoops, spoons, dishes and a variety of small tools.

Part sun

Part shade

Moist to wet soils

Ecology:

Stream banks, under trees, canopy openings, forest edges

Restoration and Landscape Uses:

Vine Maple is used as an understory shrub or small tree. It likes moist to wet conditions and prefers riparian corridors and streams or river banks. Does best in part shade-shade and is found in open forests and forest edges. It can grow up to 25 feet tall and has delicate spring flowers. It becomes fire-engine red in fall on open sites.