

Plants and Berries traditionally used by NStQ

Food			
Common Name	Latin	Parts of Plant Used	Shuswap Name
Choke cherries	<i>Prunus virginiana</i>	The Secwepemc ate the fruit of the cherry.	Tekwlose7 – cherry; Tekwlose7ellp - tree
Pin Cherry	<i>Prunus pensylvanica</i>	The Secwepemc ate the fruit of the cherry.	Pekllenllp
Red Raspberry	<i>Rubus idaeus</i>	Secwepemc ate the berries	S7éytsqwem – berry; S7eytsqwméllp - bush
Black Hawthorn – Thorn berry	<i>Crataegus douglasii</i>	The Secwepemc made a popular type of “bread” by mashing the berries, squeezing out the seeds & drying pulp.	Stmuqw – berry; Stemqwéllp - bush
Lodgepole Pine (Ponderosa) - Jackpine	<i>Pinus contorta var. latifolia</i>	Secwepemc ate the inner bark	Qweqwli7t – tree; Sap – Sti7qwelqw
Black Gooseberry	<i>Ribes lacustre</i>	Secwepemc ate the berries	Stcwelcucwel
Sagebrush Mariposa Lily – Desert Lily	<i>Calochortus macrocarpus</i>	Secwepemc ate the bulb like corm	Liltse
Western Larch - Tamarack	<i>Larix occidentalis</i>	Secwepemc ate the sweet gum	Tsíqweltcw
Saskatoon	<i>Amelanchier alnifolia</i>	One of the most important berries to the Secwepemc. The berries were eaten fresh or dried. The dried berries was an important trading item.	Speqpeq7úrw’i – berry; Speqpeqéllp –bush; the one that grows near the river - Stseqwem
Kinnikinnick	<i>Arctostaphylos uva-ursi</i>	Secwepemc ate berries	Elk – berry; elkéllp - bush
Fireweed	<i>Epilobium angustifolium</i>	Secwepemc ate the marrow (pith) raw.	Tsíxnéllp
High-bush Cranberry (Bog)	<i>Viburnum edule</i>	Secwepemc ate berries	T’nis – berry; T’neséllp - bush
Labrador Tea	<i>Ledum groenlandicum</i>	Leaves from the plant were used to make tea.	Secwsqéqxe7ten
Western Spring Beauty – Wild Potato	<i>Claytonia lanceolata</i>	The Secwepemc ate the corm, a rounded part of the stem that grows underground	Skwenkwínem
Black Huckleberry	<i>Vaccinium membranaceum</i>	Secwepemc ate berries	Wenéx – berry; Wenexéllp - bush
Dwarf Blueberry-Lowbush	<i>Vaccinium caespitosum</i>	Secwepemc ate berries	Sesép – berry; Sesepéllp - bush
Stinging Nettle	<i>Urtica dioica</i>	The plants young leaves were eaten by the Secwepemc. Bathe baby in water (soak with roots), to help them sleep	Swecwmém’llp
Nodding Onion – Wild Onion	<i>Allium cernuum</i>	The Secwepemc used the wild onion bulbs.	Qwléwe
Fern-Leaved Desert-Parsley – Wild Carrot	<i>Lomatium dissectum</i>	Secwepemc ate the young shoots and roots.	Geyú7
Large-fruited desert parsely	<i>Lomatium macrocarpum</i>	The roots were eaten raw, boiled, pit cooked.	Qweq’wile
Yellow Bell	<i>Fritillaria pudica</i>	Secwepemc harvest the plant, and ate them raw.	Tśwéwe
Red Raspberry (Trailing)	<i>Rubus idaeus</i>	The berries were eaten fresh or were mashed and dried for storage.	S7éytsqwem
Tiger Lily	<i>Lilium Columbianum</i>	The bulbs were cooked.	Textsín
Wild Strawberry	<i>Fragaria virginiana</i>	The berries were eaten fresh or were mashed and dried for storage. Roots smoke and dried, good eating.	Tqítge – berry; Tqetge7ellp - plant
Thimbleberry – Salmonberry	<i>Rubus parviflorus</i>	The berries were eaten fresh	Stíq’wem – berry; Steq’wméllp

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**DRAFT, January 19, 2007
NStQ Treaty Negotiations**

Soopolallie – Soapberry	<i>Shepherdia canadensis</i>	The berries were made into a drink or whipped with water into a light froth.	Sxúrsem – berry; Sxwesméllp - bush
Brittle Prickly-Pear Cactus	<i>Opuntia fragilis</i>	The inner stem cooked and eaten	Sekí7
Chocolate Lily - Riceroor	<i>Fritillaria lanceolata</i>	Secwepemc dug the bulbs and cooked them.	Seq'émxwe
Common Name	Latin	Parts of Plant Used	Shuswap Name
Silverweed	<i>Potentilla anserina</i>	Secwepemc ate the long fleshy roots cooked or raw.	Cícel
Water Parsnip	<i>Sium suave</i>	The sweet finger-like roots were eaten by the Secwepemc	Etseméts
Edible Thistle (Canada, Bull)	<i>Cirsium edule</i>	The Secwepemc eat the roots of the first year non-flowering plants.	
Prickly Rose (Bald hip, Nooka, Prairie)	<i>Rosa acicularis, gymnocarpa, nutkana</i>	The rose leaves were chewed and put on insect bites to alleviate pain and swelling. In times of scarcity the hips were eaten.	Sekwéw' – Rose hip; Sképlén'íl - Bush
Arrow-Leaved Balsamroot	<i>Balsamorhiza sagittata</i>	The Secwepemc used different parts for food – taproot, young shoots, bud stems and seeds.	Smúkwe7cen – flower; Tséts'elq - root
Cow-Parsnip – Wild Rhubarb	<i>Heracleum lanatum H. sphondylium</i>	The Secwepemc ate the young stalks and leaf stems, peeling off the fibrous outer layer and eating it raw.	Xwtellp
Thimbleberry – Salmonberry	<i>Rubus parviflorus</i>	Secwepemc ate berries an the young shoots were peeled and eaten raw	Stíq'wem – berry; Steq'wméllp - bush
Oval-Leaved Blueberry (Velvet-Leaved) – Highbush	<i>Vaccinium ovalifolium</i>	Secwepemc ate berries, using an comb-like instrument to pick the very small berries.	Seq'wé7s
Tall Oregon Grape	<i>Berberis aguifolium</i>	The Secwepemc ate the berries.	Stsélséllp – root; Stsals - berry
Black tree moss, black tree lichen	<i>Bryoria freemontii: Alectoria freemontii</i>	The moss was cleaned and soaked to remove the bitter taste, and then it was steamed.	Wíle
Wild Bergamont	<i>Monarda fistulosa</i>	The plant was used as an insect repellent. It was made into tea.	
Oyster mushroom	<i>Pleurotus poplinus</i>	Boiled and eaten	Smet'qín
Yellow Glacier Lily	<i>Erythronium grandiflorum</i>	Secwepemc eat the roots. Carrot like plant.	Scwicw
? Check with Nancy Camille	?	Secwepemc eat the inners, peel the bark off.	Giqenupye7
Beaked Hazelnut	<i>Corylus cornuta</i>	Secwepemc eat the nuts	Q'epcw
Materials			
Common Name	Latin	Parts of Plant Used	Shuswap Name
Choke cherries	<i>Prunus virginiana</i>	Wood used for handles for root diggers, bark used as decorations on baskets	Tekwlose7 – cherry; Tekwlose7ellp - tree
Pin Cherry	<i>Prunus pensylvanica</i>	The cherry bark was waterproof properties and it was used to wrap implements and decorate baskets.	Pekllenllp

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**DRAFT, January 19, 2007
NStQ Treaty Negotiations**

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Saskatoon	<i>Amelanchier alnifolia</i>	It was used for arrow shafts, digging sticks, spear, harpoon shafts, barbeque sticks, rims for birch bark containers & thwarts for canoes. A grid of green Saskatoon sticks at the bottom of birch bark cooking baskets to prevent them from being burnt. They also lined the steaming pits with twigs.	Speqpeq7úw'i – berry; Speqpeqéllp -bush
Lodgepole Pine (Ponderosa) - Jackpine	<i>Pinus contorta var. latifolia</i>	Use the wood for fishing spears and poles for constructing the Secwepemc dwellings.	Qweqwli7t – tree; Sap – Sti7qwelqw
Black Cottonwood	<i>Populus balsamifera ssp. trichocarpa</i> <i>P. trichocarpa</i>	The Secwepemc use the cottony seed fluff as stuffing for pillows. They also use the large trees for dugout canoes.	Mulc – tree; Scwilél'tew – bark; cambium- Ck'mem'llts'e
Tall Oregon Grape	<i>Berberis aquifolium</i>	The outer bark of the roots was boiled to make a bright yellow dye, used for colouring baskets	Stsélséllp
Trembling Aspen	<i>Populus tremuloides</i>	Secwepemc used aspen to make tent poles & drying racks. The young boys made whistles from the branches. The wood was used for fuel.	Melmeltéllp
Paper Birch	<i>Betula papyrifera</i>	The Secwepemc use the bark to make baskets, canoes & baby cradles. Sap from Birch Tree, used for cleaning buckskin.	Qweqwlilleñllp – tree; Qwllin – bark; Sap – Stqwmew's
Western Larch - Tamarack	<i>Larix occidentalis</i>	Secwepemc used the tree to make tent poles & drying racks.	Tsíqweltcw
Western White Pine	<i>Pinus monticola</i>	The Secwepemc use the white pine bark to make canoes.	Seléwll
Interior Douglas Fir	<i>Pseudotsuga menziesii var. glauca</i>	The Secwepemc use poles for making shelter, drying racks, spear shafts, dip nets handles and salmon weirs. The boughs were used in sweat houses; the rotten wood was use smoking buckskin, and the boughs for bedding.	Melénllp, - tree; K'eme - needles
White Spruce	<i>Picea glauca</i>	The roots were used for sewing and lashing objects together. Poles for constructing the Secwepemc dwellings.	T'sellp – tree; T'esllpéltc – bark; T'esllpép - root
Western Redcedar	<i>Thuja plicata</i>	Secwepemc use cedar roots to sew baskets and used it's wood to make dip nets, drying frames etc...	Qweqwtkwllp – tree; Stínesten - roots
Subalpine Fir – Balsam	<i>Abies lasiocarpa</i>	The boughs were used for bedding.	Melénllp – tree; Tsets'elq – root; Seléwll – cones;
Western Hemlock	<i>Tsuga heterophylla</i>	The Secwepemc used the boughs as a disinfectant and deodorizer; boughs were also used as bedding.	Pept'nén'tkwllp
Black Spruce	<i>Picea mariana</i>	The needles were used for caulking.	T'sellp
Bracken	<i>Pteridium aquilinum</i>	Secwepemc used bracken to cover berry baskets & for bedding in camp.	Pep'e7sést'ye
Cattail	<i>Typha latifolia</i>	Secwepemc used it for making mats for bedding, the seed	St'néltw

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**DRAFT, January 19, 2007
NStQ Treaty Negotiations**

		fluff was used for pillows and wound dressing.	
Great Bulrush	<i>Scirpus lacustris</i>	The Secwepemc had many uses for the leaf blades – insulation, mat-making, shelters or mattresses. The fluff was used for pillows, diapers & dressing for wounds.	Kwetéllp
Sedges		Northwestern sedge was used for lining pit-cooking ovens, cache pits & moccasins & for covering & lining berry baskets.	St'ye7uw'
Common Name	Latin	Parts of Plant Used	Shuswap Name
Common Horsetail	<i>Equisetum arvense</i>	Stems were used for sanding and polishing.	T'úcwén
Hemp Dogbane	<i>Apocynum cannabinum</i>	The inner fibrous parts of the bark were dried, then formed into twine for fish nets, animals traps, sewing, fancy twisted sticks (lahal?)	Spétšen
Black Hawthorn – Thorn berry	<i>Crataegus douglasii</i>	Spines were used piercing ears, fish hooks and etc...	Stmuqw – berry; Stemqwéllp - bush
Orange Honeysuckle – Devil's Rope	<i>Lonicera ciliosa</i>	The Secwepemc used the woody vines for weaving, binding and lashing.	Stept'úrpelqw
Big Sagebrush (Pasture)	<i>Artemisia tridentata</i>	Used as a fumigant and dried a smudge.	Kéwku
Wolf-Willow	<i>Elaeagnus commutata</i>	The tough fibrous bark was an important material for making bags, baskets, rope and other woven materials	Sp'eqwey
Thimbleberry – Salmonberry	<i>Rubus parviflorus</i>	The large maple-like leaves were widely used as temporary containers, to line baskets, separators or as a surface to dry berries.	Stíq'wem – berry; Steq'wméllp
Soopolallie – Soapberry	<i>Shepherdia canadensis</i>	The berries were made into a drink or whipped with water into a light froth.	Sxúsem – berry; Sxwesméllp - bush
Douglas Maple	<i>Acer glabrum</i>	The Secwepemc used the wood make snowshoes, dip net frames and handles of tools. We wove the fibrous inner bark into twine and rope.	Ts'wéllten
Red-Osier Dogwood – Red Willow	<i>Cornus stolonifera</i>	The Secwepemc used the branches to add strength when making baskets. Fish traps, poles, stretchers and sweathouse were made from the 'Red Willow'.	Tsqwtsqwqwlqw – willow; Cpeqpéqen'kcen - berries
Pacific Willow (Bebb's, Scouler's)	<i>Salix lucida ssp. lasiandra S. lasiandra</i>	The inner willow bark was peeled and twisted into twine, for making fish nets.	Q'welséllp
Mountain Alder (Sitka)	<i>Alnus incana ssp. tenuifolia</i>	Mountain alder was considered the best for smoking and drying salmon and meat. It was also made in to eating utensils; it was also used for dye and to treat animal hides.	Kwle7éllp
Red Elderberry	<i>Sambucus racemosa ssp. puben var. leucocarpa</i>	The stems were hollowed out to make whistles, drinking straws & pipe stems.	Ts'kwikw
Common Snowberry	<i>Symphoricarpos albus</i>	The Secwepemc hollow out the twigs to make pipe-stems.	T'elwécwtkwllp – tree; Tpeqpqúqse7 - berries

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**DRAFT, January 19, 2007
NStQ Treaty Negotiations**

Kinnikinnick	<i>Arctostaphylos uva-ursi</i>	The leaves can be used as tobacco for smoking. They were first toasted beside a fire.	Elk – berry; elkéllp - bush
Strawberry-blite	<i>Chenopodium capitatum</i>	This plant was used as a dye.	
Common Juniper	<i>Juniperus scopulorum</i>	The wood was burned; the strong scent would get rid of harmful spirits, insects and infection. Wood was used for tools & shelters.	Punllp
Rocky Mountain Juniper	<i>Juniperus scopulorum</i>	The extremely tough wood has been used for making bows, spears, clubs, spoons and snowshoe frames.	Punllp
Interior Douglas Maple	<i>Acer glabrum</i>	The tough pliable wood was used to make a wide variety of goods, especially snowshoes frames. Also the Secwepemc wove the fibrous inner bark into twine and rope.	
Blue bunch wheat grass	<i>Agropyron spicatum Elymus spicatus</i>	The Secwepemc used layers of this grass for drying Soopolallie berries.	T'éqwenllp
Giant Wildrye	<i>Elymus cinereus</i>	The stems of the plant were split and used to decorate split cedar-root baskets.	
Fungus from Paper Birch Tree	?	Fire starter; use in making fires	Tikwen'kten
Ground moss	?	Used to chink log house with, Indian insulation	Sepsyu'l'ecw
Like a rush	?	Use to make large mats for eating on – table cloth like.	Ts'elut
Coyote's needle – more research		Use as needles.	Scemst'yé7
Pasture Sage	<i>Artemisia frigida</i>	Smoking hides	P'nellp
High-bush Cranberry (Bog)	<i>Viburnum edule</i>	Secwepemc use the willow to make pipes	T'nis – berry; T'neséllp - bush
Medicines			
Common Name	Latin	Parts of Plant Used	Shuswap Name
Subalpine Fir – Balsam	<i>Abies lasiocarpa</i>	It's pitch was extracted from blisters; tea was made from bark for cough remedy. Bark is eye medicine - cataracts	Melénllp – tree; Tsets'elq – root; Seléwll – cones St'ekwyenst - bark
Interior Douglas Fir	<i>Pseudotsuga menziesii var. glauca</i>	Secwepemc made a tea from the twigs and needles.	Melénllp – tree; K'eme - needles
Black Cottonwood	<i>Populus balsamifera ssp. trichocarpa</i> <i>P. trichocarpa</i>	The inner bark was used to make soap & medicinal tea; the sticky resin on the buds was used for ointment for small cuts.	Mulc – tree; Scwilél'tcw - bark
White Spruce	<i>Picea glauca</i>	Spruce pitch & extracts from boiled needles were used for medicinal purposes.	T'sellp – tree; T'esllpéltc – bark; T'esllpép - root
Black Spruce	<i>Picea mariana</i>	Spruce pitch and extracts from boiled needles were used for medicinal purposes.	T'sellp
Common Juniper (Mountain)	<i>Juniperus scopulorum</i>	The wood was burned or cooked. The strong scent would	Punllp

		get rid of harmful spirits, insects & infection. Branches & berries were boiled for a tea that was taken for various ailments.	
Common Snowberry	<i>Symphoricarpos albus</i>	The berry juice was for sores.	T'elcwéctkwllp – tree; Tpeqpqúrqse7 - berries
English Horse Tail (Wood)	<i>Equisetum arvense</i>	The plant was used as a medicine. Use to help pass water/relieve constipation.	T'úcwen
Choke cherries (Pin Cherry)	<i>Prunus virginiana</i>	The Secwepemc consume choke cherry juice to regain strength after sickness.	Tkwlóse7 – cherry; Tkwelse7ellp - tree
Red Raspberry (Leaves)	<i>Rubus idaeus</i>	A decoction from roots as a stomach remedy	S7éytsqwem – berry; S7eytsqwméllp - bush
Common Horsetail	<i>Equisetum arvense</i>	The plant was also used for medicine.	T'úcwen
Wild Strawberry	<i>Fragaria virginiana</i>	Dried leaves were made into tea.	Tqítge – berry; Tqetge7ellp - plant
Soopolallie – Soapberry	<i>Shepherdia canadensis</i>	The sticks of the plant, are also prepared as a tea, for purifying and cleansing one's insides.	Sxúsem – berry; Sxwesméllp - bush
Yarrow	<i>Achillea millefolium</i>	The plant was used to make a smudge to keep insects away. Roots were washed & crushed; used for tooth aches.	Qetsqetsuye7éllp
Common Name	Latin	Parts of Plant Used	Shuswap Name
False Solomon's Seal	<i>Smilacina racemosa</i>	The Secwepemc used the roots as a blood purifier.	Q'icnéllp
Black Hawthorn	<i>Crataegus douglasii</i>	The Secwepemc use berries medicinally – diarrhea, stomach pains.	Stmuqw – berry; Stemqwéllp - bush
Round-Leaved Alumroot	<i>Heuchera cylindrica</i>	The plant was used to treat wounds. The leaves use in a solution to bathe sore feet & used it to treat diarrhea.	Legmin
Showy Milkweed	<i>Asclepias speciosa</i>	The Secwepemc treated warts with the milky sap.	Wupupapqa7
Big Sagebrush (Pasture)	<i>Artemisia tridentata</i>	The leaves and branches to make teas for colds.	Kéwku
Rabbit Brush	<i>Chrysothamnus nauseosus</i>	The Secwepemc drank tea from its leaves to ease cramps.	Tseptsepqenellp
Fireweed	<i>Epilobium angustifolium</i>	Fireweed used externally as a medicine against eczema.	Tsíxnéllp
Devil's Club	<i>Oplopanax horridus</i>	The Secwepemc used it for many ailments, i.e. cough syrup, laxative and so on.	St'sk'tuptupelqw'
Common Rabbit-Brush	<i>Chrysothamnus nauseosus</i>	The Secwepemc drank a tea made from its leaves to ease cramps.	Tseptsepqenellp
Brittle Prickly-Pear Cactus	<i>Opuntia fragilis</i>	The Secwepemc boil the flesh into syrup to use a cough medicine.	Seki7
Cascara	<i>Rhamnus purshiana</i>	Cascara bark boil with Soopolallie sticks; used as a laxative	Llenllen
Shrubby Pentemon	<i>Penstemon fruticosus</i>	A decoction of the branches was taken as a purgative to treat ulcers and to bathe sore eyes injuries & aches from rheumatism.	Segsesegt

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White Clematis	<i>Clematis ligusticifolia</i>	The Secwepemc mixed the plant with wild tarragon to make a poultice that was used to alleviate pain from bruises, sprains & broken bones.	Stept'u'pelqw
Tall Oregon Grape	<i>Berberis aquifolium</i>	The bark and wood was used as a tonic and blood purifier.	Stsélséllp
Red-Osier Dogwood	<i>Cornus stolonifera C. sericea</i>	The boiled inner bark was used for any kind of sickness or applied as a poultice to sores and swelling to kill pain.	Tsqwtsqwqwlqw – willow; Cpeqpéqen'kcen - berries
Sitka Valerian	<i>Valeriana sitchensis</i>	The Secwepemc used the plant as a medicine & disinfectant. It was used for colds & we bathed our race horses with it.	Kíkwe
Red Elderberry	<i>Sambucus racemosa ssp. pubens var. leucocarpus</i>	The bark and roots were boiled and the infusion was drunk as an emetic or purgative.	Ts'kwikw
Black Twinberry	<i>Lonicera involucrate</i>	The berries were mixed with other plants as an arthritis medicine.	Kenkekne re stq'wlustitsen's
Stinging Nettle	<i>Urtica dioica</i>	The Secwepemc plastered the plant over sores & bruises. Nettles were medicinally as a counter irritant and took decoctions of roots & leaves internally for uses ailments.	Swecwmém'llp
Common Name	Latin	Parts of Plant Used	Shuswap Name
Showy Aster (Leafy)	<i>Aster conspicuus</i>	The Secwepemc soaked the roots in the water sores, boils and infections.	Qweqw'icen'
Tarragon	<i>Artemisia dracunculus</i>	Tarragon mixed with White Clematis to heal sprains, fractures & bruises.	Skek'elminst
Field Mint	<i>Mentha arvensis M.canadensis</i>	The mint was used to make tea to treat bad colds, pains and swelling.	Cwecw7u7cw
Great Burdock	<i>Arctium lappa</i>	The Secwepemc used the root of the plant as a blood purifier.	
Wild Sarsaparilla	<i>Aralia nudicaulia</i>	The Secwepemc made a tea to treat colds	
Common Plantain	<i>Plantago major</i>	A poultice was made from the leaves to soothe cuts, sores, burns and bee stings.	
Prickly Rose (Bald hip, Nooka, Prairie)	<i>Rosa acicularis, gymnocarpa, nutkana</i>	The rose bush was used for tea.	Sekwéw' – Rose hip; Sképlén'llp - Bush
Smooth Sumac	<i>Rhus glabra</i>	The Northern Secwepemc smoked or dried sumac like tobacco.	Smemencéllp
Wild Sarsaparilla	<i>Aralia nudicaulis</i>	Secwepemc made tea to treat colds	
Fungus from Paper Birch Tree	?	Medicine from the fungus of birch, use for treating arthritis.	Tikwen'kten
Fungus from Douglas Fir Tree	?	Used to help calm stomach; to make stomach pass gas	Wexwélst
Rock tripe - lichen	?	For sores in your mouth.	Spetpetqín

Lodgepole Pine (Ponderosa) - Jackpine	<i>Pinus contorta var. latifolia</i>	Sap is used for constipation.	Qweqwli7t – tree; Sap – Sti7qwelqw
? looks like False Solomon Seal plant, no berries		Use to make a baby sleepy, bathe crying baby, will soothe baby	Q'icenellp
Cleansing			
Common Name	Latin	Parts of Plant Used	Shuswap Name
Paper Birch	<i>Betula papyrifera</i>	The Secwepemc steeped birch leaves in water to make a shampoo.	Qweqwillilleñllp – tree; Qwllin - bark
Cow-Parsnip – Wild Rhubarb	<i>Heracleum lanatum H. sphondylium</i>	The Secwepemc boiled the entire plant in water to make a washing solution for eliminating fleas from clothing. Roots were place in sweat house water to eliminate human scent, before hunting or trapping.	Xwtellp
Cattail	<i>Typha latifolia</i>	The seed fluff was used for diapers.	T'nisellp
Big Sagebrush (Pasture)	<i>Artemisia tridentate</i>	The foliage was boiled & used as a solution for washing walls & floors as a disinfectant & insect repellent.	Kewku
Sitka Valerian	<i>Valeriana sitchensis</i>	The Secwepemc bathed their race horses with it.	Kíkwe
Red-Osier Dogwood – Red Willow	<i>Cornus stolonifera</i>	The Secwepemc made their sweathouses from the branches.	Tseqwtsqwéqwelqw – willow; Cpeqpéqen'kcen - berries
Labrador Tea	<i>Ledum groenlandicum</i>	The Secwepemc name secwsqéqxe7ten, meaning 'bathing dog-stuff,' is derived from hunters who long ago washed the noses & mouths of their tracking dogs so prey could not smell them.	Secwsqéqxe7ten
Common Name	Latin	Parts of Plant Used	Shuswap Name
Common Juniper (Mountain)	<i>Juniperus communis</i>	The boughs were burned or boiled & the strong pungent odor emitted was though to purify the house & protect the inhabitants from infection & harmful spirits.	Punllp
Pacific Willow (Bebb's, Scouler's)	<i>Salix lucida (Salix bebbiana, Salix scouleriana)</i>	The young willow branches were boiled & used daily as a wash to clear pimples & when bathing to keep odor away. The willow bark was used to bathe babies with diaper rash.	Q'welséllp
Arrow-leaved Balsamroot	<i>Balsamorhiza sagittata</i>	An infusion of leaves was used as a wash for poison ivy and running sores.	Smúkwe7cen – flower; Tséts'elq - root
Red Columbine	<i>Aquilegia Formosa</i>	It was a good luck charm for gambling and as a love charm. A decoction was made for a hair wash.	
Canada Goldenrod	<i>Solidago canadensis</i>	An infusion was made as a bath for the mother at childbirth time.	

**WITHOUT PREJUDICE
FOR DISCUSSION PURPOSES**

**DRAFT, January 19, 2007
NStQ Treaty Negotiations**

Prickly Rose (Bald hip, Nooka, Prairie)	<i>Rosa acicularis, gymnocarpa, nutkana</i>	Bathing at sweathouse.	Sekwéw' – Rose hip; Sképlén'Ilp - Bush
Scouring-rush	<i>Equisetum hyemale</i>	The Secwepemc ate the roots.	

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