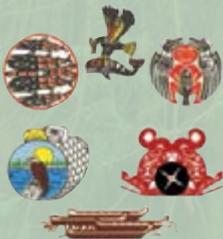


Ecosystem Guide



*A Hul'q'umi'num' language
guide to plants and animals of
southern Vancouver Island, the
Gulf Islands and the Salish Sea*

This publication was developed with the assistance of the
Parks Canada Agency, Gulf Islands National Park Reserve.



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A publication of the Hul'qumi'num Treaty Group

Hul'qumi'num Treaty Group
12611-B Trans Canada Highway
Ladysmith, BC
V9G 1M5

Phone: 250-245-4660
Facsimile: 250-245-4668
E-mail: info@hulquminum.bc.ca
Toll free: 1-888-987-3289



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Foreword

This ecosystem guide captures a moment in time. Found in these pages is an oral tradition that has been handed down over thousands of years. In each word rests the knowledge gained by Hul'qumi'num peoples who have lived, and thrived, on the bounty of this place, and the many plants and animals that are one within their forest, river and ocean homes.

Our language is as dynamic and diverse as our peoples. We recognize that the words and spellings in this guide do not represent all the dialects that are in use today. At the same time, we accept how important such a reference book can be to all Hul'qumi'num people, young and old. For these reasons, we have accepted that for the time being, it was not possible to include all the linguistic variations that may exist.

The knowledge contained in this printing of the guide has been provided by Elders whose trust, wisdom and generosity is greatly appreciated. The legacy that they grant to us all by sharing this information is precious beyond value.

Accept with us, that this is a living document that will change as new information becomes available, and, as our language too changes over time.

*HTG-Parks Canada Committee
on Cooperative Management, Planning and Consultation*

March 2011

Acknowledgements

This ecosystem guide would not have been possible without the generous and concerted efforts of several Elders and knowledgeable people who shared their gifts of Hul'q'umi'num' language and culture so richly. Luschiim Arvid Charlie (Cowichan) and Auggie Sylvester (Penelakut) spent many hours describing and repeatedly going over all of the material in this book to ensure that the information shared would be correct and respectful of cultural protocols about what is appropriate to make public and what needs to be kept private. Their collective knowledge about plants in particular was encyclopaedic. Roy Edwards (Penelakut), the late Henry Edwards (Stzu'minus) and Ray Harris (Stzu'minus) also all met several times to contribute their knowledge, particularly on marine life, making critical contributions to ensuring this ecosystem guide reflected a true breadth of knowledge and experience.

Lea Joe (Cowichan) and Tim Kylchuski (Cowichan) were the project leads in assembling the information shared by the Elders, being conscientious in documenting so much valuable information. Lea Joe's project management skills in bringing a complicated multi-party project through to the end stages were invaluable. Tim's tenacious tracking of endless questions and details related to each species shows through in the final quality of this publication.

Brian Thom (Hul'qumi'num Treaty Group to 2010, University of Victoria) worked to secure the partnership between HTG, Parks Canada and UVic which provided the framework for the collaborative effort. He developed the research method and overall vision for the publication, and provided general project oversight and editing.

Su Urbanczyk (University of Victoria) and Ewa Czaykowska-Higgins (University of Victoria) richly supported this language revitalization initiative, providing funding through their 6-year Community-University Research Alliance (SSHRC) grant to give honouraria to thank the Elders for their time and energies, and a salary for project assistance by Tim Kylchuski.

The HTG-Parks Canada Committee on Collaborative Planning, Management and Consultation (the Park Committee) gave its blessing for this project to proceed and reviewed the work at a number of



critical stages. Members during this project included Norbert Sylvester (Cowichan), Chief Cyril Livingstone (Lake Cowichan), Veronica Kauwell (Lyackson), Robert Sam (Penelakut), Ben Norris (Halalt), and George Harris, Warren Johnnie and Terry Sampson (Stzu'minus). John Marczyk was Parks Canada's representative on the committee.

Parks Canada staff at Gulf Islands National Park Reserve were extremely important partners in this project, with Park Superintendents Ron Hamilton and Wayne Bourque both supporting the work with in-kind staff time, and with significant financial contributions for publication and at the final editing stages, to provide honoraria to thank the Elders for their time.

Parks Canada's Meredith Reeve brought the collected information shared by Elders into a beautifully laid out, well edited digital version, and spent many hours finding useful photographs which could be reproduced without cost. She verified text and completed additional research for the description of each species and their habitat, and provided accurate translations of the French common name and the scientific name for each species. H  l  ne Chabot (Cultural Program Manager) and John Marczyk (First Nations Program Manager) for Gulf Islands National Park Reserve were stalwart advocates for this project within Parks Canada throughout the unanticipatedly long time that it took to complete the research and bring it to publication.

Huy tseep q'a to everyone for working together with a strong mind to share this gift with future generations.

Introduction

This book is the result of a unique collaborative project between the Hul'qumi'num Treaty Group (HTG), Gulf Islands National Park Reserve (Parks Canada), and University of Victoria (Department of Linguistics). In the fall of 2005 these three partners agreed to publish a multi-lingual, illustrated guide to significant plants, animals, birds and marine creatures found in the Coast Salish territories of the southern Gulf Islands, where Parks Canada has established Gulf Islands National Park Reserve. The vision of the project was to bring the resources of Parks Canada and the University of Victoria together with the language expertise held by fluent speakers in HTG communities, to produce a significant body of linguistic and ecological knowledge that could be made available to language-learners and the broader public.

The vision for this guide was a pocket-sized, colour illustrated guide, listing 163 species of plants, animals, birds, and fish selected for their cultural significance and prominence in the area of the southern Gulf Islands. A colour photo of one species would be provided on each page, with the Hul'q'umi'num' names prominently listed alongside common English and French names, scientific names, and a very brief description of the species and habitat. This would then be followed by a short paragraph of information shared for the purposes of this book by knowledgeable community members. In this way, the book was not intended to compile or reprint already documented information, but to give voice to the Elders living today who have so much knowledge to share.

HTG had already built a solid foundation of information in identifying Hul'qumi'num terms for approximately 200 species during the Harvest Study conducted in 2001. To help with the door-to-door questionnaire, a basic colour illustrated guide was made showing Hul'q'umi'num' (using the now revised Cowichan writing system), English, and scientific names below a small picture of each species. This guide has long been available on the web (http://www.hulquminum.bc.ca/our_work/projects), and has been used in innumerable education and treaty-related projects. It was an incomplete document, however, with many Elders pointing out that additional research was required on each of the species names, and to update each of the names recorded using the current phonetic alphabet used in Hul'q'umi'num' language education materials. Where possible, they asked that significant



varieties of forms of each name be documented so that differences between, for instance, sub-dialects, would not be lost. Finally, there was consensus that a general level of information should be made available about the cultural significance and use of each species to enrich the language learning experience.

Care was taken to be sensitive to private, detailed sacred or medicinal knowledge which may be associated with these species, as the intended final audience included not only Hul'q'umi'num' community members but the public at large. As per the intellectual property agreements between UVic and HTG, and Parks Canada and HTG, everyone agreed that this book would not be sold for commercial profit, but provided as freely as possible to ensure that language revitalization has the best chance. To this end, Parks Canada generously provided funds to print this book to provide copies to the language revitalization programs and projects.

It is an honour to have participated in this long collaboration, which I think reflects positively as a genuine effort at reconciliation.

*Brian Thom, Assistant Professor, University of Victoria
February 2011*

How to use this guide

This guide is designed to provide the user with Hul'qumi'num cultural information about a number of plant and animal species of southern Vancouver Island, the Gulf Islands and the Salish Sea. Basic information relating to the identification of each species and its habitat is also provided.

The guide is divided into five chapters: **Plants, Marine, Birds, Mammals** and **Miscellaneous**. Within each chapter the species are listed alphabetically according to their English names, and for each species, the Hul'q'umin'num' name, the English name, the French name and the Latin name are provided. A picture aids the user in identifying the species. For each species, its traditional uses are indicated by highlighted colour blocks:

Fd	= Food
Md	= Medicine
Sp	= Spiritual
Mt	= Material
Tr	= Trade
Id	= Indicator

“Material” means that the plant or animal (or portions of them) were used in the manufacture of items or the capture/harvesting of other species or were used as something other than as food or medicine.

“Indicator” means that the presence of the species indicated something, be it the presence of other species, the forecasting of something (e.g., weather) or something of spiritual significance. In some instances, the cultural information is minimal, particularly in the case of spiritual uses. This respects the sensitive nature of such information, but still permits the user to be aware of the significance of the species.

Pronunciation Guides

There are two different orthographies (spellings/characters) used in this guide: Hul'q'umi'num' and Upriver Halq'eméylem (Stó:lō). The latter will be indicated by an asterisk (*) adjacent to the name.

Hul'q'umi'num' Pronunciation Guide

Most of the sounds represented in writing for Hul'q'umi'num' are similar to the sounds when those letters are pronounced by English speakers. However, many sounds in Hul'q'umi'num' are not found in English. The letters (or combination of letters) used to represent all these sounds is provided here.

- ' (unuhw, apostrophe) a catch in the throat, a sudden beginning or end (glottal stop)
- l is pronounced like the l in the English word "long".
- sh is pronounced as in the English word "shore".
- a is pronounced much like the a in the English word "father".
- lh is made by holding the tongue as in l but producing a sound more like sh. This is done by holding one or both sides of the tongue a little ways away from the back teeth so some air can pass by, making a hissing sound.
- t is pronounced as in the English word "take".
- aa is pronounced like the Hul'q'umi'num' a, but it is held longer
- m is pronounced as in the English word "meet".
- t' is pronounced like t, but it is glottalized, so it pops.
- ch is pronounced as in the English word "cheap"
- n is pronounced as in the English word "neat".
- th is pronounced as in the English word "thin" (but never as in "then").
- ch' is pronounced like ch, but it is glottalized, so it is made with a popping sound.
- o' is used in preference to uw' at the end of words or syllables. There is no English equivalent to this sound.
- tl' is made by holding the tongue as for an l sound and making a sort of clicking sound by releasing the side or sides of the tongue.

- e** has three main pronunciations. In most contexts, it is pronounced like the vowels in the English words "bet" or "bait". When it is at the end of a word, or followed by q, q', x, or 'unuhw, e is pronounced like the vowel in the English word "bat".
- oo** is pronounced as in the English word "moon", but it is held longer. It is the long version of **ou**.
- ts** is pronounced as a single sound, much like in the English word "bats".
- ee** is pronounced like the Hul'q'umi'num' **e**, but it is held longer.
- ou** (the letter pair) is pronounced like the **oo** in the English word "hoot" (but without the w sound at the end).
- ts'** is pronounced like the Hul'q'umi'num' **ts**, but it is glottalized, so it pops.
- h** is pronounced as in the English word "heat".
- p** is pronounced like the **p** in the English word "put".
- tth** is pronounced as a single sound which is much like the English **t** plus **th** in the phrase "cut thin". This sound only occurs in Hul'q'umi'num' in a small number of grammatical marker words called articles.
- hw** is pronounced much like the **wh** in the English word "which" for speakers who pronounce "which" differently from "witch". The back of the tongue is in the position for **k**, but it does not quite touch the roof of the mouth, so a hissing sound is produced. The lips are rounded as in making a **w** sound.
- p'** is pronounced like **p**, but it is glottalized, so it pops.
- tth'** is pronounced like the Hul'q'umi'num' **tth**, but it is glottalized, so it pops.
- i** is similar to the vowel sound in the English words "meet" and "meat".
- q** is pronounced a bit like the English **k** sound, but the tongue is pulled much farther back in the throat. The back of the tongue touches the soft palate near the uvula.
- o** is pronounced much like the **u** in the English word "butter".
- ii** is similar to the Hul'q'umi'num' **i**, but it is held longer.
- qw** is pronounced like the Hul'q'umi'num' **q**, with the lips rounded as when making the **w** sound.
- w** is pronounced as in the English word "will".

- k** occurs in borrowed words such as kupou—"coat" (from French)—and is pronounced as in the English word "key".
- q'** is pronounced like the Hul'q'umi'num' **q**, but it is glottalized, so it pops.
- x** is pronounced with the back of the tongue near the back of the roof of the mouth. The tongue does not actually touch the roof of the mouth, so a hissing sound is produced.
- kw** is pronounced the same as qu in the English word "queen".
- qw'** is pronounced like the Hul'q'umi'num' **qw**, but it is glottalized, so it pops.
- xw** is pronounced like the Hul'q'umi'num' **x**, but with the lips rounded as when making the **w** sound.
- kw'** is pronounced like the Hul'q'umi'num' **kw**, but it is glottalized, so it pops.
- s** is pronounced like the **s** in the English word "sit" (never like the z sound in "hose").
- y** is pronounced as in the English word "yellow" (never as in "why").

An online guide to the Hul'q'umi'num' alphabet with audio to help you hear these sounds was produced during the UVic Salishan languages revitalization project and can be found here: http://web.uvic.ca/hrd/hulq/vocab/lesson01/vc01_01.htm. Text from this online guide was used here.

Upriver Halq'eméylem Pronunciation Guide

In a very few instances throughout this guide, Elders from Hul'q'umi'num'-speaking communities were not able to confirm with certainty the Hul'q'umi'num' name of certain species. The Elders speaking the Upriver dialect of the same language (Halq'eméylem) have for nearly four decades been compiling a dictionary with linguist Brent Galloway (Dictionary of Upriver Halkomelem. 2009. University of California Press: Berkeley) where these names were documented. For the benefit of future generations in revitalizing their language, these Upriver terms are provided and marked with a * so the reader can identify that they were shared in the Halq'eméylem dialect.

Much like the differences in certain Canadian and American word spelling (colour vs. color), the various dialects of the Hul'q'umi'num' language (Island, Downriver, and Upriver) use different symbols to

represent the same sound. This brief guide will help readers with Halq'eméylem sounds. The Stó:lō Elders have worked with the First Voices program to put a complete alphabet guide on the web with audio clips, and this can be found here: <http://www.firstvoices.com/en/Halqemeylem/welcome>.

Consonants

- th'** in Halq'eméylem represents a very similar sound to **tth'** in Hul'q'umi'num'
- k'** is an ejective stop, like **k** in Hul'q'umi'num' but with a pop.
- x** in Halq'eméylem represents the same sound as **h** in Hul'q'umi'num'
- xw** in Halq'eméylem represents the same sound as **hw** in Hul'q'umi'num'
- x** in Halq'eméylem represents the same sound as **x** in Hul'q'umi'num'
- xw** in Halq'eméylem represents the same sound as **hw** in Hul'q'umi'num'

Vowels

- a and a:** in Halq'eméylem represents the same sound as **e** and **ee** in Hul'q'umi'num'
- e** in Halq'eméylem represents the same sound as **u** in Hul'q'umi'num'
- u** in Halq'eméylem represents the same sound as **ou** in Hul'q'umi'num'
- u:** in Halq'eméylem represents the same sound as **oo** in Hul'q'umi'num'
- o and o:** in Halq'eméylem represents the same sound as **a** and **aa** in Hul'q'umi'num'
- ō and ō:** in Halq'eméylem represents the sound ah or aah in English.

Symbols

Halq'eméylem has three tones, the high tone is marked with an acute accent, mid-tone is marked with a grave accent, and the low tone is not marked with any accent.

The colon (:) is used in the Halq'eméylem writing system to represent an extra-long vowel, so **i:** in Halq'eméylem would be like **ii** in Hul'q'umi'num' (though often more lengthily pronounced).

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Plants

Arbutus

Qaanlhp

L'arbousier

Arbutus menziesii

Fd

Md

Sp

Mt

Tr

Id



Photo: Mary Sansaverino

A tree with distinctive orange-red bark, qaanlhp is very tolerant of extremely dry areas and is common on dry rocky bluffs throughout southern Vancouver Island and the Gulf Islands. It is a broad leaf evergreen that loves the sun.

Qaanlhp leaves are used as a flavour additive and preservative. As soon as wild game is harvested, the leaves are placed in the gut of the animal.

Baldhip Rose

Xwiinlhp

Le rosier à fruits nus

Rosa gymnocarpa

Fd

Md

Sp

Mt

Tr

Id



Photo: David Hoffman

Xwiinlhp is the more subtle of the wild roses, with a smaller leaves, thorns and hips. The thorns are much more numerous but are not as solid and as well established as qel'qulhp. Xwiinlhp is found in a wide range of habitats.

Xwiinlhp hips are smaller than those of qel'qulhp but are edible as a whole as the seeds are rather small. They have a sweeter taste. The flowers are edible as well.

Beaked Hazelnut

P'qw'axw

Le noisetier à long bec

Corylus cornuta var. *californica*

Fd

Md

Sp

Mt

Tr

Id



Photo: Susan C. Morse

P'qw'axw prefers moist but well-drained sites. They can also occur on rocky areas that are quite dry as well as in open meadows. P'qw'axw develops a nut encased in a husk that forms a beak-like shape, usually in clusters of two or more hanging from the branches.

If you listen to the squirrels chattering and fighting in a p'qw'axw tree, they will start chattering when the hazelnuts are ready. If you want a share of the nuts, you have to rush in and get some while you can. P'qw'axw are not that plentiful now but you can still find them.

Big Leaf Maple

Ts'alhulhp, Q'um'-unulhp

L'érable grandifolié

Acer macrophyllum

Fd

Md

Sp

Mt

Tr

Id



Photo: Wendy Cutler

Ts'alhulhp is among the first to sprout and grow after forests have been logged. Ts'alhulhp generally prefer moist or wet areas (such as at or near water sources) but can tolerate some drier areas.

There are two different names used for this species: ts'alhulhp is the general name and q'um'-unulhp is the name used for the ones that have straight flexible wood ideal for making paddles (sq'umul is the word for paddle). It is used to make toys, tools, masks and whistles. Many parts are medicine, including the sxe'mut (running sap), sxamutus (cambium), and shoots. The leaves were used in steaming pits to flavour deer, seal or porpoise meat.

Blackcap Raspberry

Tsulqama'

Le framboisier noir

Rubus leucodermis

Fd

Md

Sp

Mt

Tr

Id



Photo: Suzanne Phillips

Tsulqama' grows in a wide range of habitats but prefers drier habitat with good drainage. They are found at sea level to mid-elevations especially in areas that have been logged, and are now also occurring in the lower reaches of valleys. The berries are first red then turn purple or black.

Tsulqama' is the term used for both blackcaps and raspberries. Today the name is commonly used for raspberries. They are easy to dry, alone or mixed with salal.

Black Cottonwood

Tsuw'nulhp

Le peuplier de l'Ouest

Populus trichocarpa

Fd

Md

Sp

Mt

Tr

Id



Photos: Daniel Mayer

Tsuw'nulhp is common in wetlands, riverbeds, and riparian areas. They can grow in gravel bars along rivers and are often among the first to sprout up in disturbed sites.

If you can find red tsuw'nulhp roots from an undercut bank, you can brew them to make a shampoo. Tsuw'nulhp's heavy outer bark is soft and has been used to carve soft figures (toys) as it has no slivers; it is fine (ts'i-tsum). The heavy outer bark of an older cottonwood is called qwoonulhp.

Black Hawthorn

Metth'unulhp

L'aubépine noire

Crataegus douglasii

Fd

Md

Sp

Mt

Tr

Id



Photo: Wikipedia: public domain

Metth'unulhp is a tall shrub or small tree. It has small blackish "apples". Its thorns are 1-2 cm in length. Metth'unulhp generally grows in riparian and other wet areas but may be found on rocky slopes as well.

The fruits are sometimes eaten in times of need. The taste is bland (tth'ewun) but not offensive. Metth'unulhp wood, if well-cured, can be very useful when you need hard and strong wood, and was valuable for trading.

Blueberries

Ye'xum

Les bleuets

Vaccinium spp

Fd

Md

Sp

Mt

Tr

Id



Photo: Walter Siegmund

The name ye'xum is used as a general name for several species found in different habitats, from ocean side to subalpine to alpine. They also range in size from small dwarf plants of just a few inches to shrubs 2 metres tall. Other species include black huckleberry, Alaskan blueberry and dwarf blueberry.

Ye'xum is a species that is often harvested when in the same habitat as other resources.

Blue Camas

Speenhw

Le petit camas

Camassia quamash

Fd

Md

Sp

Mt

Tr

Id



Photo: Suzanne Phillips

Speenhw was at one time very common in open grasslands and p'hwulhp meadows. Today speenhw is not nearly as common and is found mainly on more remote mountain slopes, p'hwulhp meadows and small pockets of rocky grassland. There are two species: common camas (*C. quamash*) and giant camas (*C. leichtlinii*).

Speenhw are a root crop that has been a traditional staple. Beds of speenhw can be managed (tilling soil, fertilizing, burning) to encourage growth and discourage death camas and other unwanted plants. Extreme caution should be used when harvesting speenhw as death camas—which has cream-coloured flowers—has bulbs that look very much the same, and their ingestion can be fatal. Death camas was used with extreme caution in a mix with other medicines.

Blue Elderberry

Tth'ikwikw, Tth'uykwikw

Le sureau bleu

Sambucus caerulea

Fd

Md

Sp

Mt

Tr

Id



Photo: Jon Hurd / Sten Porse (inset)

Tth'ikwikw (also pronounced tth'uykwikw) is common to riparian areas and is more tolerant of open sun than its red counterpart (tth'iwuq'). The large hollow stems are used by children as a toy like a pea-shooter. It bears an abundance of blue waxy or powdery looking berries. The berries start out very light coloured and later become blue, and mature later than tth'iwuq'.

Tth'ikwikw/tth'uykwikw berries are edible and is more likely than tth'iwuq' to have its berries used for food as the berries have a sweeter taste. All parts of this plant have medicinal value.

Bog Cranberry

Qwum'tsa'ls

L'airelle canneberge

Oxycoccus oxycoccus / *Vaccinium oxycoccus*

Fd

Md

Sp

Mt

Tr

Id



Photo: Christian Fischer

Qwum'tsa'ls is a low, slender creeping evergreen vine of peat bogs. The flowers are small and pink.

The name qwum'tal-s tells you what happens to you when you eat something sour and your eyes squint. If you pick the berries after autumn frosts, the cold weather will sweeten them.

Bracken Fern

Suqeen

La grande fougère

Pteridium aquilinum

Fd

Md

Sp

Mt

Tr

Id



Photo: Ted Reese

Suqeen is a common tall (3-5 m) fern that occurs in meadows, forest openings and riparian areas. They can be found in a wide variety of areas from wet stream banks to dry mountain slopes.

A multi-use plant, suqeen (plant portion) is often used as a cleaning absorptive, and as an absorptive used when gutting fish, deer and elk. Suqeen can also be used for emergency bedding or to flavour freshly caught game as you bring it home. The root (se'uq) can be used to make a flour for making bread. **(Caution: implicated in stomach cancer.)**

Broadleaf Plantain

Sxu'enhween

Le plantain majeur

Plantago major

Fd

Md

Sp

Mt

Tr

Id



Photo: Forest and Kim Starr

Sxu'enhween is a common non-native plant that grows in moist to somewhat dry areas especially with low grassy cover, such as alongside trails and roads.

The uses of sxu'enhween are generally medicinal in nature. It is often used as a children's game as well: when you pull the leaves off the plant, it is said to forecast how many children you will have.

Bunchberry

Kwii-kwi't-xulhp

Le cornouiller du Canada

Cornus canadensis

Fd

Md

Sp

Mt

Tr

Id



Photo: David Hoffman

Kwii-kwi't-xulhp is a small plant that lives in moist mixed and coniferous forests. It has flowers that resemble the much larger dogwood tree. After flowering, it develops a small cluster of berries that form in the center of the plant.

Kwii-kwi't-xulhp is a food item although it's very bland—a food that can be used when available and when nothing else is... a tide-you-over kind of food.

Burdock (Common, Great)

Sexum

La grande bardane/la bardane mineure

Arctium lappa/*Arctium minus*



Photo: Shihmei Barger/ Jerry Oldenettel (inset)

Sexum grows in both shaded and open mixed forests. The flowers resemble and can be easily mistaken for thistles, but can be distinguished by their extremely large leaves and hooked bracts. It has an extremely deep taproot that can extend down 30 cm.

Sexum is an introduced species that was not commonly utilized in the past but its food and medicinal properties have more recently been utilized. Its fibres can also be used as a kind of strong twine.

Cascara

Q'ey'xulhp

Le cascara

Rhamnus purshiana

Fd

Md

Sp

Mt

Tr

Id



Photo: CWNPOrg: Thayne Titaso

Q'ey'xulhp is a small to medium-sized tree generally found at lower elevations in riparian areas or shaded mixed or coniferous forests.

Q'ey'xulhp can be used as medicine alone or mixed with many ingredients. **Caution must be exercised as it can be a *very strong* laxative.**

Cattail (Bulrush)

Stth'e'qun

La quenouille à feuilles larges

Typha latifolia

Fd

Md

Sp

Mt

Tr

Id



Photo: Jack AMick

Stth'e'qun grows in marshy wet areas and places with slow-moving or still water.

The brown fluffy part at top of the plant is sthxa'ya'qe. It is mixed with mountain goat wool and cedar bark for insulation.

Chocolate Lily

Stl'éléqw' *

La fritillaire chocolat

Fritillaria lanceolata

Fd

Md

Sp

Mt

Tr

Id



Photo: Mike Baird

Stl'éléqw' grows in open places like meadows and bluffs, and open woods, from seashore to the subalpine zone. They are rare, and care should be taken to protect the areas in which they grow.

Stl'éléqw' are a good food item. Deer like the seed pods: if you know the timing of the seed pods, you are sure to run into deer. You can eat the rice-like roots.

Cow Parsnip

Saaqw', Yaala'

La berce laineuse

Heracleum lanatum

Fd

Md

Sp

Mt

Tr

Id



Photo: KQED QUEST

Yaala' is found in shaded riparian areas such as flood plains, stream banks, moist clearings and roadsides. Yaala' is the name for the plant in its mature form; next to it growing a plant with one leaf (from same plant) is the saaqw'. When the plant matures from the saaqw' or immature form, it will develop a husk or casing that envelopes the top of the main stem.

The main stem of yaala' can be eaten once the stem is semi-mature enough to be peeled. It must be eaten in less than two weeks from the time it matures or it will be too fibrous to eat. It can be eaten cooked or raw and has sometimes been called "native rhubarb". Care must be taken not to mistake saaqw' for sq'une'yux (Palmate Coltsfoot), which is not edible and is toxic.

Devil's Club

Qwa'pulhp

Le bois piquant

Oplopanax horridus

Fd

Md

Sp

Mt

Tr

Id



Photo: Martha de Jong-Latink

Qwa'pulhp is a 1-3 m tall shrub with yellow stinging spines 5-10 mm long on both its stalk and leaves. It grows in wet to moist stream banks and rich moist forests. It has clusters of bright red berries.

Qwa'pulhp has multiple uses. The berries, stalks, bark, roots and needles are all used. Caution should be exercised as some people may have severe allergies to it—even a minor scratch can cause a reaction in those who are sensitive to it. This plant is also an indicator species for the presence of Indian Hellebore and other plants.

Douglas-fir

Ts'sey'

Le douglas taxifolié

Pseudotsuga menziesii

Fd

Md

Sp

Mt

Tr

Id



Photo: Walter Siegmund / Mary Sansaverino (inset)

Ts'sey' is a very common tree found in dry to moist areas in lowlands and rocky forests. There are two different types—one in the Interior and one out on the coast.

There are two different types of ts'sey' that are identified for their differing properties and uses. The cambium (fresh inner growth) is used as well. People are careful when they harvest ts'sey', not taking any with thin bark, only ones with thick bark, so as not to kill the tree. The fine slivers from the inside bark are called s-ts'i- tsum.

Fireweed

Xáts'et *

L'épilobe à feuilles étroites

Epilobium angustifolium

Fd

Md

Sp

Mt

Tr

Id



Photo: Kenny Murray

Xáts'et is often found in logged sites, burned areas, roadsides, river bars and meadows. It quickly colonizes disturbed areas, and grows and flowers as long as there is open space and light. The veins on the leaves form circular loops and join together inside the outer leaf margins, a unique feature that makes the plant easy to identify in all stages of growth.

Xáts'et fluff is used as filler and bedding and also is woven into cedar clothing or combined with mountain goat wool to fill the weave and fibres. The plant is also used as seasoning for meat: hunters fill the internal cavity of a freshly caught animal with xáts'et to improve its flavor and keep it fresh. If going a long distance, this seasoning is changed several times.

Garry Oak

P'hwulhp

Le chêne de Garry

Quercus garryana

Fd

Md

Sp

Mt

Tr

Id



Photo: Mary Sanseverino

P'hwulhp is found in association with ts'sey' and qaanlhp in mixed stands, or in open meadows as scattered trees. Some p'hwulhp meadows are known for drawing in wildlife, particularly deer.

P'hwulhp has medicinal value as well as being a host for lichens and other important medicines. In areas where there are bluffs and the leaves are dry, you can hear the deer rustling, looking for acorns—and if you are attentive, you have your supper!

Giant Horsetail (shoots)

Sxum'xum'

Les pousses de la grande prêle

Equisetum telmateia

Fd

Md

Sp

Mt

Tr

Id



Photo: Eugene Zelenko

Sxum'xum' grows in wet areas, often along roadsides, swamps, creeks and meadows. There are several different kinds that fall under this general name.

Water from the stems can be drunk. Sxum'xum' is also an important springtime vegetable, eaten raw.

Grand Fir

T'a'hw

Le sapin de Vancouver

Abies grandis

Fd

Md

Sp

Mt

Tr

Id



Photo: Chris Schnepf, University of Idaho/ Walter Siegmund

T'a'hw is usually found in mixed coniferous forests, often in association with ts'sey' and xpey'. It can grow up to 80 metres tall. Its needles have two white bands underneath and grow in flat sprays.

Young fresh t'a'hw needles that are light green in color and still soft in texture are edible from spring to summer. Very special ones that grow in the junction of valleys are highly valued. The pitch (smuqw'iws) can be used to make a tea and to stop leaks in a canoe. The Silver Fir (stth'ux t'a'hw) has similar uses. The sap has several uses as well as the cambium. T'a'hw from select areas has more potent medicinal properties as well.

The Alpine Fir is called tsa'luqw t'a'hw.

Indian Consumption Plant

Q'uxmin

Le lomatium nudicaule

Lomatium nudicaule

Fd

Md

Sp

Mt

Tr

Id



Photo: Oregon State University: Clint Shock

A member of the carrot family, q'uxmin grows in open areas, grasslands, ocean frontage and rocky bluffs. It is a small plant with oval-shaped leaves. It develops seed clusters that have a distinctive strong, pleasant smell. Loss of habitat has decimated many of the areas in which it was once harvested. This plant is locally becoming much more scarce because of the way properties are being developed. Most of the plants used today are traded or collected from other areas.

Q'uxmin has strong medicinal values, and is said to have strong antibiotic properties. Q'uxmin also has food and spiritual values.

Indian Hellebore

Qwun'ulhp

Le vérâtre vert

Veratrum viride

Fd

Md

Sp

Mt

Tr

Id



Photo: J. Brev

Qwun'ulhp prefers wet areas and open or shaded forest sites, meadows and open areas. The leaves have an elliptical shape ending in a point with strong elongated ribbing. The presence of qwun'ulhp is an indicator for Devil's Club and other plants.

Qwun'ulhp is extremely toxic and ingesting it can lead to death.

This medicine is only used externally by people knowledgeable in how to use the plant safely.

Juniper (Common, Rocky Mountain)

P-tth'une'yulhp/
S-lhelhuq'tsus p-tth'une'yulhp

Le genévrier commun/
Le genévrier des Rocheuses

Fd

Md

Sp

Mt

Tr

Id

Juniperus scopulorum/Juniperus communis



Photos: Bryant Olsen/ Walter Siegmund

P-tth'une'yulhp is not a common tree on the coast. S-lhelhuq'tsus p-tth'une'yulhp is the term for the low-lying bush species, growing to only 5' with branches on the ground. The larger ones can grow to tall trees, with very old specimens 1.5 metres wide at the base being found on Kuper Island and at Genoa Bay. It grows in open-canopy shrub communities on very shallow, water-shedding sites of rock outcrops, and is characteristic of moisture-deficient sites.

When you bruise the branches, it has a very strong smell (the root word pth'uthun means strong odour). The wood also has a strong smell. It is valuable for trade because of its aromatic property. It can be used in thin strips under the lid of a box to give it a scent. As a medicine, the berries and leaves can be boiled and used in a bath to take arthritis pain away.

Kinnikinnick (Bearberry)

Tl'ikw'iyelhp *

Le raisin d'ours

Arctostaphylos uva-ursi

Fd

Md

Sp

Mt

Tr

Id



Photo: Tim Waters

Tl'ikw'iyelhp is common in many areas including rocky mountain slopes with lots of exposure. It is a small (rarely over 15 cm in height), evergreen plant that forms a dense mat over the ground.

Tl'ikw'iyelhp leaves have been used for medicines as well as a type of smoking tobacco but are not widely used today. The berry (tl'ikw'el) is edible but pulpy and not that palatable. The plant has other medicinal and spiritual uses that cannot be elaborated on.

Licorice Fern

Tlu'siip

La fougère à la réglisse

Polypodium glycyrrhiza

Fd

Md

Sp

Mt

Tr

Id



Photo: Dennis Dudek

Tlu'siip can be found in wet, mossy areas on rocks and logs, or on tree trunks and branches (usually of ts'alhulhp).

Tlu'siip is a good medicine and the root or rhizome has a strong licorice flavour. The preferred plants for use are usually found on ts'alhulhp or kwulala'ulhp trees, and is a good lozenge when found on these trees. The root/rhizome, when growing on a rock, is a good tea. This rock-root/rhizome, mixed with rose hip and wild mint, makes a strong medicinal tea to help in weight gain.

Nootka Rose

Qel'qulhp

Le rosier de Nootka

Rosa nutkana

Fd

Md

Sp

Mt

Tr

Id



Photo: Peter Stevens/outdoorPDK (inset)

Qel'qulhp can be found in a wide variety of habitats on the edges of meadows, open fields and roadways. They can form dense thickets that can overtake open habitats. The flowers develop into rose hips—a seedy, waxy fruit.

Qel'qulhp is the name for the plant; qelq is the flower. The flowers—particularly the petals—are edible. The rose hips are also edible and are said to be very rich in vitamin C. Rose hips have medicinal and spiritual values, and can also be used to make tea or jelly. Their shoots (the'thqj) when short and pinkish red are very good eating, particularly sweet if growing in the sun.

Oceanspray (Ironwood)

Qethulhp

La spirée discolor

Holodiscus discolor

Fd

Md

Sp

Mt

Tr

Id



Photo: Boris Mann

Qethulhp is a common shrub in dry to moderately dry areas including open forests, ocean shores and rocky bluffs. Although considered a shrub, qethulhp is one of the hardest woods available in the Gulf Islands area. It has clusters of white flowers that droop from the branches and have a faint, sweet sugary scent.

Qethulhp is sometimes referred to as 'ironwood'. It is often used when a strong wood that is unlikely to break or wear is needed—such as for a digging stick, strong hoop or a barbecue stick for salmon. When the flower is bloom, it indicates a good time to catch deer to put away: they will be fat, but not too fat to store.

Oregon Grape (Dull) / Oregon Grape (Tall)

Suniiulhp / Lulutth'sulhp

Le mahonia à nervures saillantes /
le mahonia à feuilles de houx

Mahonia nervosa/*Mahonia aquifolium*

Fd

Md

Sp

Mt

Tr

Id



Photo: Pittigiani2005 / Erin and Lance Willett

Suniiulhp (Dull Oregon Grape) is particularly common in second-growth closed-canopy forests of ts'sey'. Lulutth'sulhp (Tall Oregon Grape) is found in drier, more open and often rocky sites than suniiulhp. Both plants have yellow flowers and blue berries.

Suniiulhp and lulutth'ulhp berries are tart and sour and not often eaten. The berries are used in a children's game, seeing who can put the most berries in their mouth without responding to the sour taste and making a face. The plant's bark and berries have medicinal values. Suniiulhp has medicinal and spiritual uses, including the green flower for stomach trouble, and the roots for yellow paint.

Pacific Crabapple

Qwa'up-ulhp

Le pommier du Pacifique

Malus fusca



Photo: James Gaither

Qwa'up-ulhp grows in moist, open woodlands, and near marshes, the ocean and water courses.

Although qwa'up-ulhp has many uses, one of the important ones is as a club. Its very tightly intertwined (sqayth'ulus) grain means that it wouldn't fall apart upon impact. This quality also made it suitable for use as a wedge or digging stick, and can be helpful in peeling cedar bark. The fruit is very tasty and makes a good winter jam or preserve that if eaten regularly can keep your body healthy.

Prince's Pine

Quq-unalhp

L'herbe à peigne

Chimaphila umbellata

Fd

Md

Sp

Mt

Tr

Id



Photo: J. Brev

Quq-unalhp is generally found in coniferous forests in the shaded understory where there is well-drained soil. It is a relatively small plant that has waxy leaves with jagged edges.

The plant itself has medicinal values and is an indicator plant for other harder-to-find species. While nearly any object can be traded, intellectual and spiritual knowledge also has important exchange value. Quality knowledge, including knowledge about medicine, food, spiritual matters, are not scattered freely but are an important part of Coast Salish ways of life.

Rattlesnake Plantain

Sh-qulii-qep'nuts

La goodyérie à feuilles oblongues

Goodyera oblongifolia



Photo: Richard Droker

Sh-qulii-qep'nuts is a member of the orchid family that grows in mossy areas beneath coniferous forests. Second-growth stands with shaded mossy coverage are good places to look for it. You usually find sh-qulii-qep'nuts in clusters or groups of clusters.

The name sh-qulii-qep'nuts is plural and means that the bottom of the plant is lightly attached to the ground or many small things sitting down. Interestingly, there is no singular form of the name for this plant. This plant has another proper name which is only used in specific, spiritual contexts.

Red Alder

Kwulala'ulhp

L'aulne rouge

Alnus rubra

Fd

Md

Sp

Mt

Tr

Id



Photo: Jerry Oldenettel

Kwulala'ulhp is a very fast-growing tree that thrives on logged sites, slides, creeks, rivers, beaches, and often dominating riparian areas. Kwulala'ulhp has both male and female catkins that hang off of mature trees like caterpillars.

Kwulalu-alus is the Hul'q'umi'num' word for orange. In the early spring, you can remove the outer bark and scrape off the pulpy new inner growth between the wood and the bark called cambium (sxa'mathus). Sxamu is what you scratch off and eat. When fresh, sxam'us—one of the preferred saps for eating—leaves behind a orange color. It can be made into a dye. Only young trees should be harvested from for medicine and great care must be taken not to take too much from any one plant or to run into heavy bark. The little cones (t'um'ekw'un, the general name for seeds and cones) are put under a baby's pillow to make them stronger.

Red Cedar

Xpey'

Le thuya géant

Thuja plicata

Fd

Md

Sp

Mt

Tr

Id



Photo: J. Brew / Walter Siegmund

Xpey' generally grows in moist areas of the forest, near creeks or rivers. It is a shade-tolerant tree, but can also found growing in logged areas as well.

Xpey' is considered the sun'tl'e' (eldest) of all the trees. Every part is used. Baskets and clothing are made from its bark, and houses from the wood. There are at least four main kinds of xpey': nuhw-lha lus (canoe grain), light wood, swamp cedar (dark, with more resin), and 'uy'alus (clear grain for planks). The tree has very important cultural and spiritual values as well.

Red Elderberry

Tth'iwuq'

Le sureau rouge

Sambucus racemosa

Fd

Md

Sp

Mt

Tr

Id



Photo: James Gaither

Tth'iwuq' is occurs in riparian areas, preferring wet areas with some shade. Tth'iwuq' forms a large cluster of red waxy berries that are rather pulpy with multiple seeds inside.

The berries of tth'iwuq' are edible, but they are not the most palatable of the berries. The plant itself has medicinal values. It is recommended that the berries be cooked before being used.

Red Flowering Currant

Sqwuliius / Hwihwukw'

Le groseillier sanguin

Ribes sanguineum

Fd

Md

Sp

Mt

Tr

Id



Photo: Laurel Fan

Hwi-hwukw' prefers dry open areas on mountainsides at mid to low elevations. Sqwuliius is the plant when it is in flower. Hwi-hwukw' is the plant with berries.

If you want to find or attract hummingbirds, this is a good plant to have around.

Red Huckleberry

Sqw'uwtsus

L'airelle rouge

Vaccinium parvifolium

Fd

Md

Sp

Mt

Tr

Id



Photo: Walter Siegmund

Sqw'uwtsus can be found in mixed forests, coniferous forests and logged slopes. It is the most common of the huckleberry family. It has a small but plump red berry with a sweet and sometimes slightly tart taste. Sqw'uwtsus often grows on old stumps or fallen logs, from subalpine to seashore.

The name sqw'uwtsus comes from the practice of putting cloth down underneath a bush full of huckleberries and striking the branches to knock off the ripe berries. Sqw'uqw refers to striking; tsus literally refers to fingers—referring to the branches or 'fingers' of the shrub or tree.

Salal (berries)

T'eqe'

Les baies de salal

Gaultheria shallon

Fd

Md

Sp

Mt

Tr

Id



Photo: Mary Sansaverino / James Gaither (inset)

T'eqe' is an abundant plant throughout the area and is one of the most dominant plants on the west coast of Vancouver Island.

The berries of t'eqe' are not the sweetest of berries but they are common throughout the coast. If you are lost in a remote area and in need of food, t'eqe' is one of the most common late-summer berries. The berries can be easily dried and preserved.

Salmonberry

Lila'

La ronce élégante

Rubus spectabilis

Fd

Md

Sp

Mt

Tr

Id



Photo: Nick Bonzey

Lila' is a common small shrub on the West Coast. It occurs in riparian areas near rivers, lakes, creeks and by the ocean. Lila' has magenta flowers and large orange or red raspberry-like berries that are sweet and quite edible. They are among the earliest berries to ripen (May-June).

Lila' berries are sweet-tasting and good for flavouring. The sprouts (the'thqj) are also eaten, and are plentiful and sweet.

Saskatoon

Tushnetsulhp, Tushnets

L'amélanchier à feuilles d'aulne

Amelanchier alnifolia

Fd

Md

Sp

Mt

Tr

Id



Photo: Walter Siegmund / Bryant Olsen

There are several types of tushnetsulhp, most often differentiated by their appearance and use. A tolerant species can live in higher drier habitat like high bluffs or p'hwulhp meadows or in low riparian areas in the valley bottoms. If you prefer sweeter berries, it is often better to find exposed areas where tushnets gets lots of sun.

Tushnetsulhp is the name used for the plant. Tushnets is the berry that can be made into moist cakes and traded for from the Interior. The branches or stalks are used where you need strong, light flexible wood for making hoops for dip nets or for baby boards. The wood is steamed to make permanent bends.

Scouring Rush

Hwkw'ul'a

La prêle d'hiver

Equisetum hyemale

Fd

Md

Sp

Mt

Tr

Id



Photo: Elisabeth Thomsen

Hwkw'ul'a can be found in wet areas along rivers, sandy areas, gravely areas and dry river beds. It has dark green tubular stalks with segments in each stalk.

Hwkw'ul'a can contain a small amount of fluid within its hollow tube. Even if hwkw'ul'a is in tepid water, the water inside can be consumed. The skin of hwkw'ul'a can also be used as a fine sand paper to shine smaller items such as knitting needles.

Sitka Spruce

Tth'qw'ulhp

L'épinette de Sitka

Picea sitchensis

Fd

Md

Sp

Mt

Tr

Id



Photo: Axel Kristinsson

Tth'qw'ulhp is most commonly found in areas that are moist but well-drained. It grows in the coastal forest with thq'iinlhp, xpey' and pashuluqw, with a forest floor often covered with mosses, horsetails and blueberries.

Tth'qw'ulhp translates to 'poked/punctured'. It feels like you will be poked or punctured after you grab a branch with needles on it, hence the name tth'qw'ulhp. The wood is among the strongest for its weight.

Snowberry

P'up'q'iyasulhp, P'up'q'iyas,
T'ts'ulhp

La symphorine blanche
Symphoricarpos albus

Fd

Md

Sp

Mt

Tr

Id



Photo: H. Zell

P'up'q'iyas grows in open dry to moist grasslands and open forests, ravines and disturbed areas. It bears white waxy berries that are an important winter food source for quail, pheasant, and grouse, but are **considered poisonous to humans.**

P'up'q'iyasulhp is the name for the plant itself and p'up'q'iyas refers to the berries. Both the plant and berries have many uses. If you can find straight-stemmed plants, they are called t'e-t's'ulhp and are used as spreaders or holders for drying or smoking meat and fish.

Soapberry

Sxwesum

La shépherdie du Canada

Shepherdia canadensis

Fd

Md

Sp

Mt

Tr

Id



Photo: Jamie McIntyre

Sxwesum is a small shrub that prefers drier open areas (such as rocky p'hwulhp meadows) and thickets that get full exposure to the sun.

Sxwesum's small, shiny red berries can be whipped up with water to make "Indian ice cream." The berries can also be dried and used for trade.

Stinging Nettle

Tth'uxtth'ux

La grande ortie

Urtica dioica

Fd

Md

Sp

Mt

Tr

Id



Photo: Peter Stevens

Tth'uxtth'ux grows 1-2 m tall and is quite abundant in riparian areas, meadows and roadsides. The stem and leaves are very hairy; some of the hairs are stinging hairs which break off and inject irritating chemicals. The pain and itching from this sting can last from a few minutes to up to a week.

Tth'uxtth'ux has very strong fibres that can be made quite thin. If you remove the woody portion of tth'uxtth'ux, the fibre can be twisted and wound together to form a long thin strong line that can be used for fishing. The young sprouts are very good eating in the springtime.

Stink Currant

Sp'eeeth'

Le gadellier bractéolé

Ribes bracteosum

Fd

Md

Sp

Mt

Tr

Id



Photo: Walter Sigmund

You can usually find sp'eeeth' along creek or river edges, lakes or wherever there is water. It is the plant that holds the odour—not the berries.

Sp'eeeth' berries are edible; children are generally allowed to eat them. They can be a nice and juicy berry at the right time.

Swamp Gooseberry

T'emhw

Le gadellier lacustre

Ribes lacustre

Fd

Md

Sp

Mt

Tr

Id



Photo: Chris Schreff, University of Idaho/ Walter Siegmund

Some caution should be used when harvesting t'emhw as a scratch or puncture from the spines of the plant can give a strong reaction. T'emhw is found in wet or swampy areas in wooded or riparian areas from low to subalpine elevations.

There are several uses for t'emhw: the berry is sometimes eaten, the plant itself has medicinal values and some of the characteristics of the plant have special spiritual uses.

Thimbleberry

T'uqwum'

La ronce à petites fleurs

Rubus parviflorus

Fd

Md

Sp

Mt

Tr

Id



Photo: Ann Fisher

T'uqwum' is a common berry and roadside shrub often found in areas that have been cleared. It is very common in low elevations and valley bottoms but can be found in subalpine areas and the shoots (called lhequ for this specific plant, the'thqi for edible shoots generally) are preferred by many.

T'uqwum' berries are quite sweet, and the shoots (lhequ) are sprouts preferred by many. T'uqwum' is also an indicator plant for when to pick 15 cm cedars to split and make the ribs for cedar-root baskets. Selection of the cedars and timing (a brief 2-week window) are important, as the stiffeners are difficult to split and require cedars collected at the right time.

Tiger Lily

Sxameléxwthelh *

Le lis de colombie-britannique

Lilium columbianum

Fd

Md

Sp

Mt

Tr

Id



Photo: Peter Stevens

Tiger lilies can be found in forests, meadows and recently-cleared areas, from subalpine to low elevations.

The bulbs are eaten, and can be harvested at any time but mainly when its flowers are out. Its use as a material has a spiritual element, and has been traded in this respect.

Trailing Blackberry

Sqw'iil'muhw

La ronce sauvage

Rubus ursinus

Fd

Md

Sp

Mt

Tr

Id



Photo: Walter Siegmund

Sqw'iil'muhw is a long thin vine that likes to crawl through underbrush in shaded areas of mixed and coniferous forests. The thorns are small and generally much less prevalent than the introduced blackberry that is more common in populated areas.

Sqw'iil'muhw berries are often the preferred berries even though they are smaller than and not as plentiful as the introduced blackberries. Sqw'iil'muhw berries are much more flavourful. The leaves, when they turn dark red, make a really flavourful, potent tea. The leaves must be picked in a way that does not kill the vine.

Wapato

Sqewth

Le sagittaire à larges feuilles

Sagittaria latifolia

Fd

Md

Sp

Mt

Tr

Id



Photo: Jerry Oldenettel

Sqewth grows in wet or swampy areas, lowlands, marshes and estuaries. Sqewth has distinctive arrowhead-shaped leaves. Sqewth are often submerged or partially submerged so they have to be dislodged from the bottom for harvesting.

Some families from Vancouver Island Coast Salish communities had family-owned plots for sqewth, and these were located primarily on the Mainland. Others could access these through in-laws or trade. Sqewth has a good tasting, starchy potato-like root. It has to be harvested before the ducks come in or it will be gone.

Western Dock

T'umasu

La patience occidentale

Rumex occidentalis

Fd

Md

Sp

Mt

Tr

Id



Photo: Parks Canada: Meredith Reeve

T'umasu grows in wet areas such as wet meadows, bogs, marshes and river banks, as well as in salty wet places such as tide flats and beaches. They turn reddish-brown in mid-summer.

This plant is played with by kids who peel them off and play with the stem. T'umasu has several medicinal values.

Western Dogwood

Kwi'txulhp

Le cornouiller de Nuttall

Cornus nuttallii

Fd

Md

Sp

Mt

Tr

Id



Photo: Stan Shebs

Kwi'txulhp can be identified by the large creamy white flowers that have made it such a distinctive tree. It can also be identified out of season by the small swoops in the branches. Kwi'txulhp is usually found in riparian areas with well-drained soil.

Kwi'txulhp wood has many uses and is well known for being a very hard wood, especially when the wood is dry. The wood is used for a huge variety of tools, including wedges, handles, hafts—even as a pry-bar. The bark is used for drying and tanning. The inner sap can be boiled and used as a wash to kill ringworm infections.

Western Hemlock

Thq'iinlhp

La pruche de l'Ouest

Tsuga heterophylla

Fd

Md

Sp

Mt

Tr

ld



Photo: Alex O'Neal / Peter Stevens (inset)

Thq'iinlhp tolerates shade and grows abundantly underneath mature trees, where it provides an important source of food for deer and elk. Their shallow root system makes them susceptible to blowing over. They are often found growing out of old tree stumps or decaying logs.

Large boughs from thq'iinlhp, like those of the cedar, are tied into bundles and placed in areas where herring spawn. After spawning, the boughs—laden with herring eggs—are collected for food. The herring eggs take some flavour from the boughs. Thq'iinlhp has a milder taste than some of the other conifers. The wood from thq'iinlhp is good for carving things like hooks, and has value for trade for this purpose.

Western Spiraea (Steeplebush)

T'eets'ulhp

La spirée de Douglas

Spiraea douglasii ssp. *Douglasii*

Fd

Md

Sp

Mt

Tr

Id



Photo: epibase

T'eets'ulhp grows in sunny moist areas lake margins, stream banks, swamps, bogs and wet meadows but can be tolerant of dry conditions. It forms dense, impenetrable thickets.

T'eets'ulhp can be used as a fish spreader for drying or smoking fish. Select usable stalks that are long, limber and ideally slightly curved. The spreader keeps the fish from curling as it dries.

Western Trumpet Honeysuckle

Qit'a'uylhp

Le chèvrefeuille cilié

Lonicera ciliosa

Fd

Md

Sp

Mt

Tr

Id



Photo: Walter Sigmund

Qit'a'uylhp is a vine that climbs on trees and shrubs. They flower as the top of the vine reaches the upper reaches of the understory. The flowers are orange-yellow and trumpet-shaped.

Qit'a'uylhp flowers are edible and the nectar can be consumed by biting the bulbous base of the flower and drawing out the nectar, when they are at their most orange in colour. Another use is as a shampoo. The plant is referred to as the swing of the ghost people, the deceased. It also has spiritual significance.

Wild Carrot

Shewuq

La carotte sauvage

Daucus pusillus

Fd

Md

Sp

Mt

Tr

Id



Photo: US National Park Service: Anthony Valois

Shewuq is the indigenous wild carrot which is smaller and more subtle than the introduced *Daucus carota*. There are several kinds, but the main one is found along the beach. You can also find shewuq in open fields or grasslands or in dry rocky sites.

Shewuq is the Hul'q'umi'num' word used for the modern carrot. It comes from the name for the indigenous carrot that is much smaller but very flavourful. It is used as a food but also has medicinal value as well. If it is harvested too late, the plant becomes too hard, like wood.

Wild Ginger

Tth'uleth'ule'/Tth'uleth'ule'een

L'asaret caudé

Asarum caudatum

Fd

Md

Sp

Mt

Tr

Id



Photo: Peter Stevens

Tth'uleth'ule'een generally occurs in well-shaded understory with leafy ground. You usually notice the heart-shaped leaves first. In the spring, if you move aside the ground cover, you'll see the unique flowers: distinct hairy cup-shaped, brown-purple to green-yellow flowers which end in three long gracefully curved lobes. The plant remains green year-round.

Tth'uleth'ule'een has strong medicinal and spiritual values.

Woodland Strawberries

Stsi'yu

Le fraisier

Fragaria vescaq

Fd

Md

Sp

Mt

Tr

Id

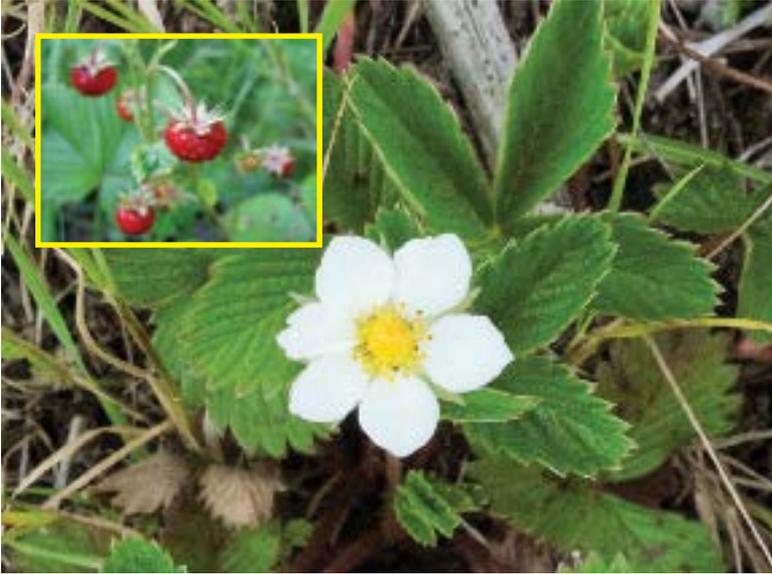


Photo: Miguel Vieira; inset: Philip Jøgenstedt

The habitat in which stsi'yu is found can vary from sandy or rocky seashore to mountain slopes. Most occur in rocky or gravelly areas and on beaches (in areas of salt spray) but they also grow in woodlands, in areas that get some sun and are drier at least some of the time. The plants are short, and stay low to the ground. The plants that grow by the beach have waxy leaves. You can smell the scent when they are growing.

There are four different species of strawberries found in the Hul'q'umi'num' area. The species differ by habitat and appearance and each have their own Hul'q'umi'num' name (e.g., the tall ones with dangling fruit are called st'i'luqw). The leaves and vines can be traded for medicine. The leaves make a good tea. The vine is good for treating diarrhea.

Yellow Cedar (Nootka Cypress)

Pashaluqw

Le cyprès de Nootka

Callitropsis nootkatensis

Fd

Md

Sp

Mt

Tr

Id



Photo: W. Walrus

Pashaluqw is most frequently found at higher elevations on Vancouver Island. It prefers rocky moist areas. The farther north you go, the lower down in elevation pashaluqw grows.

Pashaluqw is considered one of the finer fibre materials. The pounded bark is softer and makes finer strands than xpey'. It makes a wooly fabric that is waterproof after it is spun and knit. Using pashaluqw, especially for clothing, is a sign of that a family had the ability to travel high into the mountains to collect the bark. The wood is a preferred choice for carving today as it easy to carve yet still holds detail.



*Marine
Life*

Basket Cockle

Sti'ula'um

La coque de Nuttall

Clinocardium nuttallii

Fd

Md

Sp

Mt

Tr

Id



Photo: Courtney Johnston

Sti'ula'um can be found in sand-gravel at or near the surface, in sheltered waters such as the upper reaches of eelgrass beds or seaweed beds. They travel with the tide like xi hwa.

Sti'ula'um is a favourite food by many and is dried over the fire or above the woodstove. At the right time of year, it can be much easier to harvest. Remove white tip and the squeelux from the tummy, and squeeze out squeelux before or after boiling. The siphon has often been used as a soother or pacifier.

Bay Mussel (Blue Mussel)

Lhew'qum'

La moule bleue

Mytilus edulis

Fd

Md

Sp

Mt

Tr

Id



Photo: Andreas Trepte

Lhew'qum' is a mid-tidal inhabitant of gravely beaches in sheltered waters, often where freshwater and seawater meet. Lhew'qum' need rock or solid objects to anchor themselves to. They are small—only up to 10 cm in length—and usually occur in colonies that can blanket areas of beach.

There are certain cultural restrictions to eating Lhew'qum' for younger people in their child-bearing years. Lhew'qum' cleanses the ocean (as do prawns). In the past they have been transplanted, as they were part of the system that cleansed the water. Lhew'qum' is also used for bait.

Big Skate

Q'eq'o'

La raie biocellée

Raja binoculata

Fd

Md

Sp

Mt

Tr

Id



Photo: NOAA

Q'eq'o' can be found in the sand or mud on the seafloor, buried with just their eyes showing. Q'eq'o' are most commonly harvested in the flats or estuaries of river mouths, flat bays or shallow areas. Q'eq'o' can sometimes be caught and fished at night.

Q'eq'o' are often by-catch or caught while crabbing or fishing for other fish in the flats. Q'eq'o' are slow moving and can be caught with a crab rake or by hook and line. Q'eq'o' can sometimes be caught at night, using a spear or gaff, in places such as Clam Bay (Penelakut Island) and Shell Beach (Stz'uminus First Nation). You need to cut them up immediately after harvesting, using a spear.

Black Katy Chiton

Xulum'

Le chiton *Katharina tunicata*

Katharina tunicata



Photo: Minette Layne

Xulum' can be up to 10 cm in length. They are the easiest of the chitons to find as they are not light-sensitive and so can often be found in plain sight clinging to the rocks, especially in the mid-tidal zone.

Xulum' is a delicacy that has been considered scarce in many areas since the 1940s and 1950s. It is important some of our people have travelled great distances to get them and made sure to bring them back to share with Elders who could not travel as far.

Black Rockfish

Syenyenhw

Le sebaste noir

Sebastes melanops

Fd

Md

Sp

Mt

Tr

Id



Photo: Monterey Bay National Marine Sanctuary; Steve Lonhart

Syenyenhw are commonly found swimming in schools off of reefs in shallower water, as well as in more open water. They are plentiful at the bluffs area of Montague Harbour (Galiano Island). Syenyenhw have characteristics that are very recognizable to fishermen who are trying to catch them: when schooling near the surface, you can recognize its tail flip.

There are 3 different species of syenyenhw. These fat fish are very good eating although rather bony. There are stories relating to these fish as well as to practical cultural uses.

Bladderwrack

Qw'aqwuqw

Le fucus vésiculeux

Fucus gardneri

Fd

Md

Sp

Mt

Tr

Id



Photo: Garry Knight

Qw'aqwuqw is a common algae that occurs high in the intertidal zone. Mature qw'aqwuqw form small bulbous air bladders that float when the tide comes in. These bladders “pop” when stepped on.

The inside fluid of the qw'aqwuqw can be used as a basic salve. The plant also has special cleansing uses that can be particular to the user.

Bull Kelp

Q'am'

Neurocystis de Lutke

Nereocystis luetkeana

Fd

Md

Sp

Mt

Tr

Id



Photo: Milo Tobin

Q'am' is found in rocky areas just offshore at depths of 21 metres or more, and on offshore reefs. If you are looking for reefs for collecting resources or as a navigational aid, q'am' is an important indicator. Q'am' is also an important habitat for fish and other marine organisms.

One of the practical uses of q'am' is to use the hollow stock for steaming wooden hooks, bows and hoops. The shuyutun or leaf portion is used to line your canoe or container, and cover to keep your catch cool and fresh, especially in the summer. It is also a place to anchor or tie up and lets you know where to spear fish. It has been used as a foghorn in the past. Q'am' is also very spiritual; children are told to keep their hands in the canoe for protection from q'am'.

Butter Clams

S-axwa'

La palourde jaune

Saxidomus giganteus

Fd

Md

Sp

Mt

Tr

Id



Photo: Cody Logan

S-axwa' is one of the more sizeable clams, and if you know where to harvest them, they can be plentiful. S-axwa' is one of the sweeter clams. Because they live farther down the beach, they must be harvested at a lower tide. They are also buried deeper than other clams—usually deeper than 25 or 30 cm.

S-axwa' is a preferred shellfish—easy to dry, large and tasty. Those harvested in some areas are sweeter in taste than others. Fresh s-axwa' have been traded to the Interior and are an extremely valuable trade item. Shellfish are valuable to communities that do not readily have access to the ocean. If you hang a sack/bucket of s-ts'eyhw for 2-3 days, the clams clean themselves. S-ts'eyhw s-axwa' (dried butter clams) are also an important food for winter stores. S-ts'eyhw s-axwa' can be either smoked by putting them on long flexible skewers above a fire or in a smokehouse. In more recent times, they are often dried above wood stoves or in the oven.

Chum Salmon

Kw'a'luhw

Le saumon kéta

Oncorhynchus keta

Fd

Md

Sp

Mt

Tr

Id



Photo: Frank DiBona

Kw'a'luhw move into the river systems in the fall. They will have already developed the tiger striping that easily identifies them. After the striping appears, Kw'a'luhw start to develop spawning characteristics: hooked nose, dark colour and enlarged teeth. Spawning usually occurs in the main channel of rivers and lower side channels.

Kw'a'luhw are considered suntu'le (eldest) of the salmon species. They are called kw'a'luhw in their tiger-striped stage or as their appearance changes coming into the river system. They are called xi'le'ts when their scales start coming off—the time when they are ready to be made into a real delicacy. While not as rich as other salmon, they are one of the preferred species for smoking.

Coho Salmon

The'wun

Le saumon coho

Oncorhynchus kisutch

Fd

Md

Sp

Mt

Tr

Id



Photo: Amber Bee Cee

The'wun travel back to the original spawning bed from which they emerged. There are three runs of the'wun, in December, March and April. It used to be very important, in March/April when we had runs in our creeks and rivers; those runs are becoming extinct. The'wun run high up into the side channels or the upper reaches of the river system—Shaw Creek above Lake Cowichan for example. They were always abundant on some of the Gulf Islands such as Lyackson, Penelakut, North Pender and other islands. This makes the'wun an important resource species during winter months when waters are high and it is harder to catch fresh salmon.

The'wun is one of the richer salmon species and if smoked, it is recommended it be cut thinly to allow for curing. If you catch the'wun when it is leaner, it is easier to cure.

Dungeness Crab

Ey'x

Le crabe dormeur

Cancer magister

Fd

Md

Sp

Mt

Tr

Id



Photo: Evan Spellman

Ey'x is generally found in much deeper water than kwakwatl'shun. If you are trapping ey'x, you can most often catch them from 30 to 60 metres. The 'hot spots' differ from season and area. Ey'x will also follow the tide into estuaries and bays and are often collected in the shallows before they get to the eelgrass beds.

Ey'x is an important food species, often harvested with the traditional 3-pronged spear. Since the 1950s, metal rakes have been used to catch them live. Some Elders have harvested them by walking along the beach on a low tide and stepping ('umutsun) on it barefoot, then grab it and place them in a basket or canoe. Today they are both trapped and raked.

English Sole

Lhumuq'e'

Le carlottin anglais

Parophrys vetulus

Fd

Md

Sp

Mt

Tr

Id



Photo: Erik Hammon

Lhumuq'e' is generally found in areas with a flat sandy bottom, and most easily fished for from the beach. Lhumuq'e' is generally considered to be of a harvestable size if it is the size of an adult's foot. Compared to other flatfish species, Lhumuq'e' can be found much higher up in the intertidal zone or in much shallower water.

Lhumuq'e' is sometimes referred to as puli'hwus, meaning light-coloured head or hair. Lhumuq'e' are often caught with a spear or by wading barefoot in the shallows and catching them by holding them down with your toes. Once caught, they are sometimes used as bait to catch larger fish.

Eulachon

Shwi'wi

L'eulakane

Thaleichthys pacificus

Fd

Md

Sp

Mt

Tr

Id



Photo: NOAA

Shwi'wi lives in the ocean but returns to its river or stream of origin to spawn. Shwi'wi seem to respond negatively to pollution, and as a result are in steep decline in most areas.

Shwi'wi were once a very important trade species, imported into Hul'q'umi'num' territory from other areas although at one time they were common here. They used to be abundant north of us, and there were also some in Cowichan creeks and rivers and other places, and in the vicinity of Penelakut and on the Fraser River. Shwi'wi are rendered down into a rich grease (eulachon oil—*ti'l'nu*). Trade corridors across Vancouver Island and the Mainland are referred to as grease trails—a name resulting from the greasy stain often left behind on the ground.

Fish Eggs (roe)

T'emkw'

Les oeufs de poisson

Fd

Md

Sp

Mt

Tr

Id



Photo: Chris Price

T'emkw' is commonly harvested from salmon during salmon harvest. It is also harvested from other species including slhewut' and 'eeyt. Eggs are often harvested during or after spawning using a rake or three-pronged spear.

T'emkw'' is a special food that can be prepared by boiling, drying, smoking or squishing. When dried, it is called spa' and can be made from the eggs of the salmon species, kw'suts, qwtaythun, etc. It can be made into butter by mixing with oil. Lingcod roe is xuy-xuytl'; herring roe is ts'umush.

Geoduck Clam

Pun'eq'

La panope du Pacifique

Panopea generosa

Fd

Md

Sp

Mt

Tr

Id



Photo: mirvettium

Pun'eq' is the largest clam (up to 22 cm and 3.6 kg). It is also one of the most difficult to harvest because their burrows can be 1.2 metres below the surface. They occur in subtidal beaches in flat sandy areas. Its siphon in relation to the size of its shell is so large that it cannot be retracted into the shell. These clams turn green after April.

Pun'eq' must be harvested during the lowest tides—generally in January. The word for January is named for the harvest of pun'eq'. They can also be harvested during the lowest summer tides if you know where to harvest them. You can learn to find them by the shape of the siphon hole or dimple left behind in the sand.

Giant Barnacle

Qumine'

La bernache géante

Balanus nubilis

Fd

Md

Sp

Mt

Tr

Id



Photo: Monterey Bay National Marine Sanctuary; Steve Lonhart

Qumine' is harvested in certain swift-flowing waters at extreme low tides where they can be found within a harvestable depth. They often form large colonies, making it easier to find and harvest them.

Qumine' is considered a real delicacy and very tasty. They are roasted by the fire and are easier to pull apart after cooking. Roasting or steaming qumine' makes it easier to separate the shell from the bottom to draw out the soft meat from within.

Giant Mussel

Lhew'qum'u

La moule californienne

Mytilus californianus

Fd

Md

Sp

Mt

Tr

Id



Photo: KQED QUEST

Lhew'qum'u are found on the west coast of Vancouver Island as well as the North Coast. Lhew'qum'u prefers rocky areas exposed to the surf. At sizes up to 15–20 cm, they are much larger than lhew'qum'.

Lhew'qum'u is a sought-after food that is not as common as lhew'qum' but was preferred for its taste. **Do not eat red ones; they are poisonous.**

Giant Pacific Octopus

Sqi'mukw

La pieuvre géante du Pacifique

Octopus dofleini

Fd

Md

Sp

Mt

Tr

Id



Photo: NOAA/R.N. Lea

Sqi'mukw can be found in dens in rocky areas that provide some protection, in areas where there is an abundance of kelp and foods like crab. The length of their body plus their longest arm can be up to 5 metres. Females live up to 3 years and lay eggs and aerate and protect them until they are about to hatch.

Sqi'mukw is a preferred delicacy but you must know how to cook it. The preferred size for food is usually the smaller ones, as opposed to full-sized. Sqi'mukw is featured in many of our stories. The most common way of catching sqi'mukw is traditionally to use a gaff.

Giant Pacific Scallop

Kwuneem'mun'

Le peigne géant du Pacifique

Patinopecten caurinus

Fd

Md

Sp

Mt

Tr

Id



Photo: Dan Hershman

Kwuneem'mun' live in deep waters in areas with a soft bottom. They can be harvested in shallower waters if you know how and where to harvest them. The shells can also be collected after storms in areas where their habitat is exposed next to open shores or beaches. They can be up to 30 cm across.

Kwuneem'mun' is a highly-valued item for cultural use. The shell has great significance to some and is one of the harder species to collect. The shell was collected in special areas and was important for use in regalia, and was traded for. Kwuneem'mun' is also eaten as a food and is thought of as a delicacy.

Giant Red Sea Cucumber

Thikwt

Le concombre rose

Parastichopus californicus

Fd

Md

Sp

Mt

Tr

Id



Photo: Ken-ichi Ueda

Thikwt is a common species that occurs in a wide range of habitats. You will generally find higher concentrations of thikwt if you search in moderate current areas with solid bottoms as opposed to low-current with soft bottoms. Thikwt can be found as deep as 250 m but also as shallow as the intertidal zone.

Thikwt is usually cleaned then eaten whole in stews or as a stock base. On the inside, there are 5 bands of meat that are good lightly fried in butter. They can be harvested by rake or 3-pronged spear and also by diving. Thikwt is considered by many to be a delicacy.

Green Sea Urchin

Skw'itth'i'

L'oursin vert

Strongylocentrotus droebachiensis

Fd

Md

Sp

Mt

Tr

Id

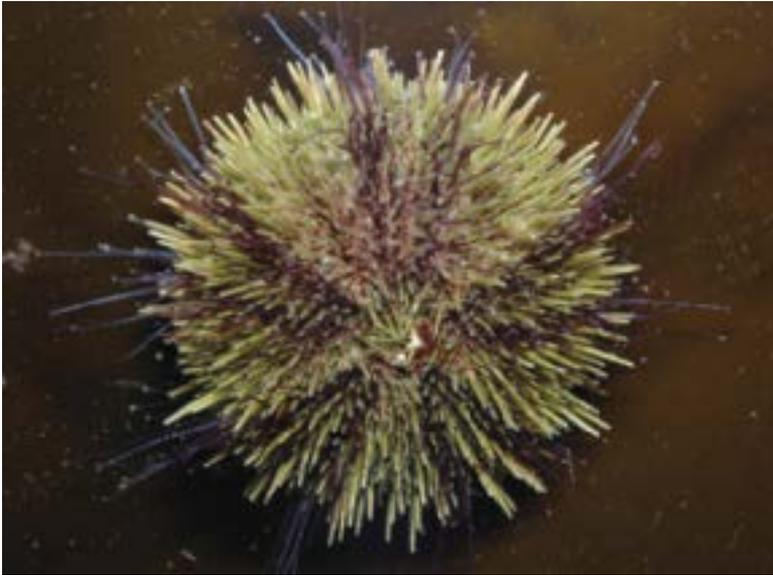


Photo: Hannah Robinson

As little as 30 to 40 years ago, skw'itth'i' were common and plentiful enough that they could be found on rocky shores and in kelp beds in many areas in the Gulf Islands. Their diet is primarily kelp and other seaweeds.

Skw'itth'i' was already getting scarce in the 1940s and were harvested by hand on low tides. Today it is a rare delicacy. To harvest skw'itth'i' today, you must travel to distant areas that have fast-moving waters.

Gumboot Chiton

‘Ukws’

Le chiton géant du Pacifique

Cryptochiton stelleri

Fd

Md

Sp

Mt

Tr

Id



Photo: Ed Bierman

‘Ukws’ is a subtidal species found in rocky areas. They are the largest of the chitons. A large ‘ukws’ can be up to 35 cm long.

There are specific cultural teaching about ukws’ and when they are safe to eat, particularly in regards to age. Special care must be taken when preparing ‘ukws’ for cooking as they can be tough if cooked improperly.

Horse Clam

Sweem

La fausse-mactre

Tresus spp.

Fd

Md

Sp

Mt

Tr

Id



Photo: Parks Canada

Sweem are found buried up to 1 metre deep in areas that are sandy with bits of gravel and broken shell mixed in.

Sweem are easier to get in some areas and its taste may vary with where it's found as well. Sweem are more plentiful and accessible than pun'eq' but are not as tasty. They also dry well.

Kelp Greenling

Tth'umuqwa'

Le sourcil de varech

Hexagrammos decagrammus

Fd

Md

Sp

Mt

Tr

Id



Photo: Brian Gratwicke

Tth'umuqwa' is often found in rocky reef areas and kelp beds, in water 3 to 20 metres deep. It is one of the fish most likely to be seen in shallower waters in the Gulf Islands. The male and female are distinctly different in colouration, a difference that becomes more pronounced during mating season (male is brown with blue spots; female is golden-brown with reddish spots).

Tth'umuqwa' is a food that is preferred by some but used only for bait by others. Tth'umuqwa' are often caught by spear by breaking open sea urchins under water, which then act as bait to attract Tth'umuqwa'.

Lingcod

‘Eeyt

La morue-lingue

Ophiodon elongatus

Fd

Md

Sp

Mt

Tr

Id



Photo: Steve Lonhart / Monterey Bay National Marine Sanctuary

‘Eeyt are large bottom fish that are most commonly found at or near reefs in areas with abundant food or areas with fast-moving water. You can catch ‘Eeyt by fishing in the deeper water near a reef and working your way into shallower areas or vice versa. The largest fish were not always the preferred for eating.

‘Eeyt were once plentiful and easily caught. A special wooden lure (s-kweq’up) or live bait is used to lure them up from the bottom to a waiting spear thrown from a canoe or rocky shore. The lure is pushed down by pole then let go to draw fish up from the bottom. ‘Eeyt are also caught by line and or reef net.

Lingcod Eggs

Xuy'xuy'tl

Les oeufs de morue-lingue

Ophiodon elongatus

Fd

Md

Sp

Mt

Tr

Id



Photo: Magnus Kjaergaard

Xuy'xuy'tl can be seen in white clusters in faster-moving sub-tidal waters throughout the Gulf Islands. Xuy'xuy'tl is usually harvested in water 3 to 5 metres deep. 'Eeyt create nests December to March, and the males often keep watch over the nest after the eggs are laid.

Traditionally only a portion of the eggs are taken, using a three-pronged spear (shtl'e'lhunum') commonly used for harvesting many different kinds of seafood. People with special knowledge use xuy'xuy'tl to forecast or affect the weather.

Littleneck Clam

Skw'lhey

La palourde du Pacifique

Protothaca staminea

Fd

Md

Sp

Mt

Tr

Id



Photo: Minette Layne

Skw'lhey are found in the midrange of a beach, in course sandy mud. It is one of the smaller clams (up to 6 cm in length) and can occur in large quantities relatively near the surface.

Skw'lhey are a favorite for steaming. The juice from cooking is used as a preventive medicine.

Northern Abalone

S-eyo'

L'ormeau nordique

Haliotis kamtschatkana

Fd

Md

Sp

Mt

Tr

Id



Photo: Parks Canada: Clint Johnson Kendrick

S-eyo' are found in rocky areas in fast-moving exposed waters, often well camouflaged by algae on their shells. S-eyo' is a threatened species due to past overharvesting, and harvesting s-eyo' is illegal. You can see the outline of the s-eyo' as one oblong bowl-like shell. If you are up close, you can sometimes see the filter holes that line one edge of the shell.

S-eyo' has been used for trade—sometimes as far away as California. The differing colors of species from different areas had special uses; thick ones are often preferred and used for jewelry.



The Northern Abalone is listed as “Threatened” under SARA

Pacific Halibut

Stsa'tx

Le flétan du Pacifique

Hippoglossus stenolepis

Fd

Md

Sp

Mt

Tr

Id



Photo: Magnus Kjaergaard

Once an important food source, stsa'tx is no longer a common species in the Gulf Islands. It is the largest of the flatfish, weighing up to 180 kg or more, although today they seldom reach a large size. Generally stsa'tx is a deeper water fish but if you knew where to go, you could find them at spearing depths (less than 5 metres).

The largest stsa'tx are not always the preferred size to be caught. The meat can be smoked and dried to make a jerky that preserves quite well and has a great flavour. Stsa'tx are often speared or caught by hook and line. They were speared at night with no light, using the sparkles in saltwater to see the stsa'tx.

Pacific Herring

Slhewut'

Le hareng du Pacifique

Clupea pallasii

Fd

Md

Sp

Mt

Tr

Id



Photo: wikipedia/open cage

Slhewut' have both resident and transient populations. They spawn in early spring in large schools and one can often see spawn in white clouds along the shallows. The gathering of seabirds, eagles and sea lions in an area can be a distinctive indicator of slhewut' and their spawn.

Once a very abundant species and a very important resource, slhewut' is often caught using a special rake from either a canoe or—in certain fishing locations—from shore. An important resource, slhewut' are often smoked by hanging them on a stick like bananas.

Pacific Oyster, Olympia Oyster

Tl'uxwtl'uxw

L'hûître creuse du Pacifique/
l'hûître plate pacifique

Fd

Md

Sp

Mt

Tr

Id

Crassostrea gigas, *Ostrea conchaphila*



Photos: Minnette Layne (top); Feet Wet (bottom)

Tl'uxwtl'uxw are usually found on rocky beaches and can grow as large as 30–45 cm in length. The native Olympia oyster (*Ostrea conchaphila*) is much smaller in size (5–9 cm). Both oysters are intertidal but the Olympia oyster can be found as deep as 50 metres. *Crassostrea gigas* (Pacific oyster) was introduced to the West Coast in the early 1900s.

Tl'uxw literally means "hard". Tl'uxwtl'uxw then translates as "hard hard". This is the name for the Olympia oyster but the name is now commonly used for the introduced Pacific oyster. Tl'uxwtl'uxw can be steamed, roasted and then dried, or eaten raw straight out of the shell.



The Olympia Oyster is listed as "Special Concern" under SARA.

Pacific Prawn

Mam'ul' / Maal-mul'

La crevette tachetée

Pandalus platyceros

Fd

Md

Sp

Mt

Tr

Id



Photo: Dan Hershman

Mam'ul' (prawns, generically, are called maal-mul') are generally found in rocky habitats, in the deeper waters (adults prefer 70-90 metres) off of the Gulf Islands. They are the largest of the North Pacific shrimp species, and can reach a length of up to 25 cm.

The Hul'q'umi'num' name for prawn has been documented but requires further corroboration.

Pink Salmon

Haan

Le saumon rose

Oncorhynchus gorbuscha

Fd

Md

Sp

Mt

Tr

Id



Photo: Earl Steele

Haan live only two years, starting the return trip to their spawning grounds after only 18 months in the ocean. On average, haan are a small salmon (1-2.5 kg), recognizable by their small scales and the black spots on the tail and upper body. Males develop a humped back during spawning migration. After hatching, fry head downstream to the ocean right away. Shallow inshore and freshwater estuaries are important habitat for juveniles.

Haan is leaner than other salmon species and easier to preserve. Haan are not a commercial species as they are harder to process because the meat goes soft and mushy very easily. Haan has been fished by Cowichan as far up the Fraser as Yale. Like thuqi', haan is present in the Cowichan River system; they were once rare in the Cowichan River, but are now found in huge numbers.

Razor Clam

P'ulq'i'us

Le couteau du Pacifique

Siliqua patula

Fd

Md

Sp

Mt

Tr

Id



Photo: Sally Taylor

Although it looks much like a small sweet, p'ulq'us is usually found higher up in the intertidal zone. They often occur in areas where there is freshwater influence and/or muddy substrate.

P'ulq'us is not generally a preferred food and is often thought of only as a survival food—a food that is often left in an area to be harvested only when needed, as in an emergency.

Red Laver

Lhuq'us

La porphyre

Porphyra spp.

Fd

Md

Sp

Mt

Tr

Id



Photo: Kristian Peters

Lhuq'us is found in shallow water, often in bays, in the low to mid-tide level on rocky shores. Lhuq'us is the thin, green plant; pulh ta lus is thicker.

Lhuq'us is harvested at the young growing stage in the spring, usually around May. Older plants are too tough to be eaten. Winter growth is tastier than spring growth but tedious to harvest because it is so short. Historically, lhuq'us was harvested and sold to Chinese and Japanese people in the Victoria area.

Red Rock Crab

Kwakwatl'shun

Le tourteau rouge du Pacifique

Cancer productus

Fd

Md

Sp

Mt

Tr

Id



Photo: Kiri L. Onthank

Kwakwatl'shun can be caught along the beach in wading depth much more readily than ey'x. If you are trapping in shallow waters, kwakwatl'shun can be caught as a bycatch.

Kwakwatl'shun does not have as much meat for the effort as ey'x but it is easier to find. Although kwakwatl'shun is not generally one of the preferred species, it is sometimes eaten in times of need.

Red Snapper

Tuqwtuqw

Le sébaste à queue jaune

Sebastes ruberrimus

Fd

Md

Sp

Mt

Tr

Id



Photo: NURP, Alaska Dept. of Fish and Game

Tuqwtuqw—like stsa'tx—are now rare in the Gulf Islands. Tuqwtuqw are a solitary, deep-water fish (found at depths of 100-200 metres) found in good feeding areas. They can weigh up to 4 kg and live for up to 50 years.

For many people, tuqwtuqw is a real delicacy. Traditionally they are harder to catch as they are usually found in much deeper waters. People who prefer tuqwtuqw and are good fisherman know special areas to find them in shallower, more accessible waters. Their internal organs are also used for bait.

Rockfish (in general)

T'q'as

Le sebaste

Sebastes spp

Fd

Md

Sp

Mt

Tr

Id



Photo: Ed Bierman

T'q'as are mostly found in rocky areas, bays and kelp beds although some are found farther offshore at depths up to 1500 metres.

T'q'as is a general name for all rockfish. Rockfish are caught using reef nets, lure and spear. They are also by-catch on hook and line.



T'q'as is listed as being of "Special Concern" under SARA; rockfish conservation areas are in place in the waters of our region.

Sea Urchins (Red & Purple)

Xihwu

L'oursin (rouge, pourpre)

Strongylocentrotus franciscanus,
Strongylocentrotus purpuratus

Fd

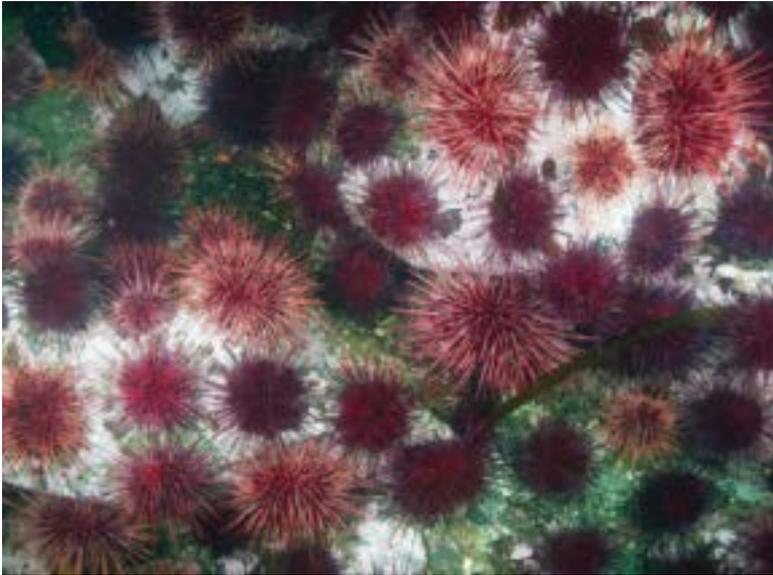
Md

Sp

Mt

Tr

Id



Photos: Vlad Karpinsky

Xihwu (red sea urchins) occur in areas of good water flow and at depths greater than 3 m. Xihwu prefer rocky areas (often with drop-offs), ledges and areas next to bull kelp beds. Xihwu feed on various kinds of kelp but prefer the base of q'am'. The purple ones are found in rocky surf zones on the west coast of Vancouver Island, often in small holes they carve into the soft sandstone bedrock. The holes make it necessary to use a pointed object to extract the small tennis ball-sized urchins from their protective substrate.

Xihwu is a delicacy and is harvested using a 3-pronged spear or rake, although they can often be found in more accessible areas at lower tides. Xihwu are thin-shelled and can be either eaten or used for bait. You can spear them in the water and break them open underwater to attract fish which can then be speared. Purple sea urchins are a rare delicacy that have a sweet taste much like the skw'itth'i' found in the inside waters.

Snails and Periwinkles

Tth'uqw'iyē'

L'escargot, le bigorneau

Fd

Md

Sp

Mt

Tr

Id



Photos: Chris Wilson (left); meriseal (right)

Tth'uqw'iyē' are found in shallow rocky areas and are common throughout the Gulf Islands.

Tth'uqw'iyē' can be used as food, a flavour additive or as survival food.

Sockeye Salmon

Thuqi'

Le saumon rouge

Oncorhynchus nerka

Fd

Md

Sp

Mt

Tr

Id



Photo: US Fish and Wildlife Service

Thuqi' can be found in the Gulf Islands before they start up the Fraser River. Catching thuqi' in the Gulf Islands early in the season is a great advantage. Fishing in areas such as the waters west of Pender Island mean that we can supply salmon to other communities before thuqi' began running into the river systems.

Thuqi' caught by trolling, traps and nets, are often smoked and used for community purposes or traded. Hul'qumi'num people often traded smoked sockeye salmon to the mainland). Thuqi' is one of the richer salmon species and more care is required when smoking them. There are three ways to dry salmon: sh-shamus (lightly smoked); s-ts'ehw (smoked really dry); and s-t-eel (cut a certain way to make fish very thin, so as to dry more easily).

Spring Salmon (Chinook Salmon)

Stth'a'qwi'

Le saumon quinnat

Oncorhynchus tshawytscha

Fd

Md

Sp

Mt

Tr

Id



Photo: Stanislaw Zurek

One of the first salmon to head up-river (they used to arrive in Cowichan in early May each year), stth'a'qwi' have suffered dramatic over-fishing and as a result no longer arrive in spring time. Stth'a'qwi' do not generally arrive to lay their eggs until mid to late summer. Stth'a'qwi' spawn in the upper reaches of river systems.

Smaller or medium-sized stth'a'qwi' are preferred for their taste. Stth'a'qwi' that have traveled up river become dark or black and are called si-ne'uts. Because these fish are not as rich or fat, they are preferred for smoking. Stth'a'qwi' from the Shaw Creek area are sought after for this reason. The skin of larger stth'a'qwi' can be used for raincoats because of their size and waterproof nature.

Starry Flounder

P'uiwi'

Le flet étoilé

Platichthys stellatus

Fd

Md

Sp

Mt

Tr

Id



Photo: public domain

At 25 to 45 cm long, p'uiwi' is larger than lhumuq'e'. P'uiwi' is also darker in coloration, with a dark grey to dark green upper body and a white underbelly. The lateral (side) fins have black and white stripes that help to differentiate them from other similar species.

P'uiwi' is an important food species that can be caught at times when salmon is not as available. P'uiwi' are often caught with a spear or hook and line.

Steelhead

S-xuw'q'um', Sh-ya'

La truite arc-en-ciel

Oncorhynchus mykiss

Fd

Md

Sp

Mt

Tr

Id



Photo: Pat Durkin

S-xuw'q'um' (sh-ya') are actually a sea-run kw'suts that return to the rivers from the ocean during the winter high waters. As the high waters flood the river system creating clouded waters, s-xuw'q'um' are most often caught by hook and line.

S-xwu'q'um is the name for the fish when they are fresh and silver. Sh-ya' refers to the fish when they are getting silver and returning to the sea. The name sh-ya' comes from the word ya'thut, which translates literally to 'back up'. Sh'ya' are the only trout to go out to sea and then come back up the river to spawn. They are a type of rainbow trout.

Striped Seaperch

Wiitsi'

Le ditrème rayé

Embiotoca lateralis

Fd

Md

Sp

Mt

Tr

Id



Photo: NOAA/Steve Lonhart

Wiitsi' is a colourful surfperch with orange and blue stripes. Its preferred habitats are reefs, piers and kelp beds.

Wiitsi' is one of the largest members of the perch family. They are often caught near rocky shores in places that have nearby sand or gravel beaches where you can use beach seine nets.

Surf Smelt

Stsa'kwum

L'éperlan argenté

Hypomesus pretiosus

Fd

Md

Sp

Mt

Tr

Id

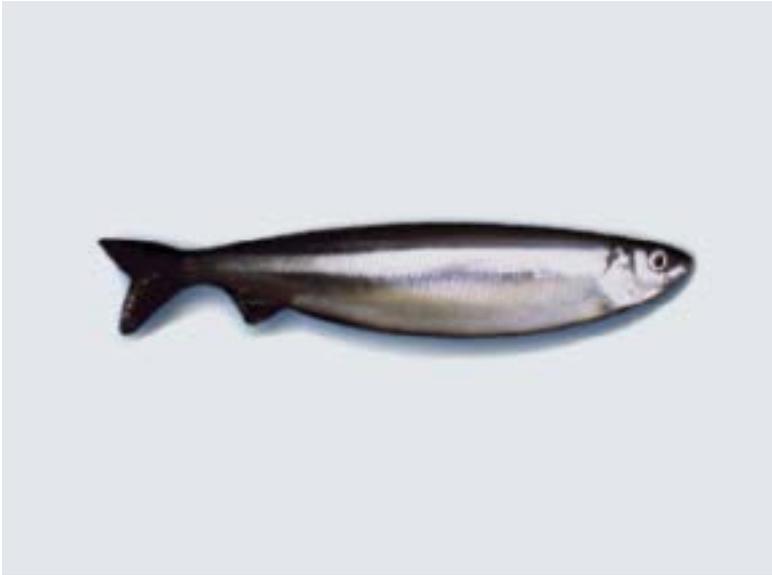


Photo: Washington Department of Fish & Wildlife: Dan Penttila

Stsa'kwum were at one time much more numerous but can still be found in inshore areas as well as deep water. They come into extreme shallow water on fine gravel beaches to spawn. They can spawn almost year round but most commonly spawn in winter and in summer. They are an important food for stsa'tx and the salmon species.

Stsa'kwum is a fish that can be eaten fresh or smoked. The name stsa'kwum comes from the word tsam—which means to go uphill. This comes from the spawning activity of stsa'kwum. They swim up the beach to spawn on the sand or fine gravel.

Trout (in general)

Kw'suts

La truite

Oncorhynchus spp



Image: U.S. Fish and Wildlife Service: Timothy Knepp

Each trout species has its own specific type of habitat but kw'suts can be found in all reaches of the rivers and small connecting streams. Kw'suts, like the'wun, suffer from habitat loss and are not nearly as numerous or as sizeable as they once were. It was once considered the norm to find kw'suts in small creeks that would reach up to a metre in size.

Kw'suts is the general term used for the various trout species except steelhead. Kw'suts are considered very important at times of the year when it was not possible to harvest salmon or other food resources. Kw'suts are often found in side channels and the higher reaches of rivers that are not as affected as the main channel of a river during floods.

White Sturgeon

Qwtaythun

L'esturgeon blanc

Acipenser transmontanus

Fd

Md

Sp

Mt

Tr

Id



Photo: Istockphoto

Qwtaythun are found in flat bottom areas especially in estuaries or areas where a steady flow or current creates a ready food source. They are often caught in river systems but may be caught in the ocean as well.

Qwtaythun are a delicacy, and are sometimes seen in the Cowichan River system but more commonly in the Fraser River. Qwtaythun in the Cowichan River are seen in the spring and summer. Qwtaythun are also taken as bycatch in the same areas fished for q'eq'o'.



Qwtaythun are listed as “Endangered” under COSEWIC (Committee on the Status of Endangered Wildlife in Canada), but have no status under SARA (Species at Risk Act) in regards to the Lower Fraser River population. However, the Upper Fraser River population is “endangered” under SARA.



Birds

American Dipper

Mulmul-hwitth'e'

Le cincle d'Amérique

Cinclus mexicanus

Fd

Md

Sp

Mt

Tr

Id



Photo: J.N. Stuart

Mulmul-hwitth'e' is always found at or near fast-moving clear water such as small streams and rivers. Mulmul-hwitth'e' has a distinct bobbing body movement that helps to identify it. Mulmul-hwitth'e' has an extra eyelid on its eyes that lets it see underwater to find the small insects it feeds on. Its presence indicates good water quality.

There are specific stories that include or refer to this bird and its special cultural/ spiritual significance. Mulmul-hwitth'e' means oily (clothes) feathers.

American Widgeon

Sése *

Le canard d'Amérique

Anas americana

Fd

Md

Sp

Mt

Tr

Id



Photo: Ingrid Taylor

Widgeons have a distinct heavy body and large head, a blue bill and a white crown with a green eye stripe. The female has a grey bill and is grayish-brown with a pinkish front. Common and widespread in the winter, they are often found with other ducks in wetlands, marshes, fields and in parks in urban areas.

American widgeon travel bunched up so you can catch many of them at once when you are hunting them.

Bald Eagle

Yuxwule'

Le pygargue à tête blanche

Haliaeetus leucocephalus

Fd

Md

Sp

Mt

Tr

Id



Photo: Alan Vernon

The winter food supply for many yuxwule' is the die-off from fall/winter salmon runs. You can find yuxwule' near the lower reaches of a river and side channels as they wait for this winter food. If you learn to watch for hunting or fishing perches, you may find yuxwule' feathers. Holding a yuxwule' feather bestows a peek at the virtues of its original owner.

Cultural value is not always immediately visible, and yuxwule' is an example of this—not because of its food or material value but as a result of its ability to hunt and provide for its young, its ability to fish and catch game much larger than itself, and its ability to soar effortlessly above the highest mountains. Yuxwule' pervades our stories, language and culture.

Bird eggs

Tth'utth'uxals

Les oeufs d'oiseaux

Fd

Md

Sp

Mt

Tr

Id



Photo: Stephani Zador

Marine birds often nest in colonies or in the same area year after year. This aids in harvesting enough eggs to be of consequence. Knowing the timing and location or probable location is of utmost importance. Other bird eggs—such as grouse—were also harvested.

Tth'utth'uxals is the name used for eggs in general. The most plentiful eggs in an area (or time) are collected. There is an island to the north called Shqwuni'ela where gulls lay their eggs. People time their travel so they can collect eggs at Shqwuni'ela.

Blue Grouse (Dusky Grouse)

Miit'

Le tétras sombre

Dendragapus obscurus

Fd

Md

Sp

Mt

Tr

Id



Photo: Aurelian

The male miit' has prominent eye feathers that are generally yellow until mating season when they become orange to red. When displaying, the male can show yellow neck colourings. The male is usually a dusky or sooty grey and the female is usually much the same but a little more brown.

Miit' is one of the larger grouse and is also one of the preferred food species, thought of as a delicacy, as are its eggs (tth'utth'uxals).

Brant

Xul'xul'ts'

Le bernache cravant

Branta bernicla

Fd

Md

Sp

Mt

Tr

Id



Photo: Mike Baird

Xul'xul'ts' nests in the far North and winters along the BC coast. Xul'xul'ts' is a small goose that can be found in bays and estuaries. They stay near the ocean to feed on eelgrass and other aquatic plants. Unlike exu, they don't fly in an organized V formation but rather in irregular bunches.

Xul'xul'ts' was once a preferred food. They are not as common in the Gulf Islands area but are now more plentiful to the north of us here on Vancouver Island.

Canada Goose

Exu

La bernache du Canada

Branta canadensis

Fd

Md

Sp

Mt

Tr

Id



Photo: Marij Kibby

Exu can be found nesting in fields, wetlands and park areas. The population has been on the rise and they can be found in urban areas as well as wetlands.

Exu is a common food source. The term sliim is used to describe the V formation in which they fly.

Canvasback

Lamélwelh *

Le fuligule à dos blanc

Aythya valisineria

Fd

Md

Sp

Mt

Tr

Id



Photo: Rick Leche

These large ducks winter along the coast but breed in the Interior, Alberta and Alaska.

Lamélwelh is used for food.

Common Loon

Swakwun

Le plongeon huard

Gavia immer

Fd

Md

Sp

Mt

Tr

Id



Photo: Matt MacGillivray

Swakwun is a large bird that has a black head with a beaded white collar around its neck. The winter coloration is much more drab—a dusky grey with lighter neck and underside. Swakwun nests inland on large lakes with a good supply of small fish. They generally spend winter on the ocean feeding alone but often loosely congregate at night.

Swakwun is thought to have a mournful cry, much the same as one would moan from aching and suffering from severe arthritis. Culturally there are places you don't use because they are frequented by swakwun: you don't want to pick up its suffering. Some will eat swakwun and some won't.

Common Merganser

Xwaaqw', Qumut

Le grand harle

Mergus merganser

Fd

Md

Sp

Mt

Tr

Id



Photo: Joseph Oliver

Xwaaqw'/Qumut is one of the largest ducks. Males (qumut) have a dark head and females (xwaaqw') have a reddish-brown head with a small crest off of the back of the head. They can be found on streams, rivers and estuaries. They nest in woodlands and after hatching make their way downstream.

In many areas, xwaaqw'/qumut have a time to be eaten and times they are not. They can pick up the taste of decaying fish in their meat so are not eaten after the kw'a'luhw runs are finished. For some people, xwaaqw'/qumut have great spiritual significance.

Common Murre

Sxeeth

Le guillemot marmette

Uria aalge

Fd

Md

Sp

Mt

Tr

Id



Photo: Roine Johansson

Sxeeth is a large bird, black on its upper body and white underneath. It only comes ashore to nest on cliff ledges. It prefers protected waters off straits, inlets, bays and channels, especially in areas of upwelling and mixing, and in areas where slhewut' are spawning. When flying, the flock flies close to the water and in a straight line like a train.

Sxeeth is an important food source especially in the winter. Even the brains are used. Sxeeth come when you need them the most. Lights are fastened on the end of the canoe so you can see them at night. When there are lots of them, you can hear them hum. The feathers of sxeeth are very valuable.

Golden Eagle

Ts'usqun

L'aigle royal

Aquila chrysaetos

Fd

Md

Sp

Mt

Tr

Id



Photo: Just Chaos

Ts'usqun is generally dark in colour with light to golden head feathers (no white). Ts'usqun juveniles can have small white patches at the base of the tail. Both adults and juveniles can have white bands on the underside of their wings. Adults have grey bands on dark tips on tail feathers. Ts'usqun is not a fisherman and is more likely to be found in mountain areas and prefers to nest in high cliff areas.

Feathers from ts'usqun are very highly prized—even more prized than yuxwule' feathers. The black-tipped feathers are the most prized. It is thought to be a great accomplishment to attain feathers without doing any harm to the bird.

Great Horned Owl

Tsiitmuhw

Le grand-duc d'Amérique

Bubo virginianus

Fd

Md

Sp

Mt

Tr

Id



Photo: Minette Layne

Tsiitmuhw is one of the largest owls common to the area. They nest in old nests of other large birds and sometimes in tree cavities. Tsiitmuhw frequents wooded areas, especially those that border open areas, and hunt small mammals for food. Tsiitmuhw generally roost in shaded areas towards the centre of the tree.

Some animals have special value to the Hul'qumi'num people because they can be strong indicators. They can even tell you something is going to happen, give you a warning. Tsiitmuhw has great significance but you have to be open and able to hear the message.

Hooded Merganser

Hwuhwts'i'qw

Le harle couronné

Lophodytes cucullatus

Fd

Md

Sp

Mt

Tr

Id



Photo: Dan Dzurislin

Hwuhwts'i'qw can be found in streams, ponds and sloughs. It is smaller than xwaaqw' but has a much more prominent head crest. Males have black head crest with a large white spot. Females have a similar head crest that is brown and less prominent. Hwuhwts'i'qw frequent estuaries and protected bays and inlets.

Hwuhwts'i'qw may have uses other than food but the Elders consulted at the time of publication could only refer to its use as food.

Horned Grebe

Shhw'un'ets

Le grèbe esclavon

Podiceps auritus

Fd

Md

Sp

Mt

Tr

Id



Photo: Ric McArthur

Shhw'un'ets breeds in the northern Interior and winters along the coast. Small white wing patches are visible when flying on the trailing edge of the wing. Shhw'un'ets is one of the smaller of the grebes in the Gulf Islands area, and favours inshore marine waters such as bays, inlets, coves and estuaries.

Shhw'un'ets refers to the way the bottom or hind end slides in water.

Mallard

Tunuqsun

Le canard colvert

Anas platyrhynchos

Fd

Md

Sp

Mt

Tr

Id



Photo: Richard Baritz

Tunuqsun is one of the most common ducks. They can be found on marshes, deltas, farm fields, ponds and lakes. The male has a vibrant green head and coloured chest. The female is light brown. Both sexes have distinct royal blue wing markings. If you knew where tunuqsun were when they molted, you could easily collect the feathers.

Tunuqsun is sometimes preferred for eating as it is not as rich as sea ducks. The blue feathers are used to make a 'bird', much like a badminton bird, used in a game. The object of the game is to use a small paddle and see who can keep the 'bird' in the air the longest.

Northern Flicker

Tth'iqt

Le pic flamboyant

Colaptes cafer

Fd

Md

Sp

Mt

Tr

Id



Photo: Minette Layne

Tth'iqt tend to winter south of Canada but are quite common in southwestern BC. The underside of the wing and tail feathers in the males are red and very distinct. Tth'iqt are common to woodlands, suburban and riparian areas.

Tth'iqt has strong spiritual significance and if you listen, tth'iqt can tell you about what is around you—such as if something is disturbing the area and often whether it is two-legged or four-legged.

Osprey

Th'ihwth'uhw

Le balbuzard pêcheur

Pandion haliaetus

Fd

Md

Sp

Mt

Tr

Id



Photo: Mike Baird

Th'ihwth'uhw are expert fisherman that can catch trout-sized fish in lakes, rivers and the ocean. Osprey often patrol beaches and wetlands watching for fish. You can often tell when they see prey as they will flutter mid-flight to align with their prey and then dive. Th'ihwth'uhw can lose their catch to watchful and observant yuxwule'.

Th'ihwth'uhw is used for spiritual purposes.

Pacific Great Blue Heron

Smuqw'a'

Le grand héron du Pacifique

Ardea herodias fannini

Fd

Md

Sp

Mt

Tr

Id



Photo: Mike Baird

Smuqw'a' are found in shallow waters along rivers, marshes, streams and estuaries. They are generally a shallow water hunter that catch small fish, frogs and other bite-sized morsels. Smuqw'a' hunt during the day and travel to the estuary during the low tides and back to the rivers during high tides. They also hunt effectively at night.

If you listen to the smuqw'a' when it calls, you can hear it say its own name. Smuqw'a' is like a sentry and can warn you when someone or something is coming, especially at night. They have excellent vision even at night. Sxwiem Smuqw'a'—or story-telling heron—explains why he is the way he is.



The Pacific Great Blue Heron is listed as “Special Concern” under SARA.

Pacific Loon

Hwikw'us

Le plongeon du Pacifique

Gavia pacifica

Fd

Md

Sp

Mt

Tr

Id



Photo: US Fish & Wildlife Service

Hwikw'us nests inland on lakes and winters farther out in the ocean, sometimes in flocks numbering in the thousands when food is abundant. Hwikw'us is pale on the head and on the back of its neck. It has white stripes on the side of its neck, and a black front patch. In winter, their body is dusky grey-brown, the neck and chest are white and it has a dark chinstrap.

Hwikw'us is more often seen in their winter plumage here, which is somewhat grey in colour. They are really good eating but their feathers are hard to pluck.

Ruffed Grouse

Stihwum

La gélinotte huppée

Bonasa umbellus

Fd

Md

Sp

Mt

Tr

Id



Photo: Tim Lenz

Stihwum is generally smaller than the blue grouse, and is the most widespread species of grouse in North America. You can often hear the male's deep accelerating drumming. Stihwum lives in mixed woodland.

Stihwum are easy to catch in the autumn after most of the leaves have fallen off of the trees. Crabapple trees are one of their favorites at that time of year. You can hear them after dark and sneak up to the trees; when you look up the tree in the moonlight, you can see their silhouette and they are easier to catch.

Snow Goose

Tl'ekw'uxun

L'oise des neiges

Chen caerulescens

Fd

Md

Sp

Mt

Tr

ld



Photo: Michelle Lamberson

Tl'ekw'uxun nests in the far North and travels south in the winter. There is a small population that winters on southern Vancouver Island and the Lower Mainland and down into the Puget Sound area. Tl'ekw'uxun winters in wetlands, marshes, bays and farm fields.

Tl'ekw'uxun were once caught for food but they are very seldom seen today. Tl'ekw'uxun is also now used as the name for the domestic goose.

Snowy Owl

Muqmeqe'

Le harfang des neiges

Nyctea scandiaca

Fd

Md

Sp

Mt

Tr

Id



Photo: Stephen Cannon

Muqmeqe' nest and breed in the high Arctic but winter south as far south as the northern U.S. It frequents log-covered beaches, offshore barren islands, bare rocky headlands, sand dunes and structures such as jetties, log booms and wharves. Muqmeqe' usually hunt from a perch.

Muqmeqe' has the ability to forecast cold weather. Meqe' is the word for snow.

Surf Scoter

Kw'al-hw

La macreuse à front blanc

Melanitta perspicillata

Fd

Md

Sp

Mt

Tr

Id



Photo: Rick Leche

The kw'al-hw male is almost completely black with a white spot on the back of its head and forehead. The female is a uniform blackish brown. Kw'al-hw will give a small flip of their wings before diving. In the winter they can be found in large flocks close to shore; in late winter and spring, they are often seen where slhewut' are spawning.

The name kw'al-hw comes from the word qwakw which is the thump-thump-thump sound it makes when it takes off.

Trumpeter Swan

S-hwuw'qun

Le cygne trompette

Cygnus buccinator

Fd

Md

Sp

Mt

Tr

Id



Photo: Rick Leche

S-hwuw'qun are migratory but can winter locally while others may simply pass through in mid-October and again in February. They are often seen in estuaries and farmers' fields throughout the fall and winter. They can be identified by their low-pitched trumpeting call, and black bill and feet. They have wingspans of 2 metres.

S-hwuw'qun has strong spiritual uses.

Western Grebe

Skwulkwulth

Le grèbe élégant

Aechmophorus occidentalis

Fd

Md

Sp

Mt

Tr

Id



Photo: Dominic Sierony

Skwulkwulth breeds in the Interior and winters along the coast. They can be found in large flocks numbering in the hundreds in the winter, and in the thousands in the early spring in areas where herring are spawning. They prefer sheltered waters such as bays, inlets, harbours, lagoons and estuaries.

Skwulkwulth is one of the preferred waterfowl for eating. If you listen closely to the sounds the bird makes, it will say its own name. When catching skwulkwulth, you must act quickly and keep them from diving or you are unlikely to catch them.

White-winged Scoter

Ts'e'wi'uxun

La macreuse brune

Melanitta fusca

Fd

Md

Sp

Mt

Tr

Id



Photo: Rick Leche

The male ts'e'wi'uxun is almost completely black but has a white patch under its eye as well as under-wing patches. The female is brown with two faint brown spots on the face. They nest in the far north and winter along the West Coast. Ts'e'wi'uxun is the largest of the scoters and has a much more distinct wing flip before diving.

One of ts'e'wi'uxun's identifying marks is the white patch on its wing. Its name comes from ts'e'wi—a shell (such as a clam shell) much the same as the colour on its wing. S-xi'kwun is the clam-breaker in its throat or neck, finishing the name.

Wood Duck

Qwiwilh *

Le canard branchu

Aix sponsa

Fd

Md

Sp

Mt

Tr

Id



Photo: Arjan Haverkamp

Considered by many to be the most beautiful of North American waterfowl, qwiwilh is a perching duck that normally nests in cavities in trees. Unlike most other ducks, it has sharp claws to aid in perching.

Qwiwilh has spiritual uses.



Mammals

Beaver

Sqwul'ew'

Le castor

Castor canadensis

Fd

Md

Sp

Mt

Tr

Id



Photo: Minette Layne

Sqwul'ew' can be found in small streams and side channels in the lower portions of watersheds where the gradient is minimal. Sqwul'ew' prefers willows and small shrubs found in wet areas such as marshes, wetlands and riparian areas.

The teeth were highly valued for making tools for detailed carving. The teeth were used to finish fine carving such as that on bentwood boxes. The fur trade almost wiped them out but they have made a comeback.

Black Bear

Spe'uth

L'ours noir

Ursus americanus

Fd

Md

Sp

Mt

Tr

Id



Photo: Alan Vernon

Spe'uth feed on fruit and berries in late spring and summer, feeding on hillsides and mountain slopes throughout the summer. In the fall when salmon become available, they can be found down in the valleys along the rivers. They tend to be habitual in their ranging areas and leave very distinct trails from repeated use.

Spe'uth is considered to be the *sunti'e'*—the eldest—of the fur-bearing animals. Spe'uth fur or hide is highly prized and an indicator that you have ability as a hunter or that you have family who look after you. If you have lots of furs—especially bear hides—for bedding, then you must have status.

Cougar

Hwtl'uqnuts

Le couguar

Felis concolor vancouverensis

Fd

Md

Sp

Mt

Tr

Id



Photo: Josh More

Hwtl'uqnuts is the largest of the cats in North America and requires the largest territory (up to 1000 km²). The population density of hwtl'uqnuts on Vancouver Island is the highest in the world. Their favourite prey is the plentiful black-tailed deer.

The name hwtl'uqnuts indicates “long tail” in Hul'q'umi'num'. Hwtl'uqnuts is thought of as a good helper. There are people who use hwtl'uqnuts for food and many who won't. Hwtl'uqnuts is quite secretive and not often seen, even if they frequent an area.

Harbour Seal

‘E s-hw

Le phoque commun

Phoca vitulina

Fd

Md

Sp

Mt

Tr

Id



Photo: Mike Baird

Adults can attain a length of 1.85 meters and weigh 132 kilograms. They stick to familiar haulout sites, generally rocky areas where they are protected from bad weather and predation, near a foraging area. They also inhabit sandy intertidal zones. Their diet is mainly fish, but may also include shellfish.

Young pups are preferred for eating. The skin is used for oil.

Marten

Ha'qun

La martre

Martes americana

Fd

Md

Sp

Mt

Tr

Id



Photo: U.S. Fish and Wildlife Service

Ha'qun prefers small mammals (squirrels, voles and mice) as a food source but also feeds on frogs, fish and insects as well. Ha'qun has a great climbing ability and can catch red squirrels on the run. Ha'qun prefers conifers or mixed woodland forests.

Ha'qun has fine fur that closely resembles the fur of the sable, a close relative. Trapping still occurs on the west coast of Vancouver Island but is not commonly practiced today. As well as material uses, ha'qun has specific spiritual values as well.

Mink

Chuchi'q'un'

Le vison d'Amérique

Mustela vison



Photo: Eric Bégin

Chuchi'q'un' is most often found along streams, rivers and beaches. It spends much of its time in the water as well as on shore and is always moving. Chuchi'q'un' is a very strong capable hunter that can catch a variety of prey such as rabbits, muskrats, mice, snakes, frogs and birds.

Chuchi'q'un' is in many traditional stories as well as many first-hand stories about its character and abilities. In traditional stories, he is like a jester. The short, fine and dense fur of chuchi'q'un' is highly valued. If you are fishing salmon on the river, you have to watch your catch or chuchi'q'un' will try to drag it away.

Moose

Q'uyi'uts

L'original

Alces alces

Fd

Md

Sp

Mt

Tr

Id



Photo: Pat Gaines

Q'uyi'uts is a Mainland animal that uses different habitats depending on the area. Q'uyi'uts generally prefer wetlands and marshes in the summer and fall when food is available and most succulent.

The antlers of q'uyi'uts are what give this animal its Hul'q'umi'num' name. The word s-q'i-q'us means to be knotted as in a rope or a string. The antlers of a moose are s-q'i-q'us or knotted as compared to those of an elk which are thinner and not bladed.

Mountain Goat

P-p'ul'qun

La chèvre de montagne

Oreamnos americanus

Fd

Md

Sp

Mt

Tr

Id



Photo: Bryant Olsen

P-p'ul'qun is a subalpine/alpine resident that generally prefers habitat at altitudes of 4000 metres or more, descending only to travel to salt licks or summer feeding. P-p'ul'qun are found in the high alpine areas of the Rockies and the Olympic Peninsula, but not on Vancouver Island.

P-p'ul'qun was traded for or hunted for the fur and horns. At one time, woolly dog (now extinct) fur and p-p'ul'qun fur were mixed together to make blankets. We go to Upper Squamish, Shi'she'lh, Yale and Knight's Inlet to collect just the wool or the animals. In return, canoes are often left as a thank you for access to others' territories—matl'ut (pay back—good or bad) for something that someone has done for you.

Mule Deer

Ha'put

Le cerf mulet

Odocoileus hemionus

Fd

Md

Sp

Mt

Tr

Id



Photo: Flickr.com: "Wyoming Jackrabbit"

Mixed habitat is important for ha'put. It is important to have a variety of browse for all year round, including open fields or meadows for spring and summer feeding, and mixed and more mature forests for winter protection and winter feed.

Ha'put is not only important as a food resource, it is also used for making tools: shin bones for spear points; antlers for tools and wedges; hooves for rattles; and the hide for drums and clothing. Everything is used. In some of the origin stories, ha'put is said to be specially selected to nourish our people.

Muskrat

Sq'ulh-sq'ulh

Le rat musqué

Ondatra zibethicus

Fd

Md

Sp

Mt

Tr

Id



Photo: Jason Miles

Sq'ulh-sq'ulh resembles a large rat with a tail that is flattened to aid in swimming. Sq'ulh-sq'ulh is an aquatic mammal that prefers wetlands, marshes and slow-moving water. They are common inhabitants of beaver ponds and have a diet that consists of bulrushes, cattail and water lily.

The fur of sq'ulh-sq'ulh was quite valuable and they were trapped for fur. Sq'ulh-sq'ulh was at one time the principal pelt in North America sold to European markets. Living mainly in the water gives sq'ulh-sq'ulh high-quality fur.

Orca (Killer Whale)

Q'ul-lhanamutsum

L'épaulard

Orcinus orca

Fd

Md

Sp

Mt

Tr

Id



Photo: Christopher Michel

Q'ul-lhanamutsum males can reach up to 9 metres in length, females up to 8 metres. Males may weigh 8 tons, females up to 5 tons. The marine inland waters of British Columbia and Washington State have approximately 300 q'ul-lhanamutsum that are organized into about thirty pods or social groups. The southern resident community is comprised of J-, K-, and L-pods, currently totaling 89 individuals. Resident pods eat salmon.

Q'ul-lhanamutsum can be your friend or helper or enemy. They can also save your life. The land form of q'ul-lhanamutsum is stqeeeye' (wolf).



The southern resident Orca population is listed as "Endangered" under SARA.

Raccoon

Sxayukw'us

Le raton laveur

Procyon lotor

Fd

Md

Sp

Mt

Tr

Id



Photo: Dan Dzurisin

Sxayukw'us lives in riparian areas, woodlands, marshes and beaches throughout the Salish Sea. Sxayukw'us has very dexterous front paws and can often be seen washing its food. Sxayukw'us's preferred foods are amphibians, crayfish, shellfish, and insects.

Sxayukw'us is featured in many stories. There are specific uses for the fat. When treed, it is said that if they urinate on you, your hair will go white.

River Otter

Sqeeetl'

La loutre de rivière

Lontra canadensis



Photo: Flickr.com: "Zruda"

Sqeeetl' prefer fast-moving water and range great distances to keep up with their appetite. Rivers, large streams and even ocean waters in the Gulf Islands are home to sqeeetl'. They prey on fish, crayfish in fresh water, and crab in salt water.

Sqeeetl' has high spiritual value for some people.

Roosevelt Elk

Kwewe'uts

Le wapiti de Roosevelt

Cervus elaphus roosevelti

Fd

Md

Sp

Mt

Tr

Id



Photo: Dan Dzurisin

Kwewe'uts are the largest members of the elk family. Kwewe'uts occupy three distinct seasonal ranges in the winter, spring, and summer/fall periods, benefiting from relatively shallow snow depths on low-elevation winter ranges and abundant, diverse forage on higher elevation summer ranges.

Kwewe'uts are very special to the Hul'qumi'num people. They are suntl'e' (the eldest) of the antlered animals on Vancouver Island. There are many different areas where we wait for them to come. Cowichan Bay flats is one of the areas to which kwewe'uts comes to feed on fresh grass and we wait to catch them. Kwewe'uts comes from both kwetsum which means to holler, and wuts which refers to the elk arching its back.

Sea Otter

Tumus

La loutre de mer

Enhydra lutris



Photo: Mike Baird

Tumus lives almost exclusively in the ocean and has the finest and densest fur of any mammal. They are heavy-bodied and require large amounts of food: urchins, abalone, geoduck and clams. Tumus uses a rock as a tool to help break open shellfish. Kelp beds are important habitat that provides protection as well as food for urchins and other prey of the tumus.

The fur trade has eliminated tumus from the southern and eastern side of Vancouver Island. The fur has always been highly prized, even before the fur trade.



The Sea Otter is listed as being of "Special Concern" under SARA.

Snowshoe Hare

Sququweth

Le lièvre d'Amérique

Lepus americanus

Fd

Md

Sp

Mt

Tr

Id



Photo: Miguel Vieira

Sququweth prefers scrubby brush and bramble that border on fields and meadows, providing habitat with lots of cover with access to fields for feeding. The introduced Himalayan blackberry provides perfect protection from predators and usually grows in areas with ample food supply. [NOTE: There are no rabbits native to Vancouver Island. Eastern Cottontail were introduced to Vancouver Island in the mid-1960s. Native Snowshoe Hare could have been hunted on the Mainland, however.]

Children often learn to hunt by catching rabbits; it is good training and practice for catching larger game as children get older. Sququweth tastes like chicken.

Steller Sea Lion / California Sea Lion

Shes / Ts'axulus

Le lion de mer de Steller /
La petite Otarie de Californie

Eumetopias jubatus/*Zalophus californianus*



Photo: wikipedia: YFB; inset: wikipedia: calibas

Shes (Steller sea lions) have winter haulouts in the southern Gulf Islands, including the Belle Chain islets and Boiling Reef. Their preferred prey include herring, salmon, eulachon, rockfish, flounder and skate. Males average 400-800 kg; females 200-300 kg. Shes is 3-4 times larger than ts'axulus (California sea lion). Ts'axulus is darker in colour.

Shes is a special food for certain people and animals.

Vancouver Island Wolf

Stqeeye’

Le loup de l’île Vancouver

Canis lupus crassodon

Fd

Md

Sp

Mt

Tr

Id



Photo: Wikipedia: “doublebackslash”

Stqeeye’ is a subspecies of grey wolf. They are pack animals, living in groups numbering from 5 to 20 members. Stqeeye’ preys mainly on black-tailed deer and Roosevelt elk, only taking smaller game (squirrels, rodents, beaver) when larger prey are scarce.

Stqeeye’ is thought of as a good helper. It is said that if you have stqeeye’ as a helper, you will be a good hunter. As well as special knowledge about hunting, it is said stqeeye’ brings out strong family values and it is featured in many stories and aspects of our culture.



Miscellaneous

Banana Slug

Q'iyatl'un

La limace terrestre

Ariolimax columbianus

Fd

Md

Sp

Mt

Tr

Id



Photo: Thomas Schoch

Q'iyatl'un is usually found on moist forest floors but can venture further when it is raining or quite wet. It works as a decomposer, eating leaves, animal droppings and dead plant material, and recycling it into the soil.

The mucous from q'iyatl'un can be used to treat warts; it may take several applications. Q'iyatl'un can also be used to treat open wounds.

Beehives and Wasp Nests

Sum'sum'-ay'elu

Les ruches et les guêpiers

Fd

Md

Sp

Mt

Tr

Id



Photo: Peter Prehn

Sum'sum'-ay'elu can be found in mixed forests, thickets, mixed scrub and in or near houses and sheds. Sum'sum'-ayu make paper-like nests from clays and soils. The nests are usually suspended above ground but some species prefer to build them underground or in rotted logs and stumps.

The outer paper material from the sum'sum'-ay'elu is valued for cultural purposes and the larvae can be used for bait. The general name now used for bees and wasps is sum'suma'yu.

Lichens

S-mux-t'ul'us

Les lichens

Fd

Md

Sp

Mt

Tr

Id



Photo: Mary Sansaverino / Richard Droker

S-mux-t'ul'us is a dual organism, consisting of both fungus and algae. They grow extremely slowly (5 – 8 mm/year in our climate). Lichens can be found on rocks and many tree species but were selected from only specific tree and shrub species including ts'alhulhp, p'hwulhp and qethulhp.

S-mux-t'ul'us is often used as a general tea but also has some medicinal values as well. The lichen used for medicine has to be selected from specific species of trees or shrubs.

Lizards

Pi't-shun

Le lézard

Fd

Md

Sp

Mt

Tr

Id



Photo: Franco Folini

Pi't-shun is a long-bodied lizard, brown in colour with a pale underside. It can reach 20 cm in length. It generally prefers drier areas such as Garry oak meadows but can often be found in riparian areas along rivers and creeks if there are outcrops where they can pull to bask in the sun. Pi't-shun runs very quickly and often disappears into grassy or rocky areas with the slightest sound.

Pi't-shun have strong medicinal/spiritual values but are not commonly used today.

Salamanders (in general)

Hwukw'netsum

Les salamandres

Fd

Md

Sp

Mt

Tr

Id



Photo: Jeffrey Marsten

Hwukw'netsum can be found in a variety of habitats depending on species, time of year and water sources. Moist or wet areas, ponds and creeks are generally preferred but hwukw'netsum can be found on forest bottoms, within rotted logs and even in tree canopies.

The name hwukw'netsum was used for a type of salamander that no longer exists that had no back legs and used to 'drag its behind' which is referred to in the name. This name is now used for salamanders and newts in general.



Image Sources

Image Sources

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www.fishbase.org
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