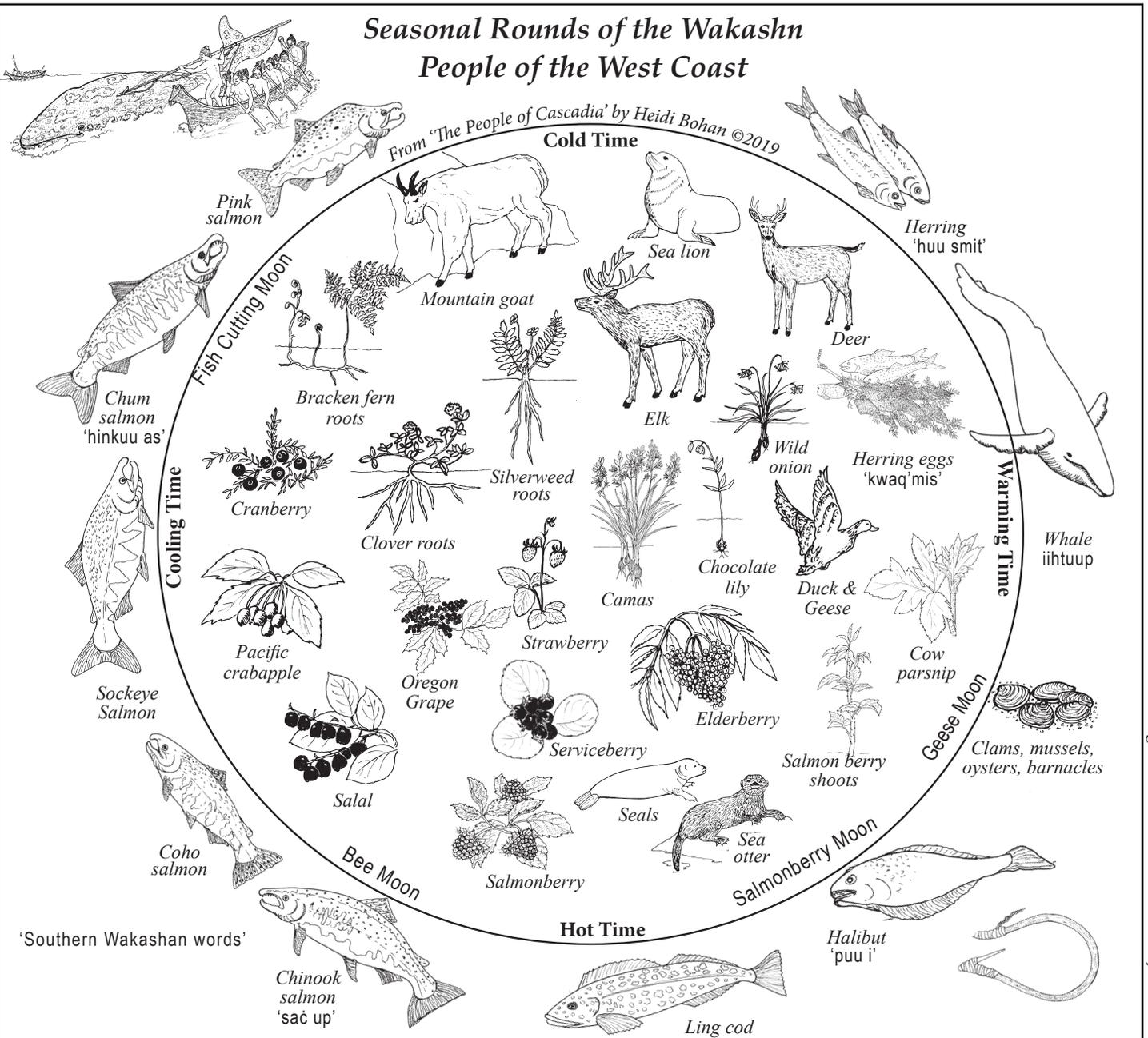


Seasonal Rounds of the Wakashn People of the West Coast

From 'The People of Cascadia' by Heidi Bohan ©2019



Herring runs are a signal for the beginning of the Seasonal Rounds for the Wakashan people. Millions of herring fill the waters and are simply raked into the sides of canoes or caught in dipnets. Herring spawn is gathered from kelp leaves or branches laid in the water. The Chinook salmon soon arrive and are captured using trolling hooks in the bays.

Spring sprouts of salmonberry, horsetail and cow parsnip are gathered, along with fern fiddleheads. Many delicious species of clams, mussels and other shellfish are available along the rocky shorelines.

Roots are dug spring through fall, depending on the plant species. Silverweed and clover roots were primary food sources, and grew in huge patches where they could be dug, steamed and dried.

In summer halibut are fished using the steam-bent hook. Whaling begins in late winter and continues throughout the summer, along with the hunt for other sea mammals such as seals, sea otter and sea lion.

Strawberries grow in abundance and were eaten fresh; salmonberry provides early fruit; while salal, serviceberry, and blueberries provide the quantities for dried fruit cakes for the winter.

The deer provide winter food, and were hunted by bow or deadfall traps; even tracked by snowshoe in deep snow until they tired. Migratory waterfowl were trapped in nets along flyways, or they were hunted by canoe and nets in the dark of night where they were easy prey.