

HOW-TO-DO ACTIVITY- ETHNOBOTANY STORY

SUGGESTED PLANTS & THEIR USES

Step #1- Selecting Plants: Go to habitat area and locate at least one plant species for each 'Ethnobotany Story' element (a-j). Include all species that you can find to give students a wide range of choices to remember. This activity has been designed to include plants commonly located in habitat restoration in Seattle public lands. However, if you do not have plants needed to represent a story element, you can either skip that element in the story, or substitute with an image (such as one from Starflower Plant ID cards). Use this table to confirm correct answers from students and as a reference for images.

Story Element	Plant or plants	Associated image
a) Today is a good day to make some tools for the summer camp. You and your friends decide to make some good strong mallets so you go to a tree with good wood for making mallets and remove a branch. What tree is this?	Red Alder (<i>wood</i>) Big Leaf Maple (<i>wood</i>)	Image: 'Mallets'
b) While you were cutting the branch for mallets you get a small cut so you find one of the plants that helps stop bleeding and heals cuts. What plant works for this?	Salal (<i>leaf</i>) Oregon grape (<i>leaf or bark</i>) Yarrow (<i>leaf</i>)	
c) Today would be a good day for making planks for the winter plank house so you go to the tree with good wood to make planks and use your new mallet and a yew wedge to split a plank from a fallen tree. Find the tree that makes good planks for the plank house. What is its name?	Western Red Cedar (<i>wood, bark</i>)	Images: 'Salish Plankhouses', 'Planking a Tree'
d) After splitting some nice planks, you decide to use some of the bark from the plank tree to make a simple basket to gather some berries. Then you go to the berry plants and harvest some berries. What different plants in your habitat have good berries to eat?	Berry plants: (<i>Use 2 or 3</i>) Salal, Oregon grape, thimbleberry, salmonberry, red huckleberry, serviceberry, dewberry (trailing blackberry), evergreen huckleberry, Indian plum, blueberry, strawberry.	Images: 'Folded Cedar Bark Basket', 'Berry Collection'
e) While you are picking berries you find a plant that makes an excellent yellow dye and you harvest some small branches to bring back to the village for the weaver and the basket maker to use for decoration. It also has good berries in the summer. What plant is this?	Oregon grape (<i>inner bark, berries</i>)	Image: 'Imbricated Cedar Basket', 'Yellow Dye on Basket and Tunic' Teacher supplied: fresh branch w/ exposed yellow inner bark
f) You also find some delicious nuts to eat. What tree has delicious nuts?	Hazelnut	Image: 'Hazelnuts'
g) You and your friends decide it would be fun to catch some trout from the nearby stream for dinner. So you decide to make some fishing line and net from the plant that makes strong fine cordage. What plant works well for this?	Stinging nettle <i>If nettle is not present use:</i> Western red cedar	Image: 'Nets'
h) After you catch some fish you make a nice fire and decide to cook your fish using roasting sticks. Which plant makes good hard roasting sticks?	Oceanspray Mock orange Serviceberry	Image: 'Roasting Fish'
i) While cooking your meal you get a small burn. What plant can help heal burns?	Sword fern (spores) Cottonwood (bud)	
j) Your roasted fish smells delicious. You serve your fish along with some fresh berries on a plate made from the large leaves of a nearby tree. What tree is this?	Big leaf maple	

HOW-TO-DO ACTIVITY- ETHNOBOTANY STORY (CONTINUED)

Step #2- Setting up Plant Stations: Before activity, set up plant stations. Establish a series of stations to teach students about the following plants that are present in your habitat area. Plan to show related images while as you read from this list while implementing activity (see *Ethnobotany Story* activity card).

Native Plant Uses for Ethnobotany Story- Foods and Shelter

Plant	Uses: <i>as related to the Ethnobotany Story (Note: There are many other uses but including them may confuse students)</i>	Images
Red Alder	Hard, dense wood; excellent for tool handles, mallets and for carving. Wood also used to smoke salmon.	Image: 'Mallet'
Big Leaf Maple	Hard, dense wood; excellent for tool handles, mallets and even canoe paddles.	Image: 'Mallet'
Western Red Cedar	Known as "Tree of Life". Wood easily splits into lightweight and well insulating planks perfect for making plankhouses. Bark makes excellent baskets, and can even be used to make emergency 'folded cedar baskets'.	Images: 'Planking a Cedar Tree', 'Salish Plankhouses', 'Folded Cedar Bark Basket'
Hazelnut	Excellent nuts that we also call filberts. Animals love them too. Nuts are hidden under leaves.	Image: 'Hazelnuts'
Oceanspray	Also called Ironwood in this area. Very straight, hard branches used for spears, arrows, cooking tongs, and used to make roasting sticks to cook meat or fish.	Image: 'Roasting Sticks'
Mock orange	Also called Ironwood in other regions. This has very straight, hard branches used for spears arrows, cooking tongs, and used to make roasting sticks to cook meat or fish.	Image: 'Roasting Sticks'
Oregon grape	Berries are sweet-sour (like sour patch candy) and are harvested for food. Bark and leaves are good medicine for cuts, and will even stop bleeding	Image: 'Berry Collection'
Salal leaf	Berries are delicious and were dried into large 'cakes' for winter use. The leaf is chewed (masticated) and then put on cuts to stop bleeding and help healing.	Image: 'Berry Collection'
Stinging nettle	Stalks are harvested in the fall, and the fibers are used to make very excellent strong cordage (twine or rope). Especially used to make nets and fishing line.	Image: 'Nets'
Sword fern	Spores from the back of sword fern leaves (dark brown in late summer and fall) are good to put on burns and stings (such as from nettle)	
Yarrow leaf	Crush the leaves and put on cuts to help stop bleeding and heal cuts.	
Serviceberry	Long, straight branches used to make cooking tongs, and used to make roasting sticks to cook meat or fish.	
Cottonwood	Buds contain strong medicine to help heal burns. They also scent the air in spring.	
Berry plants: (Select 2 or 3) Thimbleberry, salmonberry, red huckleberry, evergreen huckleberry, serviceberry, dewberry (trailing blackberry), Indian plum, blueberries, strawberries.	Berries were favorite foods to gather, some are especially delicious. <i>Note: There are over 40 edible berries in the Pacific Northwest. Locate 2-3 species that have berries or evidence of berries present and provide names for the plant selected.</i> Berries in the habitat are [name the berries selected].	Image: 'Berry collection'