

# THE FAMILY PLANT GUIDE



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**Common Name:** Kinnikinick

**Latin Name:** *Arctostaphylos uva-ursi*

**Environment:** Well-drained, exposed areas; dry rocky slopes, and dry forests. Common from low elevations to alpine tundra.

**Growth Habit:** Low, trailing, forming mats. Usually under 8 inches tall. Small, shiny, thick green leaves. Pinkish white small flowers producing bright red berries.

**Plant Relatives:** Manzanita

**Region:** Northern and Central America

**Uses:** It is used to treat bladder and kidney infections and kidney stones. It is also used in smoking mixtures. “Uva Ursi” means “bear berry”, and the berries can be eaten, although they are bland and have large seeds.





**Common Name:** Common Camas

**Latin Name:**Camassia quamash

**Environment:** Grassy meadows and slopes and found in low to middle elevations.

**Growth Habit:**Tall wide leaves and purple to blue flowers growing to about 2 1/2 feet.

**Plant Relatives:** Lilies of all varieties are related to camas.

**Region:** Western North America

**Uses:** The common camas is a staple food for Native people in the west, and eaten extensively by those indigenous to the Northwest including Oregon. The bulbs were harvested ceremoniously and baked in large pits for many hours to bring forth their sweetness. Camas was also traded, and is now almost strictly a food sources. It can be dried, made into loaves of bread, used for soup, or made into a sweet-tasting hot drink.





**Common Name:** Sword Fern

**Latin Name:** *Polystichum munitum*

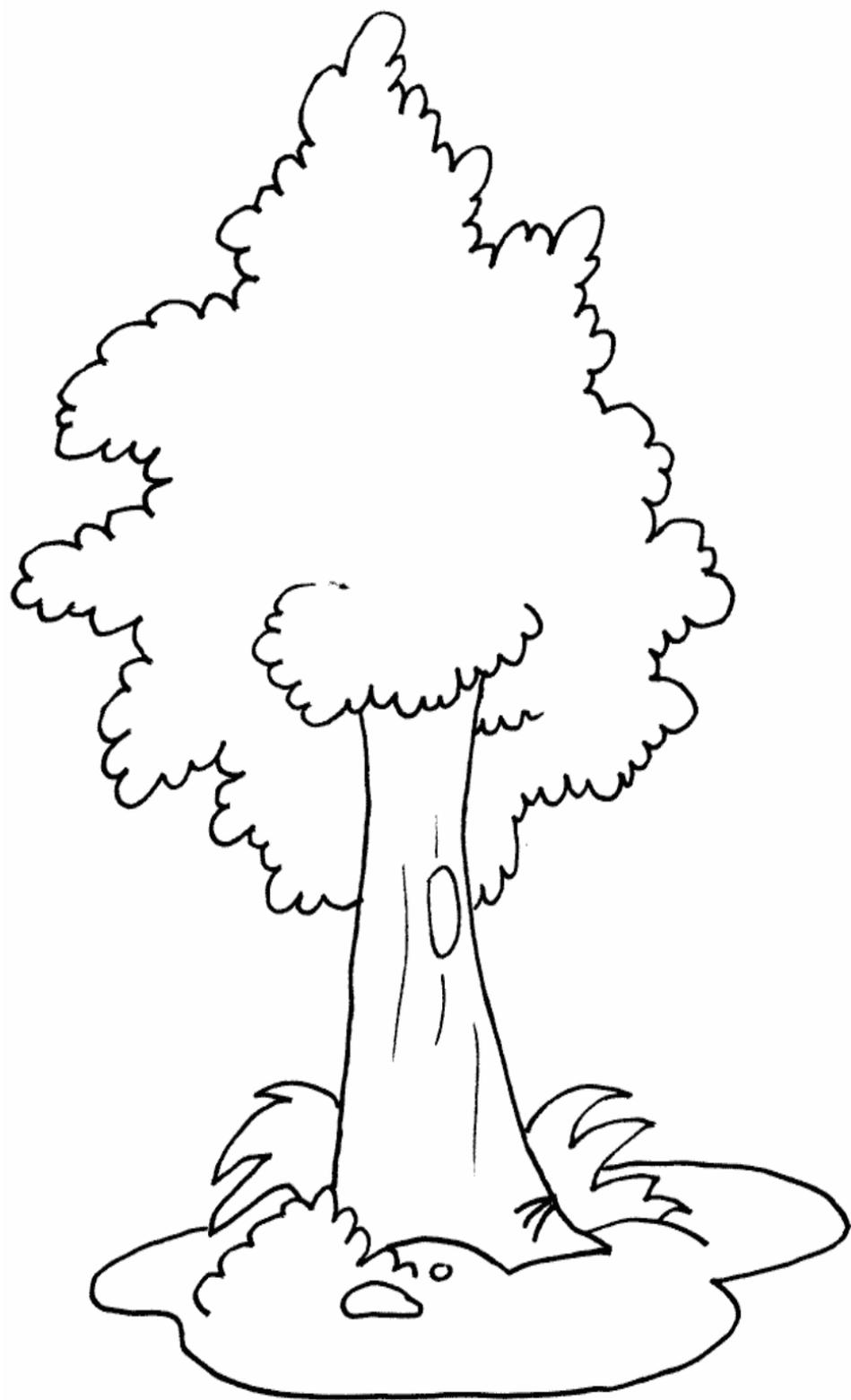
**Environment:** Moist forest at low to middle elevations.

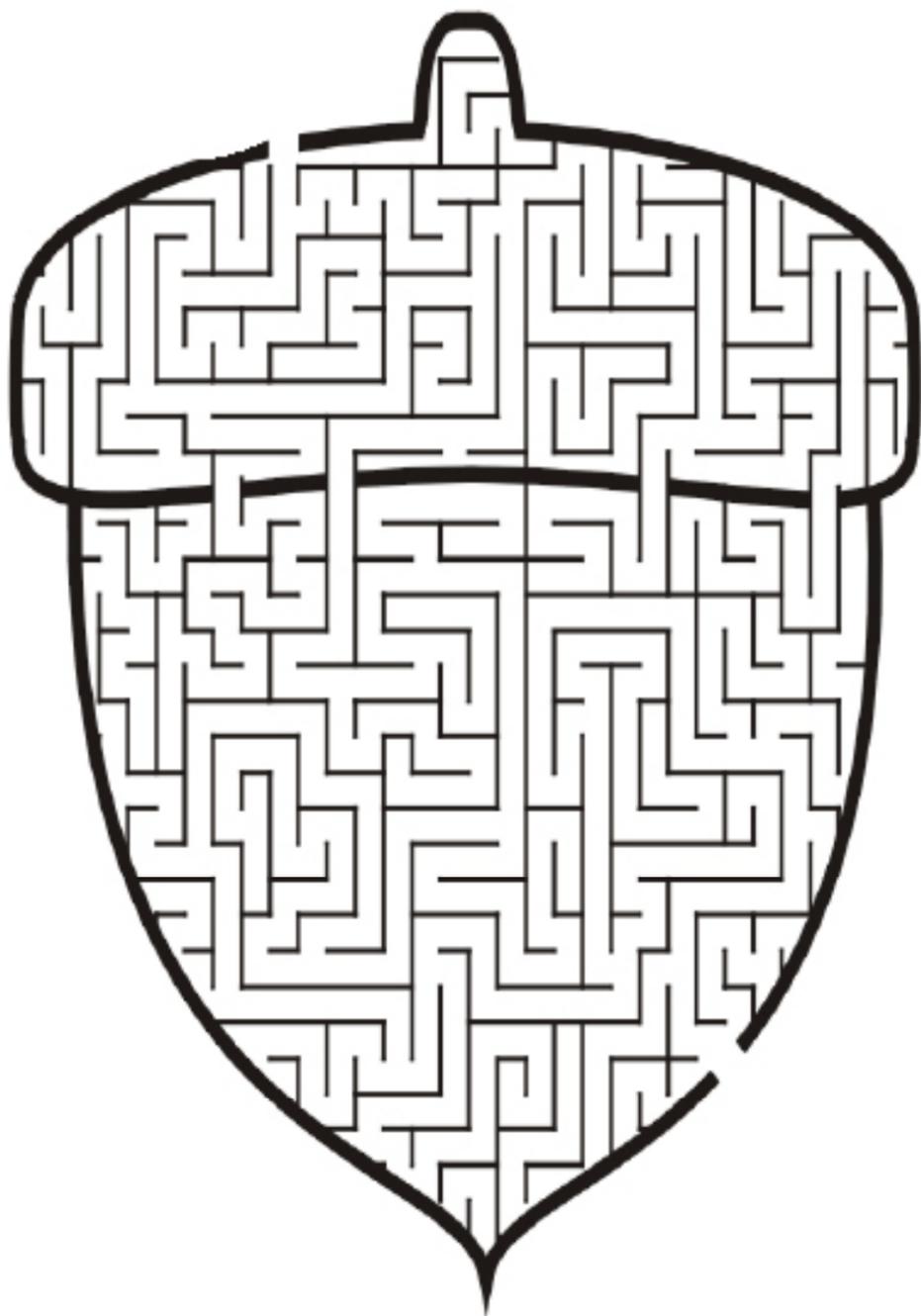
**Growth Habit:** It is a tall fern that can grow to 4 feet. It has tall, standing leaves with golden to brownish spores on the back-side of each leaf. Enjoys acidic soil, prefer cool moist weather, and does well with minimal sunlight.

**Plant Relatives:** Lady fern, Maidenhair fern

**Region:** From Alaska to California and east to western Montana.

**Uses:** Sword ferns are used by native peoples as a protective layer in pit ovens, baskets, drying racks, flooring, bedding. The roots are dug, roasted, peeled and eaten, and the new shoots, or fiddleheads, are cooked and eaten in the spring. It is also considered nature's bandaid. When rubbed spore side down on a cut or sting the fern's spores help to reduce pain and stop bleeding.





Find your way through the Acorn





**Common Name:** Salmonberry

**Latin Name:** *Rubus spectabilis*

**Environment:** Salmonberries are found along streams and in damp forests, especially in coastal areas. They like to grow in open spaces like under large stand of Red Alder often times forming large thickets.

**Growth Habit:** Berries are out in late summer early autumn, yellow to orange-red, leaves serrated edge 5-15 feet tall, often forming thickets. Scattered prickles, golden brown. The leaves grow in threes and have serrated edges. The flowers can be pink to reddish-purple, and up to 1 1/2 inches across. The fruits are golden yellow to reddish, shaped like small raspberries, are sweet, and can be eaten.

**Plant Relatives:** Blackberries and raspberries.

**Region:** West coast, from Alaska to California , and in as far as Idaho .

**Uses:** As noted, the berries can be eaten, and ripen early, in may or June. The young stem sprouts can be eaten in the spring, and the berries were sometimes mixed with salmon eggs. They now have been placed into jams, jellies, wines, as well as candies. The plant has also become ornamental with its beautiful pink flowers.





**Common Name:** Rosehip

**Latin Name:** *Rosa gymnocarpa*, *Rosa nutkana*

**Environment:** Enjoys sun, hardy and can grow in most soils.

**Growth Habit:** Grows to about 5-9 feet tall, with thorny stems, toothy, oval leaves, and large pink flowers that are very fragrant.

**Plant Relatives:** Apples, pears, strawberries, and plums are all related to the flowering rose.

**Region:** North America

**Uses:** In the spring, the young shoots can be eaten. The tea can be used to help eyesight, and the rosehips are eaten. They can be made into jam and have a very high Vitamin C content.

# PARTS OF THE PLANTS

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Sung to: "Head, Shoulders, Knees and Toes"

Do you know the parts of plants, parts of plants?  
Do you know the parts of plants, parts of plants?  
All kinds of plants that grow and grow and grow.  
Do you know the parts of plants, parts of plants?

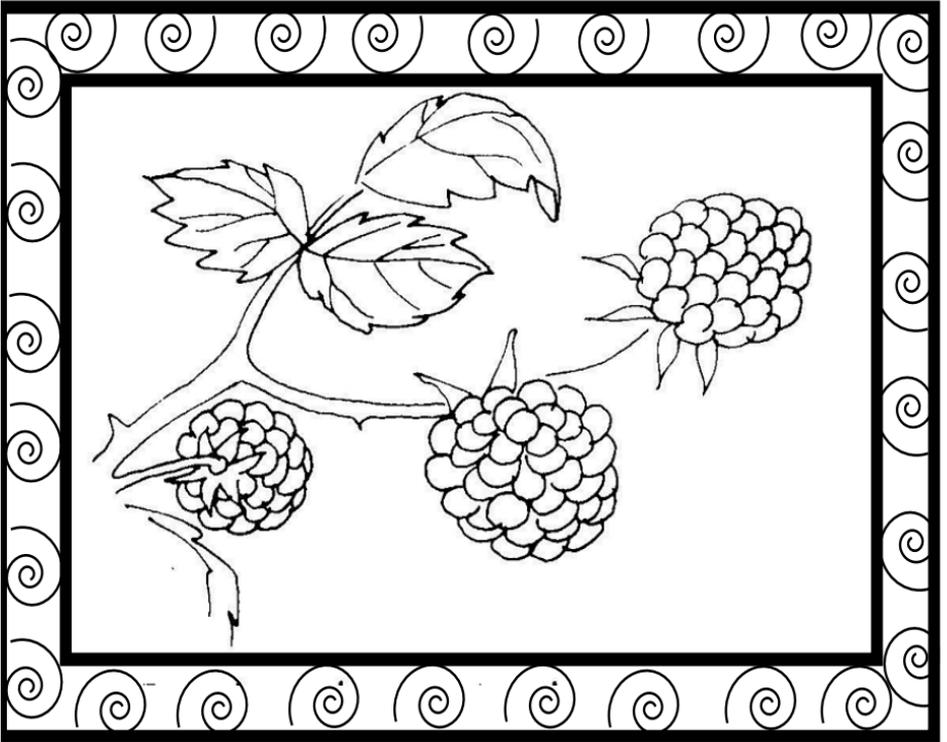
The roots hold the plant in place, plant in place.  
The roots hold the plant in place, plant in place.  
The roots store food and water too.  
The roots hold the plant in place, plant in place.

The stem moves water up the plant, up the plant.  
The stem moves water up the plant, up the plant.  
The stem brings water to the leaves.  
The stem moves water up the plant, up the plant.

The leaves soak up the sun, soak up the sun.  
The leaves soak up the sun, soak up the sun.  
The sun helps the plant to grow and grow and grow.  
The leaves soak up the sun, soak up the sun.

The flower grows into a fruit, into a fruit.  
The flower grows into a fruit, into a fruit.  
Inside the fruit are little, tiny seeds.  
The flower grows into a fruit, into a fruit.

~Original Author Unknown



## SALMONBERRIES

What color are Salmonberries?

What other berries are related to Salmonberries?





**Common Name:** Oregon Grape

**Latin Name:** *Mahonia aquifolium*, *Berberis aquifolium*

**Environment:** Dry to moist soils, usually found in forests at middle elevations.

**Growth Habit:** Leaves are sharp, spiny and usually glossy. Flowers are bright yellow. Fruit are berry-like, plum-red to dark purple.

**Plant Relatives:** It's closest plant relative is the Barberry.

**Region:** Native to the Americas and Asia.

**Uses:** The berries can be eaten, but are usually made into a jam as they are tart. The inner bark is bright yellow, and is used for liver problems, treating infections, skin conditions, and as a blood purifier. It is often used as a substitute for Goldenseal.





**Common Name:** Hazelnut

**Latin Name:** *Corylus cornuta* var. *californica*

**Environment:** Open forests and forest edges; stream and riverbanks; meadows.

**Growth Habit:** This small deciduous tree grows 5-12 ft high. Its bark is gray and smooth, and it has toothy, oval leaves. The flowers are called catkins and they appear before the leaves in the Spring. The catkins turn into the delicious hazelnut in the late summer.

**Plant Relatives:** Birch trees

**Region:** British Columbia south to California

**Uses:** The nuts are a great source of protein and are eaten both by humans and wildlife such as squirrels, bluejays and Lepidoptera. They are also rich in vitamin E which is good for the skin. They are used in many Pacific Northwest recipes and desserts.

# LEAF RUBBINGS

## Step 1

Find your favorite leaves on a nature walk.

## Step 2

On a piece of paper place your leaves in a pattern you like.

## Step 3

Lay another piece of paper over the leaves, or place the paper and leaves under one of the notes page of you plant guide.

## Step 4

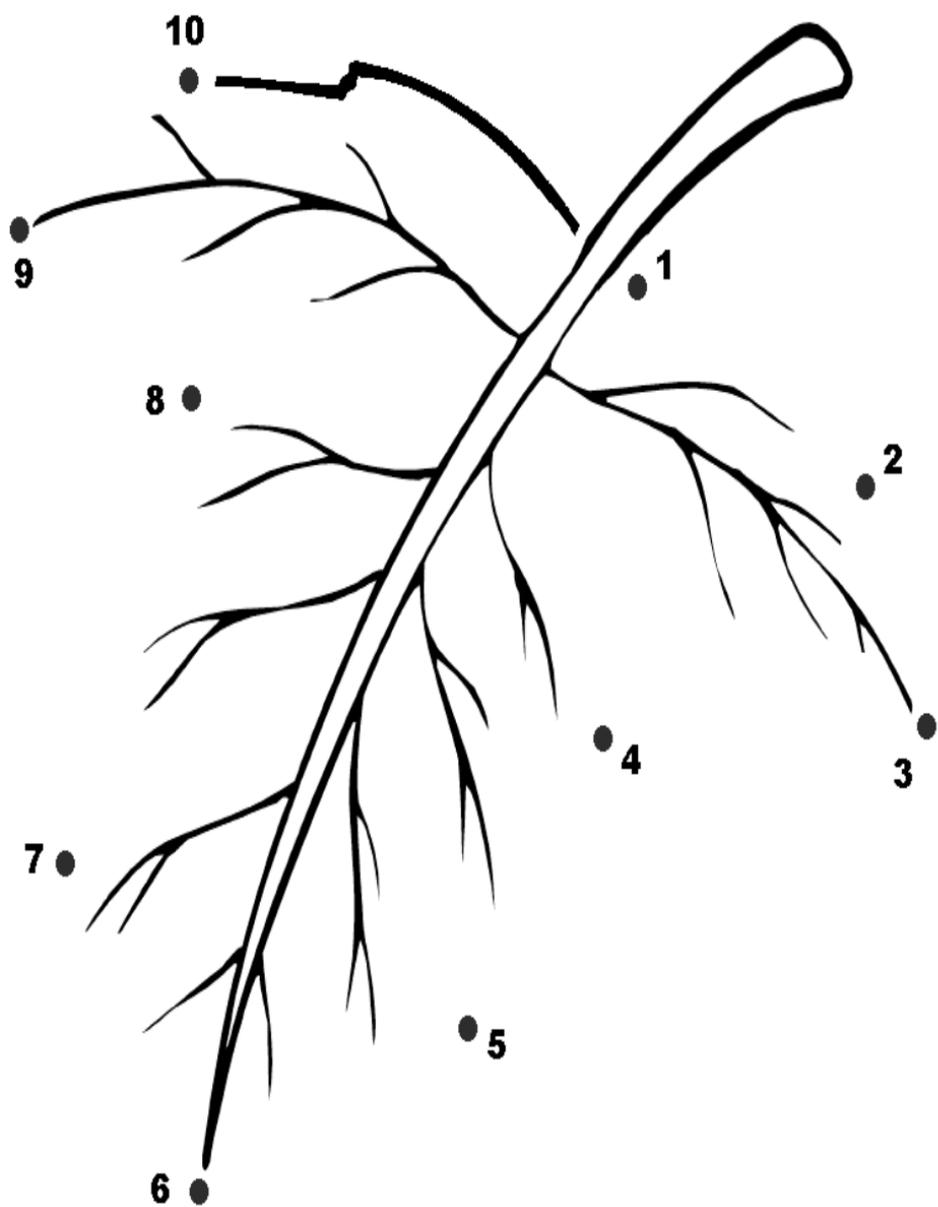
Pick your a crayon that you like best and peoapl of the paper wrapper. This will be used to make the rubbing.

## Step 5

put the crayon on its side and rub softly over the top paper.

## Step 6

The image of your favorite leaves will begin to appear!







**Common Name:** Red Alder

**Latin Name:** *Alnus rubra*

**Environment:** Moist woods, stream and pond banks, flood planes at low elevations.

**Growth Habit:** Deciduous, up to 80 feet tall. Grey, smooth bark. Flowers are catkins. These turn into 1/2 inch-long clustered cones containing seeds.

**Region:** Northern Hemisphere south to Peru

**Plant Relatives:** Birch trees and hazelnuts.

**Uses:** The roots can fix nitrogen from the air and make it available in the soil, which enhances soil fertility. Red alder wood is considered to be the best for smoking salmon, and also used for bowls, masks, dye, and many other things. The inner bark is eaten as food by coastal peoples. Medicinally, it is used to treat inflammations of the mouth and skin, respiratory illnesses, and has strong antibiotic properties.





**Common Name:** Cottonwood

**Latin Name:** *Populus trichocarpa*, *Populus balsamifera*

**Environment:** Moist to wet environments, especially islands, river banks, floodplains, and disturbed sites.

**Growth Habit:** Tall deciduous tree. Grows to 165 feet. Sticky reddish-brown buds in the spring. Bark is grey and becomes deeply furrowed as it ages. Leaves are oval to heart-shaped. The tree produces catkins in the spring and seed pods in the late spring. These pods then explode onto white fluffy masses and the seeds float on the breeze.

**Plant Relatives:** Poplars and aspen trees.

**Region:** North America

**Uses:** The sweet inner bark is eaten in the spring, and the buds can be used to make a salve for skin healing. The resin from the buds can also be helpful for sore throats, rheumatism, and tuberculosis. Soap and hairwash can be made from the ashes, and the resin can be used for waterproofing. Canoes, rope, buckets, glue, fishtraps, and paint are just part of the myriad uses for cottonwood.

# BUILDING A MINI ECOSYSTEM

## Materials:

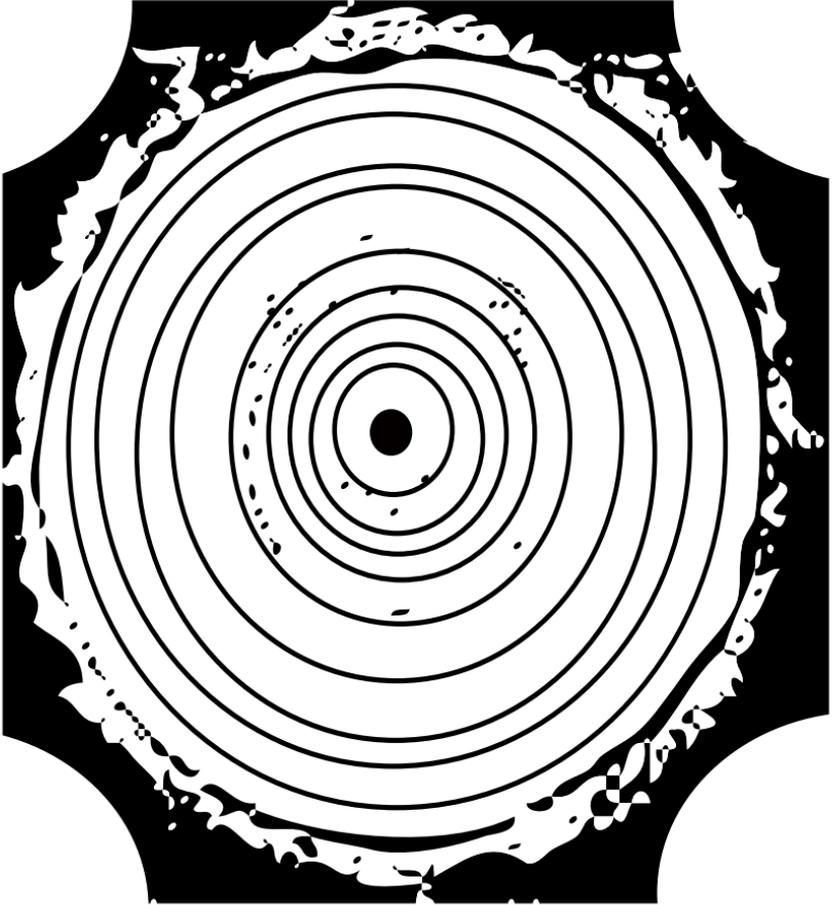
- A clean 2 liter soda bottle
- Scissors
- Masking tape
- pebbles
- soil
- small plant that likes a moist environment
- Little plastic creature and pieces of bark (optional)

## How to:

1. Cut the top of the 2 liter soda bolt off a few inches of the way down the bottle. and place to the side, do not discard.
2. Tape the lip of the remaining bottom 3/4 of the bottle so that the edge is smooth, preventing cuts.
3. Place a couple handfuls of pebbles in the bottom of the bottle. It is so that the plants will have drainage.
4. Fill the bottle 3/4th of the way with soil.
5. Plant the new small plant in the soil.
6. Finishing touches - added a few larger stones, toy animals or even bark to make it special.
7. Finally water the plant and place the top of the bottle back on creating a roof. Don't forget to remove the cap at top of the bottle so that oxegyn can help your plant grow.

Don't forget your plant needs plenty of sunshine.  
Now watch your plant grow!

# ≡THE RINGS OF A TREE≡



Instructions: Color each ring of the tree a different color and then count the rings. How many rings are there?





**Common Name:** Western Red Cedar

**Latin Name:** *Thuja plicata*

**Environment:** Mostly in moist soils, in shaded forests. Likes to be near streams and rivers. Will grow in rich soil in drier areas.

**Growth Habit:** Large tree growing up to 200 feet tall. Branches droop and turn upward at the ends in a “J” shape. Leaves are flat and scale-like. The seed cones are very small, less than 1/2 inch across, and form in clusters.

**Plant Relatives:**Arborvitae

**Region:** Commonly found in Northwestern United States and Canada.

**Uses:** Western Red Cedar is one of the most versatile plants for Native peoples. The wood was resistant to decay and was used in myriad ways, of which I will only list some: as canoes, longhouses, baskets, woven for clothing, hats, dishes, arrow shafts, fishing floats, masks, cradles, drum logs, combs, and fuel. Medicinally, Thuja is a very powerful herb. It may be boiled to make tea for coughs, colds, fevers, stomach pain and kidney complaints, rheumatism and arthritis; buds may be chewed for tooth pain; it can help with fungal issues such as athlete’s foot; It can also be applied externally for rheumatism, bronchitis, skin diseases and warts. It has antibacterial and antifungal properties. Note: Never take any of the essential oil internally, as it is toxic. Check with a natural medicine practitioner for dosages and precautions.





**Common Name:** Douglas Fir

**Latin Name:** *Pseudotsuga menziesii*

**Environment:** Occurs in almost all forest types. It adapts well to moist mild climates.

**Growth Habit:** A large tree that can grow to 230 feet, sometimes to 300 feet tall. The dominant species of many Oregon forests, it can live to be 1,000 years old. It is an evergreen, and has needles for leaves and 3-4 inch-long pine cones bearing seeds

**Plant Relatives:** It is not actually a fir, but is a cousin to pines, firs, spruces, and hemlock. Its name means “false hemlock”.

**Region:** North America

**Uses:** Douglas fir is used to assist the immune system against colds and flu. The pitch is used as a salve for healing wounds, as it can cover the wound and has antimicrobial properties. It is also used by native peoples to make various things such as spear-shafts, harpoons for catching fish, and spoons. The pitch is used for caulking canoes, and the wood is used for building fires.



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