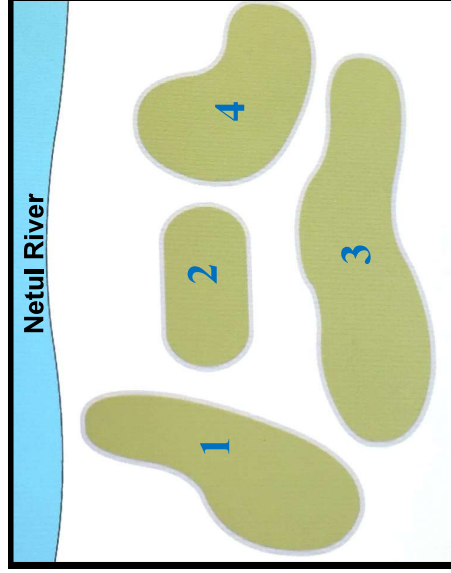


This ethnobotanical garden is a native plant garden dedicated to interpreting the traditional uses of plants by local American Indian tribes.

The plantings are arranged in four natural plant communities, each of which reflect one of the many habitats found in the greater surrounding area.

The blue number following each plant's description corresponds with the mound on which it can be located:

- 1 Coastal Prairie
- 2 Wetland
- 3 Forest/Upland Species
- 4 Forest/Upland Species



This garden was created through the collaborative efforts of the Clatsop Nehalem Confederated Tribes 501-C3, Edgewater Landscaping, the Tongue Point Job Corps landscaping program, and the National Park Service.

When gathering from the wild, we encourage you to approach nature with the traditional NW tribal values of respect, gratitude, and reciprocity. Please take only what you can use, and always look for ways you can give back.



A NOTE OF CAUTION

This guide is not comprehensive, and many of these plants have poisonous look-a-likes, or may only be edible or medicinal if prepared properly. Do not harvest or ingest any wild plant without confirmation from an expert.



Harvest from this interpretive garden is allowed only through official park programs. If you are interested in helping us care for it, let us know!

Lewis and Clark National Historical Park
Website: www.nps.gov/lewi
Facebook: [LewisandClarkNationalHistoricalPark](https://www.facebook.com/LewisandClarkNationalHistoricalPark)
Instagram: [LewisandClarkNHP](https://www.instagram.com/LewisandClarkNHP)

Lewis and Clark National Historical Park
Astoria, OR



Ethnobotanical Garden

A Guide to a Selection of Plants

Lewis and Clark National Historical Park
Netul Landing
91427 Fort Clatsop Rd
Astoria, OR



Wapato
Sagittaria latifolia
 A staple food to Chinookan peoples, tubers have a nutty taste similar to water chestnut. Traditionally prepared by pit roasting or baking. The wapato purchased from the Chinookan people was a welcome addition to the Corps' diet of lean elk meat. **2**



Seashore Lupine
Lupinus littoralis Edible, licorice-flavored roots, traditionally prepared by slow cooking in pits. *Warning! Many lupines are toxic. **1**



Yarrow
Achillea millefolium
 A pleasant tea can be made from the leaves; also used to treat a vast array of illnesses, most commonly respiratory ailments. *Warning! Contains toxins hazardous to some people. **1**



Osoberry
Oemleria cerasiformis Produces berries that, when ripe, have a flavor that has been compared to watermelon or cherries. **3**



Nodding Onion
Allium cernuum Edible bulbs have a subtle onion flavor, while the rest of the plant has a flavor reminiscent of chives. **1**



Bunch Berry
Cornus canadensis In addition to a wide variety of medicinal uses, this plant produces edible berries. **3, 4**



Silverweed
Argentina egedii Possesses an edible root similar in taste to sweet potato, best when harvested in autumn. **2**



Camas
Camassia quamash
 Edible root with a sweet potato-like taste. Traditionally an important staple food. Be sure of your identification, as death camas grows in the same habitat. **2**



Salal
Gaultheria shallon
 Produces edible berries which can be eaten fresh; traditionally they were dried and formed into cakes or fruit leather. **3, 4**



Skunk Cabbage
Lysichiton americanus
 Leaves were traditionally used to wrap food for cooking in pits. Roots are edible, though repeated rinsing while cooking is recommended to reduce the risk of toxicity. **2**



Cow Parsnip
Heracleum maximum Edible stems can be peeled and eaten like celery before flowers appear; many different medicinal uses. *Warning! Many species in this family are deadly poisonous. Be sure of your identification! **3**

Lady Fern

Athyrium filix-femina

Fiddleheads can be eaten in early spring, while the leaves are traditionally used for laying out or covering food. **3**



Red Twig Dogwood
Cornus stolonifera Twigs and bark traditionally used in a variety of medicinal preparations, including one for sore eyes. **3, 4**

Nootka Rose

Rosa nutkana Rosehips can be eaten raw or cooked into jams and contain large amounts of antioxidants and vitamin C. **3, 4**



Tall Oregon Grape
Mahonia aquifolium Berries are tart but edible. Roots are traditionally used to make a yellow dye used for things such as basket decoration. **3**

Sword Fern

Polystichum munitum Rhizomes are edible. Leaves are traditionally used to line baking pits, cover floors, and make mattresses. **3**



Stinging Nettle
Urtica dioica

When young, leaves and stems can be cooked and eaten as greens. The fibers are also used to make fishing nets and snares. **4**

Plantains

Plantago lanceolata & *Plantago major* Though a non-native, leaves are used for a wide variety of ailments, including headaches and snake bites. **4**



Coastal Strawberry
Fragaria chiloensis Delicious edible berries, typically smaller and sweeter than store varieties. **1**

Trailing Blackberry
Rubus ursinus

In addition to edible berries, young shoots are also edible and were traditionally collected. **3**

