

Plants and Berries used by animals that the NStQ depended upon

Common Name	Latin	Parts of Plant Used	Shuswap Name
Trembling Aspen	<i>Populus tremuloides</i>	Beavers feed on the bark and shoot and cut down the trees to construct dams and lodges. The tree is an important habitat for a number of wildlife species.	Melmeltéllp
Paper Birch	<i>Betula papyrifera</i>	Paper birch provides valuable browse for the wildlife such as deer and moose.	Qweqwlilleéllp – tree; Qwllin - bark
Alpine Larch	<i>Larix lyallii</i>	Mountain goats, bighorn sheep, and black and grizzly bears all feed in larch stands. Blue grouse feed on larch needles.	
Ponderosa Pine	<i>Pinus Ponderosa</i>	Winter range for many wildlife species including deer, elk and big horn sheep. The seeds attract many birds and small mammals.	S7etqwllp
Interior Douglas Fir	<i>Pseudotsuga menziesii var. glauca</i>	The numerous seeds of the fir support large populations of small mammals and birds. Mule deer depend on Douglas Fir for winter survival, both for shelter and food.	Meléllp - tree; K'eme - needles
Western Mountain Ash	<i>Sorbus scopulina</i>	Deer, moose and other ungulates eat the twigs.	
Bog Cranberry	<i>Oxycoccus oxycoccus</i>	Grouse like to eat the berries	Sekwtúcwé7
Saskatoon	<i>Amelanchier alnifolia</i>	The Saskatoon provides winter browse for many hoofed mammals and birds.	Speqpeq7úw'i – berry; Speqpeqéllp -bush
Choke cherries (Pin Cherry)	<i>Prunus virginiana</i>	Many species of birds also eat choke cherries.	Tekwlose7 – cherry; Tekwlose7ellp - tree
Beaked Hazelnut	<i>Corylus cornuta</i>	Squirrels and chipmunks eat the Beaked Hazelnuts.	Qep'cw
Dwarf Blueberry	<i>Vaccinium caespitosum</i>	The berries are highly prized by rodents, birds and bears.	Sesép – berry; Sesepéllp - bush
Kinnikinnick	<i>Arctostaphylos uva-ursi</i>	The berries ripen late and remain on plants into winter, providing forage for birds, bears and other wildlife.	Elk – berry; elkéllp - bush
Arrow-Leaved Balsamroot	<i>Balsamorhiza sagittata</i>	Deer and Elk commonly grazed the plant throughout the year.	Smúkwe7cen – flower; Tséts'elq - root
Yellow Waterlily	<i>Nuphar polysepalum N. luteum ssp. polysepalum</i>	The beaver and moose eat. The beaver meat is richer when they eat the plant.	Qunllp
False Salomon's Seal	<i>Smilacina racemosa</i>	The caribou eat the top part of the plant, near the flower.	Q'icnéllp
Tiger Lily	<i>Lilium Columbianum</i>	The caribou eat it.	Textsín

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Yellow Glacier Lily	<i>Erythronium grandiflorum</i>	Bears eat the roots	Scwicw
Great Bulrush	<i>Scirpus lacustris</i>	The abundant nut-like seeds produced by the bulrush are an important food source for waterfowl.	Kwetéllp
Cattail	<i>Typha latifolia</i>	This species provides important habitat and food for many marsh animals.	St'néltw
Alpine Bistort	<i>Bistorta vivipara</i>	Black and grizzly bears eat the roots.	
Prickly Rose (Bald hip, Nooka, Prairie)	<i>Rosa acicularis, gymnocarpa, nutkana</i>	The leaves and young stems of the wild rose are browse by wild ungulates.	Sekwéw' – Rose hip; Seképlé7llp - Bush
Red-Osier Dogwood – Red Willow	<i>Cornus stolonifera</i>	This plant is an extremely important moose winter browse.	Tseqwtsqwéqwelqw – willow; Cpeqpéqen'kcen - berries
Queen's Cup	<i>Clintonia uniflora</i>	Grouse eat the berries.	
Silky Lupine (Sulphur,)	<i>Lupinus sericeus</i>	The Secwepemc report that chipmunks eat the seeds.	Qweqwenqnéllp
Arctic Lupine	<i>Lupinus arcticus</i>	A favorite food of the marmot; when lupine was in bloom it was time to eat the marmot.	
Alpine Willowherb	<i>Epilobium anagallidifolium</i>	Alpine Willowherb was eaten by deer	Ts'ixnallp
Western Spring Beauty – Wild Potato	<i>Claytonia lanceolata</i>	Grizzly bears ate the corm, a rounded part of the stem that grows underground.	Skwenkwínem
Grouseberry	<i>Vaccinium scoparium</i>	Hunters locate good grouse habitat by searching out this shrub.	
Bog Cranberry	<i>Oxycoccus oxycoccus</i>	Grouse like eating this berry.	Seketu'cwe7
Black Twinberry	<i>Lonicera involucrate</i>	The berries were eaten by birds and other animals in large quantities.	Kenkekem re stq'wlustitsen's
Common Snowberry	<i>Symphoricarpos albus</i>	The berries stay on the plant throughout the winter, providing an important winter food source for birds.	T'elcwécwtkwllp – tree; Tpeqpqúqse7 - berries
Black tree moss, black tree lichen	<i>Bryoria freemontii: Alectoria freemontii</i>	This and other lichen provide an important winter food for deer, elk, moose and especially flying squirrels and caribou	Wíle
More research require – check with Nancy Camille		Moose and beaver food – beaver eat the tops; moose eat the bottom	Ckwíákwe
Buffalo grass	?	What the deer eat	Spetpetu'tlecw
Common Horsetail	<i>Equisetum arvense</i>	Food for the goose	T'úcwen; k'wesecwést'ie description for the plant when the goose eats it.
Tiger Lily	<i>Lilium Columbianum</i>	Caribou eat the roots	Textsín

?	?	Caribou eats the plant	Q'icenellp
Indian Hellebore	<i>Veratrum viride</i>	Shuswap use to train green horses	Tnilmen
Fern-Leaved Desert-Parsley – Wild Carrot	<i>Lomatium dissectum</i>	Bears ate the young shoots and roots.	Geyú7
Beaked Hazelnut	<i>Corylus cornuta</i>	Squirrels eat the nut.	Q'epcw
Pin Cherry	<i>Prunus pensylvanica</i>	Bears eat this only, not humans.	Pekllen