# Salish Country Cookbook

Traditional Foods & Medicines from the Pacific Northwest

Rudolph C. Rÿser

# Salish Country Cookbook



Book design by Liz Rubin.
Cover photo by Elise Krohn. Alderwood roast of salmon in skunk cabbage and deer strips



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# Foreword

Salish Country Cookbook is the result of more than 10 years of "Culture, Foods, and Medicines" workshops and cultural gatherings conducted by the Center for World Indigenous Studies and the Center for Traditional Medicine in the United States Pacific Northwest. Rudolph and I had just returned in 1998 from five years working in rural Mexico where we developed the idea of "culinary pedagogy." My work in the field of traditional medicine intersects culinary traditions and the role of food, diet, nutrition, and community health. The approach has met much success restoring community fabric in the face of nutrition trauma and externally imposed development.

While we could talk about all kinds of highfalutin ideas for "culinary pedagogy," what became very clear for us was that people really just like to socialize and sit around the table after having gathered fresh food; and then prepared it together and share in the delights and tastes of traditional foods. Thus began our adventures in community organizing and traditional foods and medicines as a central approach to restoring the community fabric of indigenous communities. Upon our return from this break in Mexico and our return to the United States and the Pacific Northwest, we began applying these principles and approaches to a program of health and healing with Indian tribes in the Pacific Northwest. We were invited to carry our program to First Nations in British Columbia and to work with communities in Eastern Canada, and so we did.

It became very clear to us that there is a direct relationship between the loss of traditional foods and limited access to these foods and the increase of chronic illnesses. The loss of traditional food preparation techniques, and the adverse effects of refined and commercial foods are unhealthy for the bodies, minds, and spirits of tribal members. These conditions directly produce the sharp rise in chronic illness, and most notably diabetes, depression, and cardiovascular disease.

Seeing the relationship between cultural loss, limitations on food access, and chronic disease started us on organizing our Culture, Foods, and Medicines workshops. In addition, our certificate and accredited Masters degree program and internships in these topics began graduating skilled clinicians and educators in this field who joined us in teaching and writing.

Joining in these workshops were interns at the Center in Olympia, Washington. Many of these bright and talented people as well as elders and other members of the tribal communities in Salish Country contributed to testing recipes and making revisions of the recipes in this book. These people spent hours working with us coming most notably from Nisqually, Quinault, Lummi, Lower Elwah S'Klallam, Anishinabe, and Sto'Lo. During

weeklong workshops elders took us out into the fields and forests and even into the city to gather foods that we all prepared. As a result of these feasts, with as few as 75 and as many as 300 people, community members went back to their tribes and began organizing their feasts on a more regular basis. Some tribes had not had feasts such as the First Foods Feast in more than two generations, but with the Culture, Foods, and Medicines gathering serving as a synergy, whole communities began their traditional feasts once again.

As you read through these recipes and stories you will see they are heavily influenced by Rudolph's experience growing up on the coast near the Quinault and Chehalis peoples. He learned from his mother about the use of traditional foods for nourishment and medicine. I have contributed knowledge about the medicinal role these foods play in physical and mental health. In this new edition of Salish Country Cookbook we have revised the recipes that appeared in the First Edition. While some of the recipes are very traditional, others have been adapted for use in today's kitchens and more accessible ingredients. We have done this because of the challenge of accessing some now quite rare and sometimes modern development contaminated ingredients, or to suit current tastes.

We have tried to maintain the integrity of each dish by using foods that do not raise the glycemic level or use gluten-based products, both sugar and gluten being harmful to most indigenous peoples of the Western Hemisphere (as well as peoples from other parts of the world including Europe). Prior to contact by peoples from outside the Americas, there were no cows, pigs, or wheat in the western hemisphere making these products often indigestible to Western native peoples. As in all books about food and recipes they are meant to be prepared and enjoyed with your family and friends, used as a teaching tool for children, and above all for the simple joy of coming together and sharing culture, foods, and medicines.

Leslie E. Korn, PhD, MPH
Center for Traditional Medicine
Olympia, WA
October 4, 2013

# Preface

**Second Edition**

This edition of Salish Country Cookbook contains many new and improved recipes that use native foods gathered and prepared in ways suitable for the 21st century kitchen. The same important standards for cooking—long, slow, and moderate temperatures for meats and fish, and fresh, minimally processed plants in the Longhouse fashion—remain the guideposts throughout all of our recipes.

Longhouse life, family, and good health are the historical qualities of living in the coastal zone from the Pacific Northwest of the United States north to Pacific Western Canada—the region we call Salish Country. Once there were thousands of canoes carrying dried salmon, oolichan grease, dried clams, dried berry cakes of salal or huckleberry, cedar planks, goats' wool blankets, woven baskets, cedar bent boxes, and many other goods up and down the Salish sea from the hundreds of longhouses along the rivers. More than 200,000 people from scores and scores of longhouses prospered in this world of sea and land for thousands of years.

In the days before the beginning of the 19th century there were no tribes as we know them today, only longhouses built from cedar planks housing extended families ranging from as few as twenty to as many as 450 people. The mainstays of life came from the sea, the beaches, the plateaus, and the mountains where oolichan, salmon, crab, clams, deer, elk, and fruits like salal, cranberry, salmon berry, black cap raspberry, huckleberry, quamash, wild onions, wild celery, pickleweed, and sea weeds ensured human life.

Much has changed in the few short centuries since the Salish World of old, dotted by peoples with their hundreds of different languages and dialects and cultural niches. While many of the riches of the past still wait for harvesting, many have been changed as a result of commercial development introduced into the region when the United States, Russia, England, and Spain began to send their trade ships and settlers to take land, using the place in ways never before seen by the original peoples. Those changes quickly began to deplete the riches that long sustained life. Trees that were once abundant for canoes, longhouses, clothing, baskets, were cut down, loaded on ships, and carried to San Francisco and Boston to build those cities.

Recalling these riches in food and preparation practices has been my life long commitment. The result is the Salish Country Cookbook, a book of Salish foods with both traditional and modern preparation techniques, restoring the flavors, aromas, and textures of foods that have sustained peoples for thousands of years.

Not all of the foods we describe in this volume will be in your local grocery store. You will need to find skilled, experienced, and good-hearted hunters and seafood fishers who respect animal life. You will need to find plant and fruit gatherers who also respect the plant life of the region. Like finding a good farmer you must find a good hunter or gatherer; apprentice yourself and if you are a knowledge holder, share and educate the young ones of all ages. You will be assured of high quality food that is respected and has been lovingly procured for you to use in this book for fine meals and the rich experience of tasting Salish culture.

Rudolph C. Ryser
Olympia, Washington
September 18, 2013

### Salish Country Cookbook: Preface to the First Edition

Salish Country Cookbook is a product of many years of research and learning from Salish food preparers and gatherers. Growing up eating bear candy (salmon berry sprouts) and gathering berries, clams, oysters, crab, and enjoying my father's and brothers' hunted deer, bear, elk, duck, and beaver made this book necessary. It is published with the hope that as more Salish people reclaim ancient food preparation methods and turn them into modern recipes, the land and sea will once again be treated properly and no longer as the place to dump waste. We then will see and understand that the human connection to the land is vital for our health in body, mind and soul. Human beings cannot long survive if the land and the sea are together made into places for dumping toxins, industrial waste, nuclear waste, and medicinal waste.

Salish Country Cookbook is a celebration of Salish knowledge with ancient roots in the land and the sea. We have recited some old recipes and prepared ancient foods in modern ways. The Salish cook will have the benefit of life giving food and enriched knowledge. Those of us who prepared this book wish you the benefits of life and knowledge contained in these pages.

Rudolph C. Ryser
Olympia, Washington
May 1, 2004

# Acknowledgements

Like any feast, this book is the result of a living community of family, friends and ancestors. Hundreds of men, women and children from dozens of tribal communities either contributed or influenced the selections of recipes, ingredients and styles of preparation.

Mirjam Hirch and Keylee Marineau contributed to recipe writing for the first edition of the book, Marlene Bremner capably oversaw copy editing and eBook production and brought her artistic eye to the photography. Marilyn Piper graciously contributed to recipe review and proof-reading.

Elise Krohn generously contributed many of her photographs from feasts and plant walks she taught with us, or led. Special thanks to the generosity of professional photographers Ben Legler for providing many of our plant photographs and John Amato for providing the photograph of the Rose Hips. Our talented designer Liz Rubin designed this eBook. Leslie Korn wrote the food-as-medicine content and many of recipe introductions.

Finally, My mother Ruth, her father, her father's mother and her parents as well as grand-mothers back more than three hundred years have also had their hand in this modest collection of recipes, and along with my father Ernest, I have enjoyed a long life because of these Salish Foods.

Ben Legler

Part 1

# Introduction

Marlene Bremner

Section 1

# Introduction

Whole foods in their natural environment are the richest in flavor and the best source of nutrients to ensure and maintain healthy people. In cultural regions the people, their food and their medicines must be recognized as a whole, indivisible. Evidence of this fact is found in the ancient Salish peoples and their descendents on the central west coast of North America. The modern diet of the Salish people retains much of what naturally grows in this region. Recent changes, however, that brought disease, contamination, and interloping alien plants and animals forced dramatic effects. Some native plants were completely wiped out and some animals too.

These changes have seriously damaged the health of the Salish and the plants and animals that nurtured the people for thousands of years. Only through the efforts of Salish peoples has some of the lost abundance and powerful medicine been partially restored. The Center for World Indigenous Studies seasonally sponsors *Salish Country: Culture Foods and Medicines* workshops. The workshops encourage restoration of these important foods and medicines in order to promote the prevention and treatment of chronic diseases as well as a return to a healthy way of life for the Salish peoples.

The Salish peoples include: Siletz and Wascopum in Oregon; the Taidnapum Cowlitz, Quinault, S'Klallam and Skagit of Washing-

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ton; the Wenatchee and the Kootenai of Montana and Idaho; and the Stl'atl'imx, Gitskan, Okanagan, and Nuxalk of British Columbia.

For many thousands of years these nations, their neighbors and their ancestor nations depended on a great variety of foods and medicines to support a healthy life. The notion of whole foods as distinct from commercially processed foods was clearly not a distinction to be made. All foods in the Salish territory are naturally whole foods.

They are powerful medicines that strengthen the body, mind and spirit. All the peoples of the Salish region shared in the great abundance from the land, the air and the sea through an extensive system of trade using the waterways and paths that have in some instances been made into modern highways. The birds, four legged animals, plants, and insects are all gifts to the Salish peoples and when they are taken for food or medicine the hunter or the gatherer must be in a happy frame of mind to ensure that such happiness is given in return by the ones who give their life to human beings.

The natural foods of this region are richer in nutrients, fiber, proteins, carbohydrates and fats than their cousins, farmed as agricultural produce. The natural foods give happiness as a part of their nutrition since they willingly give themselves. Caged animals and human controlled plants cannot give so much happiness since they are not willing givers of their life. That is why foods that have been heavily processed cannot give life and health to the body. Indeed, heavily processed foods are not alive. They cannot give life or sustain life. Only living things can do this.

The Salish living cornucopia includes a great abundance of roots, greens, berries, nuts, apples, seeds, flowers, honey and tree sap, tree bark, deer, elk, bear, pheasant, ducks, geese, and sea foods including sea weed, shellfish, salmon, cod, halibut, and a small fish, the Oolichan. Such natural abundance once provided for an industrious, creative and healthy population of more than 200,000 people until the beginning of the late 18th century and early 19th century when Spanish, then Russian, British and American ships began to arrive looking for the illusive trade route known as the Northwest Passage. In the more than 200 years since the arrival of these ships of commerce the natural variety and extent of abundant foods and medicines rapidly declined and in some instances collapsed altogether. In only recent decades have some of these foods been restored as a result of Salish peoples protecting and re-establishing some plants, fish and animals in the wild.

While the Salish had sustained a comfortable way of life for thousands of years, the introduction of alien plants, animals and fish from the recent arrival of traders and merchants on the ships of exploration placed the whole Salish culture under enormous stress. The combination of human borne diseases (measles, mumps, influenza combined to kill in some instances up to 90% of individual communities), alien animal and plant diseases, and introduced alien animals and plants spread throughout the region without natural predators swiftly destroyed or reduced the region's natural abundance. European black berries, scotch

broom, dandelions, morning glory and ivy are among those plants that quickly found eco-niches to crowd out native plants. The Norwegian rat leapt off ships to take refuge in a region where rats had no natural enemies bringing disease as well as competition for other natural rodents. As a result of this onslaught, some foods and medicines on which Salish peoples depended for thousands of years fell into serious decline. Some of these like quamash, the salmon and the oolichan nearly disappeared altogether. Only through the efforts of Salish peoples in the last several decades have these important foods and medicines not completely disappeared.

Salish Country Cookbook joins other efforts of the Indian Women's Circle to make ancient food knowledge available to Salish peoples who have forgotten and for non-Salish peoples who wish to learn. The health of the people and the health of the land are one and the same. If the earth is mistreated and made unhealthy, then the people will suffer. Salish peoples are suffering now, but they have within them the knowledge and the medicine to restore health to them selves and to the land.

**Hazelnuts, elk meat stuffing and salal berries**

Marlene Bremner

# Salish Cooking Knowledge

Hunting, gathering, preparing, serving, singing and dancing are all a part of the knowledge necessary to prepare Salish foods. The many cultural variations among Salish peoples reflect the different experiences people have in the different ecosystems throughout the Pacific Ocean coastal region running south from Alaska to Northern California and to the interior to Montana. Yet, even with these differences there are also many similarities. We celebrate these similarities and differences in Salish Country Cookbook. Hunting (whether for flying things, four leggeds, those who swim in the rivers and sea and those who pollinate flowers or chew on old and dying trees) is an activity that fewer people actually practice, though it is one of the forms of knowledge important to Salish cooking. Like those who gather roots, sprouts and berries, the hunter must have calmness and happiness to accompany the discipline necessary to receive the gifts of life from animals. If the hunter and the gatherer have the correct frame of mind they can ensure lifegiving food for the people. If they are angry or confused, they will be unsuccessful, or even worse, they will bring the anger into the bodies of the people through the angry food.

Just as there is calmness and happiness in the hunters and the gatherers, there must also be the same in those who prepare the foods. Discipline, skill and care combine with the calmness and happiness to ensure the healthfulness of the food. Not only is

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**Dandelion root, Quamash, Cattail, Salmonberry Sprouts, Deer, Seal and Salmon**

the outlook important in the knowledge of Salish cooking, but it is essential to understand that cooking methods can either destroy life or enhance life. Microwave ovens, deep fat frying, pressure cooking, frying and other fast food preparation methods destroy life and prevent otherwise healthy foods from giving life. Indeed, these methods do just the opposite. While these methods are convenient and sometimes quick, they compromise food quality for speed. Salish cooking demands that we recognize the slowness of food, nutritional processes and life itself. When we cook food, we are really just making it digestible, palatable and attractive to the eye. If we "kill the food" we are simply putting dead material into our bodies.

Consequently, we should consider preparing all of our modern Salish dishes (such as those in Salish Country Cookbook) using whole foods prepared with a minimum of heat to ensure the life giving benefits of our food. The cooking methods used in Salish Country Cookbook include the following: boiling, baking, broiling, roasting, stir frying, steaming, drying, smoking, fermenting, and tenderizing. Most Salish foods are at their very best when they are minimally processed—minimally sliced, diced, ground, chopped, and mashed. If foods are palatable and digestible whole, then one should try to present the food whole at a meal. If foods are more flavorful when joined with other foods, then of course put them together. Experiment and find good combinations. The plants and animal meats will let you know if they don't work together.

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**Elise Krohn (L) and Laura Killian (R) crushing juniper berries, chopping garlic**

# Basic Salish Pantry

There are a few herbs and seasonings you will want to have on your kitchen shelf to cook Salish dishes.

Elise Krohn

These include (all natural or organic):

**Herbs:**

Bay leaf
Dried berries
Cedar branch
Maple sap (maple syrup)
Sage
Spruce tips
Wild carrot (or spring carrots – small)
Wild celery (or commercial celery with lots of tops)
Wild garlic (or commercial garlic)
Wild onions (or commercial onions and onion greens)
Wild parsley (or commercial parsley)

**Seasonings:**

Cedar branch
Juniper berry
Kelp
Pine sap
Sea salt
Smoke (Alder wood, Wild Cherry, Maple, Vine Maple)
Spruce tips
Wild Ginger root

## SALISH COOKING ALTERNATIVES

| Avoid | Replace With |
|---|---|
| Sugar | Stevia or natural berry juices |
| Vegetable Oils | Olive oil, flaxseed oil, fish oils (oolichan oil, salmon oil) *used for cold preparations* |
| Fats | Coconut fat, butter, lard (organic pork) *used for hot cooking* |
| Cow's milk dairy | Goat, sheep milk, cheeses, yogurt, etc. |
| Salt | Sea salt, natural salt in foods |

To these, we will need to add pepper and Stevia (a naturally sweet plant used by Indian peoples of Paraguay). The pepper suits the modern taste and Stevia is an important substitute for commercially produced sugars from sugar cane and sugar beets. Stevia has the benefit of normalizing blood sugar, reducing high blood pressure, being healthy for one's gums and teeth and it promotes healthy flora in the lower digestive tract.

Introduced foods like wheat, cow's milk, salt, corn syrup, high fructose sugar, refined and processed sugars, vegetable oils (corn, peanut, soybean, safflower, canola, etc.) and white rice do great injury to Salish bodies. They should be avoided and eliminated from your kitchen. Along with preservatives (nitrates and nitrites, for example) and artificial coloring, these foods contribute to chronic disease and are wholly unnecessary.

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**Berry juice can be used to replace refined white sugar in desserts such as this Apple Hazelnut Tart.**

Section 3

# Importance of Oolichan Oil

Oolichan (smelt, *Thaleichthys pacificus*) oil is one of the most important foods of the Salish people. Along with the salmon, the seal, and the whale, the oolichan is a source of rich oil used to flavor bland vegetables and meats or enhance the flavor of fruits and berries. This important oil is available only from the silvery oolichan that come up coastal rivers in Salish territory and nowhere else in the world. The abundance of salmon and oolichan provided ample fats that nourished the brains and arteries of Salish ancestors. Today, many health problems derive from the diminution of these important resources.

Skilled Salish people produce oolichan grease as a result of exacting processing techniques, using one of the many varieties of oolichan that spawn in Pacific coastal rivers and then swarm into the ocean. Like salmon, the oolichan live nearly all of their lives in the ocean and return to their native river to spawn the next generation.

Oolichan oil is not only a favored condiment for dipping foods and binding dried fish or berry cakes, it is also a powerful salve for burns, insect bites, abrasions, and chronic skin conditions. Traditional uses include adding oolichan grease as a preservative, binder, and flavoring to dried berries like salal or chokecherries to form large cakes for food in winter--a time when no berries are available. Oolichan oil has a high docosahexaenoic acid (DHA) content.

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Daily consumption of 2 to 4 ounces of oolichan makes it an important food to support brain, blood, heart, and adrenal function. DHA repairs and builds material for membranes surrounding the brain nerve synapses and is an important substance for replacing the sticky surface of blood cells with a slippery coating, thus reducing the tendency of blood eel is to clog the arterial system. The precious oolichan oil and other marine sources of DHA and EPA are now used to treat diabetes, heart disease, depression, posttraumatic stress disorder, additions, autoimmune diseases, learning disorders, and chronic pain.

### Cooking utensils

Traditional Salish cooking equipment included hot rocks under a pile of soil (food is covered with skunk cabbage leaves, the ancient food wrap), cooked over fire directly, boiled in a basket with hot rocks, or steamed over a fire wrack with seaweed. Food may be smoked, wind dried, sun dried, fermented or salted. Your modern kitchen may not be able to accommodate these features so we suggest the following: A glass, stainless steel, copper, enameled or iron steamer pot with a catch basket in the bottom to keep the food from the water. (Do not use aluminum cookware. If one cooks acidic foods or salty foods in this cookware the aluminum is transferred to the food and contributes to health problems.) A two quart and three quart pot. One or two saucepans and a Chinese wok made from steel or iron. (Don't use "non stick/Teflon" plans. The material sloughs off and can contribute to health problems). Long tongs, half-cup ladle, heat resistant spatulas and wood spoons for stirring. Use good, sharp knives always.

Oolichan Coast Feast

Rudolph C. Ryser

**Left to Right: Smoked oolichan, oolichan oil in upper left cup, poached salmon with crushed juniper berries, wild onion and wild celery, clams and in cup to the right we have cured salmon eggs all resting on a cedar bow.**

# Culture: Respecting Natural Laws

*"Food is one of the means by which a society creates itself... food choices and presentations are part of every society's tradition and character."*

— Margaret Visser

Culture develops through a people's worship of the land. The relationship to the land and the foods and medicines the land offers define a people's unique place on earth over the centuries. A harmonious balance of land, sea and mountains guarantees human survival and health. Salish country is a very rich territory. Food sources and medicines are abundant. The gathering and processing of the many traditional, subsistence foods and medicines generated an exceptionally complex Salish culture.

Salish people have always heavily relied on marine resources for food. Pre-contact Central Coast Salish diet derived 10% from gathering (vegetables and fruits). Carbon isotope measurements indicate that coastal people obtained 90% of their protein from marine sources. Traditional food in the Salish and Sahaptian area includes many types of salmon: sockeye, spring, coho, chum and pink year round, herring and herring roe (March), cod (lingcod, red snapper, rockfish), steelhead (winter), halibut, seals, sea lions, and beach foods from February through the summer months. Other staples in the diet are deer, basket cockles, crab, oysters,

Elise Krohn

Preparing cattail sprouts by removing and using the white part of the plant eaten fresh.

oolichan, eel, seal, octopus, horse clams and butter clams, seaweed, duck, elk, pheasant, berries, crabapples, cherries, camas roots and many kinds of herbs. These foods are eaten immediately, preserved in large quantities for future food, ceremonial, social and trade purposes. Especially in former times food could be directly or indirectly converted into wealth. An essential part in Coast Salish culture was the harvesting of surplus food. Surplus food increased a family or groups' ability to access other resources through reciprocity and allowed time to be devoted to activities that produced wealth. A household with excess food could attract more people who could produce food or wealth. Items of wealth included material items such as baskets, blankets, canoes, arrows and slaves. Thus a balanced relationship to the land, good health and a stable societal structure developed.

This fine balance has been severely disturbed ever since the time of contact. Foreign foods were introduced which replaced traditional diets so essential for Salish people's health and well being. The introduced diet was a traumatic and stressful experience to Salish peoples unable to adapt to and digest the radical and rapid change.

Nowadays modern diseases afflict Salish peoples and indigenous peoples the world over. These are generally preventable diseases. They are diseases that result from planned scarcity and conditioned poverty foisted on peoples that never before the colonial era experienced the related diseases of alcoholism, obesity, heart disease, diabetes, addictive drug consumption, attention deficit disorder, learning disabilities and declining eyesight. While wholly preventable and largely curable, modern Western European medicine remains stymied and hopelessly distracted from either preventing or curing these destructive diseases in native communities. Where conventional medicine has failed utterly, the indigenous traditional cultures, foods and medicines have not only succeeded, but may prove helpful to immigrant communities that have long become disconnected from their cultures, foods and medicines. Where the world's mature and healthy cultures persist with access to their foods and medicines in nature the evidence remains overwhelmingly clear that preventable diseases are not only non-existent, but where peoples reclaimed their cultures, foods and medicines the scourge of addictive disease can be reversed.

Climate, geography, and stable as well as changing environmental conditions directly define the health of indigenous peoples. The modern diet appropriate for indigenous peoples must be utterly lacking in pollutants (metals, chemicals, hazardous waste, nuclear waste, petrochemical, etc.) and lacking in refined sugars, grains, proteins, fats, preservatives, colorings, stabilizers, flavorings and bovine dairy products. Unrefined fat consumption must be in amounts 20% of the diet, complex carbohydrates must be consumed in the amount of 60%, and finally proteins should be consumed at a rate of 20% of the diet.

# Modern Contamination - Caution and Care

*"Traditional foods give us health, well-being and identity. Traditional foods are our way of life....Total health includes spiritual well-being. For us to be fully healthy, we must have our foods, recognising the benefits that they bring. Contaminants do not affect our souls. Avoiding our food from fear does."*

—(Inuk)

Before gathering traditional foods one has to be well prepared and experienced. One needs to have a sound knowledge of the foods one seeks and the land from which it is harvested. Many plants and animals are poisonous. They are *natural contaminants* and can seriously damage human health. Sometimes it is hard to distinguish poisonous from harmless species. Therefore when gathering wild food one has to be very ***vigilant and cautious***.

There are not only internal poisons in plants and animals, many different types of external, environmental contaminants exist:

- The wastes and poisons as chemical products and bi-products of industry, like heavy metals (aluminum, mercury, cadmium, lead, etc.)
- Toxic contaminants can result from atmospheric deposition of pollutants emitted by industry
- Territories can be heavily affected by economic development, road construction, housing projects, by agricultural activity and industry
- Vehicles like cars, trucks and boats
- Disasters like spilled oil tanks
- Sewer outfall, leaky septic fields and farms, effluences of pulp mills
- Pesticides and herbicides

These contaminants affect the quality of the land, water, and food species. They can spoil the purity of food or make it poisonous. Environmental poisons accumulate in: butter and other animal fats, milk, meats, vegetables and grains. Depending on the type and amount they can be very dangerous to human health.

**Care:** To keep the risk of consuming contaminants minimal, avoid gathering food close to roads, industry and water where motorboat traffic is high. If possible harvest close to wetlands (they are natural purifiers and filters which absorb toxins).

**Caution:** Industrial contaminants cannot be seen, smelled or tasted in traditional food!

Often times it is hard to know whether wild food is contaminated. Contaminants are "global travelers." They do not stop at boundaries. Banned chemicals manufactured and used in other countries end up all over the world because of global air and water circulation patterns. Many contaminants once emitted into the air or waterways can travel for thousands of miles around the globe. PCB sprayed into the air in China for example, can be transported through the air and deposited in Salish waters. In the water PCB accumulates in salmon and other fish which are then eaten by humans.

To survive and live a good life all beings need to live in balance; animals, plants and humans. If one member of any of the living beings is damaged or destroyed it has negative effects on all the rest. Human-caused contamination of the oceans or disturbance of the seas, for example, can prevent fish like the oolichan from returning to their spawning grounds. Less and less oolichan can be fished in the rivers. The oolichan, however, is crucial to the health of Salish peoples (as to many birds and water creatures). Without the oolichan as food and medicine Salish people can grow sick. Therefore, by polluting the environment we damage ourselves as well! ***It is essential that all human beings ensure their own health by keeping the environment clean.***

Nutritional and social benefits of eating traditional foods outweigh the risks associated with contaminants. Still, it is the traditional peoples who are the most affected. They have to live with the consequences of contamination, and it's not a good legacy to leave for generations to come.

The **solution** to environmental poisons is not to stop consuming traditional foods. One has to be aware of possible contaminants. Everyone needs to try to preserve the environment. Before harvesting wild foods make sure to get reliable information on contamination levels in the region. In the stores ***seek out organic*** meats and butter from pasture-fed cows, as well as organic vegetables and grains.

Chapter 2

# Edible Plants of Salish Country

Elise Krohn

# Blackberry

**Common Name:** Blackberry, Pacific Blackberry, Trailing Wild Blackberry

**Scientific Name:** *Rubus ursinus*

**Puyallup-Nisqually:** Gwa'dbiaq

**Description:** A medium shrub with running stems that bear nearly straight prickles. The leaves are usually compound groups of three ovate and toothed leaflets. White flowers with five long petals form at the tips of the branches in clusters. The fruits are shiny purple to black berries about an inch in length.

**Harvesting Tips:** Leaves can be gathered from when they first appear in spring and into the winter months, and the berries appear in the summer. Wear tightly woven clothing to prevent clothes from being torn on the sharp thorns while harvesting, and be sure to wear thick gloves as well. A solid container is also recommended to collect the berries in, as a plastic or cloth bag could get caught on the thorns.

**Uses:** Blackberries are edible and are commonly added to jams, canned, or frozen. Traditionally, they are mashed and made into cakes and mixed with fish and meat, and both the berries and leaves can be made into a tea.

Elise Krohn

# Cattail

**Common Name:** Cattail

**Scientific Name:** *Typha latifolia*

**Snohomish:** ō'lal; kEsū'b ("string made of leaf")

**Description:** Cattail, an aquatic perennial, forms in dense stands in wetlands, marshes, and shallow ponds. The leaves are narrow and erect, sprouting from the base of the stem and growing to around seven-feet long. The flower stalk is strong and unbranched, typically rising to around six feet. Mature plants have both yellowish male and greenish female flowers, with the male flowers occurring above the female flowers on the stem. Flowers bloom in summer, and afterwards, the male flowers break up and are dispersed, leaving the tips of the stalk bare. The female flowers turn brown and form a cylindrical spike that resembles a cat's tail.

**Harvesting Tips:** Gather cattail shoots in the early spring when cattails are about three feet tall. Pull the outer two leaves of the cattail away from the stalk. Pull straight up on the cattail plant so the base pops out white and clean. This should not pull up the roots of the cattail and will not harm its growth next season. You may want to wear hip waders or rubber boots, as they grow in marshy, swampy territory. The flowers can be collected when in bloom and into late summer.

Elise Krohn

**Uses:** The cattail has many edible parts and is a good quality source of carbohydrates and protein. The roots can be dug up in early spring and the young shoots peeled and eaten. The flowers, which are high in carbohydrates, can be steamed or cooked, or used to enrich flour if they are collected late in the season when they are filled with nutritious pollen. This pollen is high in amino acids and protein. Traditionally, the roots and stalks of the cattail are baked in ashes and eaten. Cattail is used for weaving mats and baskets. Cattail flowers are used for diarrhea and indigestion, and the boiled roots are applied to burns and skin problems.

# Chickweed

**Common Name:** Chickweed

**Scientific Name:** *Stellaria media*

**Description:** A small, widespread plant, chickweed is low growing and tends to form mats. The small plants are not bothered by frost and can be found in bloom or in seed throughout the year. It has small oval and opposite leaves, and tiny, white flowers with five deeply notched petals. The fruits are small pods containing large numbers of tiny seeds. Since it is widespread and non-native, chickweed is often considered an invasive weed in many areas.

**Harvesting Tips:** The whole plant can be collected throughout the year as a food and medicine.

**Uses:** Chickweed is rich in iron, potassium, and vitamin C when eaten raw, and it tastes similar to spinach. It can be included in soups or stews, and the raw leaves, seeds, and flowers can be added to salads. The small seeds can also be ground into a flour to be added to other cereals, breads, or used for thickening. Chickweed is astringent and can be used for any condition involving itching. It can be added to bath water to help relieve inflammation, typically those specific to joints. Decoctions are used to improve circulation.

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To make an infusion of the leaves and flowers, steep two to three ounces of the fresh plant in two cups of just boiled water for 10 minutes. Drink one-half cup up to three times daily.

# Choke Cherry

**Common Name:** Choke Cherry, Wild Black Cherry

**Scientific Name:** *Prunus virginiana var. demissa*

**Upper Skagit:** Plē`'la

**Description:** A deciduous shrub, three to ten feet high, with alternate, broadly oval, pointed, toothed leaves. The small, whitish flowers grow in elongated clusters and develop into round, bright red to purplish black fruits with large stones.

**Harvesting Tips:** Chokecherry grows in thickets, ravines, sandy and rocky areas, and woodlands (Derig & Fuller, 2001). They are easy to harvest and ripen in August and September.

**Uses:** Chokecherries are eaten fresh, cooked, or dried. Traditionally, they are crushed with fat, dried bear or elk meat. They are also dried in large quantities on mats in the sun and saved for winter use. Dried cakes are eaten with fish or as a dessert. Chokecherries are commonly used to make juice, jellies, and wine.

Winonah Bearchum

# Crabapple

**Common Name:** Western Crabapple

**Scientific Name:** *Malus fusca*

**Quileute:** Syuyu'xkidax (tree), Syuyu'kidaxput (fruit, "it hurts your tongue")

**Description:** Crabapple trees have rough gray bark and grow up to 30 feet tall. The leaves are alternate, dark green, and toothed with a pointed end. They are hairy and pale underneath. The white, five-petaled flowers appear from April to June in flat-topped clusters. Crabapples look like small apples, about ½ to ¾ inches wide (Derig & Fuller, 2001).

**Harvesting Tips:** Crabapples can be found growing in moist areas like bogs, near streams, and on hillsides. The berries stay on the branches into the winter months, and some Coastal tribes waited until after the first frost to harvest them because the crabapples would be soft and sweet. The green crabapples collected during the summer were ripened by hanging them in cattail bags or baskets (Derig & Fuller, 2001).

**Uses:** The bark was made into a decoction by Coastal tribes for stomachaches and ulcers, as an appetite stimulant, and to treat tuberculosis. They used the wood to carve tools and hunting weapons (Derig & Fuller, 2001).

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# Cranberry

**Common Name:** Bog Cranberry, Small Cranberry, Wild Cranberry

**Scientific Name:** Vaccinium *oxycoccos*

**Klallam:** Klēxōxoits

**Quinault:** Asolmix (“prairie berries”)

**Description:** Bog cranberry is a small and creeping shrub with tiny leaves that are oval-shaped, leathery, and evergreen. The flowers are pink with four petals that curve back. The tart, juicy berries are green until after the first frost, when they ripen to a dark red or pink. This particular species grows in peat bogs (muskegs) with sphagnum moss.

**Harvesting Tips:** Gather ripe cranberries in fall after the first frost. The berries will have a deep red color.

**Uses:** Cranberries can be eaten fresh, cooked, or dried. Salish peoples prefer to cook the berries and eat or store them in oolichan oil. Dried cranberries are stored for winter use and used in desserts. The Quinault, Klallam, and Makah of Washington steam the green berries and eat them or wrap them in moss until they soften.

# Dandelion

**Common Name:** Dandelion

**Scientific Name:** *Taraxacum officinale*

**Description:** This well-known plant was originally introduced from Europe and quickly adapted to North America, where it is pervasive. It has thick leaves in a rosette form that release a milky white fluid when broken. The root is a long taproot, and it has single yellow flowers growing on hollow stalks. When broken, the stems release a milky fluid.

**Harvesting Tips:** Be sure to gather dandelion from natural areas away from roads and residences or properties where they may have been sprayed with pesticides. If using the leaves for greens, the young leaves are best. Harvest them before the flowers bloom, as older leaves tend to have a bitter flavor. The roots have different properties depending on the season, though they are always medicinal. They tend to be more bitter in the spring, and sweeter in the fall, as well as higher in inulin (a carbohydrate). The flowers are best harvested in the morning after they have fully opened. Simply remove the base of the flower and green sepals, as these are bitter, and eat fresh.

**Uses:** Dandelion greens are commonly eaten in salads, cooked, and steamed. Dandelion is one of the best foods for the liver and it aids digestion by stimulating the digestive juices. The greens are an excellent source of vitamin A, calcium, potassium, and iron. Dandelion is a diuretic and helps the body get rid of excess fluid. The root can be roasted and made into a delicious, coffee-like tea. Dandelion root is also used for arthritis and skin problems.

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To enjoy the benefits of dandelion, the fresh leaves can be pureed with water and made into a juice. Drink one-half ounce up to three times a day. An infusion can also be made by steeping one ounce of the dried herb (or three ounces fresh) in two cups of just-boiled water for ten minutes. Drink one-half cup three times daily.

**CAUTION:** Dandelion may interact with diabetic and blood pressure medication, lithium, and diuretics. Before using dandelion, consult a professional if you are using any of these drugs.

# Elder & Blue Elderberry

**Common Name:** Elder

**Scientific Name:** *Sambucus* spp.

**Description:** This plant ranges in size from a large shrub to a small tree (up to 20 feet high) with grayish-brown bark. The leaves are large and form in compounds of five to nine ovate leaflets. Two varieties of elder native to the Pacific Northwest are blue elder and red elder.

**Common Name:** Blue Elder, Blue Elderberry

**Scientific Name:** *Sambucus cerulea*

**Chehalis:** Ts'ak'wik wuni

**Description:** The small, whitish-yellow, star-shaped flowers grow in large, dense flat-topped clusters. The berries are dark blue with a whitish waxy coating, making them powdery in appearance. This species is usually found growing in valleys, prairies, and on dry slopes where it is sunny and the soil is well drained.

**Harvesting Tips:** Blue elderberries are collected when ripe in July or August. The flowers can be gathered from early spring to summer before they start turning brown. Pick the flower with the stems and then place in paper bags to dry. Once dry, gently shake or rub the stems to remove the flowers, then discard the stems.

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**Uses:** Blue elderberries are edible, although the stems, leaves, and bark of this plant are toxic and should be avoided. The blue berries are frequently used to make preserves and syrup, and they are high in vitamin C. They are also one of the richest sources of anthocyanins, which give them their blue color and make them ideal for the eyes, the brain, and heart health. They are eaten fresh in late summer or dried for winter use. Removing the pith from the stems allows the stems to be used as used as whistles or flutes.

# Red Elderberry

**Common Name:** Red Elder, Red Elderberry

**Scientific Name:** *Sambucus racemosa*

**Cowlitz:** T'cu`matas

**Description:** Red elderberry is found in partly sunny meadows and woodlands. It is a large, bushy shrub similar in appearance to blue elderberry. It has grayish to brown bark and pithy stems. The leaves are long and narrow and form in compounds of five to seven leaflets. The flowers are creamy white pyramidal clusters that mature into shiny red berries in late June and early July. The leaves, bark, root, and seeds of the elderberries are all poisonous.

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**Harvesting Tips:** Red elderberries ripen in June but should not be eaten until they have been cooked and the seeds have been removed. They are traditionally harvested using long, hooked poles. The flowers are collected in the same way as blue elderberry flowers. Be sure to discard the toxic stems.

**Uses:** Indians eat red elderberries after cooking them and removing the seeds. They are then boiled, mashed, and stirred while cooking to make a thick, jam-like sauce, which can be eaten or stored for winter in dried cakes. Elderberry stems have traditionally been hollowed out to make flutes, whistles, straws, and pipe stems.

Elderberry medicines are useful in treating colds, fevers, sore throats, diarrhea, and open wounds. The flowers are made into eyewashes, and they are also used for rheumatism as a nerve relaxer. The leaves can be made into poultices to help with sprains and skin problems. Both the leaves and flowers are frequently used in topical treatments for hemorrhoids, boils, and burns.

The blossoms of elderberry can be made into medicines and are useful in treating colds, fevers, sore throats, and diarrhea. A nice herbal tea can be made by steeping one ounce of the open, dried blossoms (or three ounces fresh) in two cups of just-boiled water and steeping for ten minutes. Strain and drink.

# Evergreen Trees

**Common Name:** Douglas Fir, Oregon Pine

**Scientific Name:** *Pseudotsuga* spp.

**Cowlitz:** Ta'xsa (big tree), Ta'xsata'xsa (little tree)

**Quileute:** Klay-hayts, Klay-nayts

**Description:** Douglas fir can reach up to 70 meters high and as a mature tree the bark is thick, gray, and furrowed. It has small reddish-brown cones and its needles are flat and pointed, about 2 or 3 centimeters long (Turner, 1997).

**Harvesting Tips:** Firs are an abundant tree and can be found in moist and dry areas throughout the Pacific Northwest. The young, bright green tips can be picked late in spring.

**Uses:** Fir is traditionally used as a medicine. The Cowlitz boiled the needles as a tea for colds, and the Skagit boiled the bark as an antiseptic. The pitch of the fir is also used topically to treat sores (Gunther, 1977). Additional uses of the fir included eating the pitchy seeds and chewing the dried sap like gum (Turner, 1997). The fresh green needles that appear on the tips of the branches in spring are high in vitamin C and can be used to make tonic.

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# Evergreen Trees

**Common Name:** Spruce

**Scientific Name:** *Picea* spp.

**Quileute:** Yak-tsu, Ya'ksa ("sharp needles")

**Description:** Spruce trees are differentiated from fir trees by their stiff and sharp needles. The needles are about one inch in length and each one derives from a small woody stem. Spruce tree bark is scaly and the cones hang downward with thin scales. There are two native varieties of spruce trees in the Pacific Northwest. Sitka spruce (*Picea sitchensis*) grows near the coast. Its needles are very sharp and point in two directions—towards the tip of the branch and perpendicular to it. Engelmann spruce (*Picea engelmannii*) are found at high elevations in the Cascade Range and Rocky Mountains. The needles may be sharp or blunt and point toward the ends of the branches (Jensen, Zahler, Patterson, & Littlefield, 2013).

**Harvesting Tips:** The young, bright green tips can be picked late in spring.

**Uses:** As a food, the Makah traditionally eat the young shoots raw and chew the pitch as a gum. Medicinally the gum is applied to cuts and wounds by the Quinault (Gunther, 1977). Like Douglas fir, spruce is high in vitamin C and can be boiled or soaked in water to make a tea or tonic.

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# Fiddlehead Fern

**Common Name:** Ostrich Fern, Fiddlehead Fern

**Scientific Name:** *Onoclea struthiopteris*

**Squaxin:** Sxa'xaltc

**Description:** The ostrich fern is begins as an emerald green sprout in April and May with a tightly curled tip that resembles a fiddlehead. By the end of June it unfurls and the leaves can grow to as much as 5 feet and look like ostrich feathers.

**Harvesting Tips:** Pick fiddlehead ferns in early spring when they are only a few inches tall and the tips are tightly curled.

**Uses:** These tasty sprouts can be steamed and used in vegetable dishes or salads. They have very high levels of potassium, which makes it an effective diuretic. Other varieties of edible "fiddlehead" ferns in the Pacific Northwest are the lady fern and spiny wood fern. The roots of the licorice fern, which grows on trees, are cleaned and used as a sweetener, as well as in the treatment of sore throats, coughs, and inflammation.

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# Hazelnut

**Common Name:** Hazelnut, Wild Filbert, Cobnut

**Scientific Name:** *Corylus cornuta*

**Lummi:** K!op'uxēic

**Description:** This tall, branching shrub has smooth branches and pointed leaves that are broad and toothed. The young twigs of this bush are fuzzy. Hazelnut has both male flowers, which form in long yellow catkins, and female flowers, which are small and red at the ends of branches. The fruits are nearly round nuts encased in oblong, green, prickly husks. This plant is found along the coast in shady forests or in open areas inland throughout western, central, and eastern North America.

**Harvesting Tips:** Hazelnuts are harvested in fall (September and October) when the nuts are ripe. The husk can be difficult to remove, but using heavy gloves can help. They are traditionally buried in the ground for ten days in order for the prickly husks to rot off. Another method is to place them in gunnysacks and wait for the husks to rot.

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**Uses:** A great source of sustaining protein, calcium, phosphorus, potassium, and healthy fats, hazelnuts are edible and can be eaten fresh or stored for later use. The Cowlitz store hazelnuts for winter by burying them in a cylindrical fish trap. The Lummi, Snohomish, and Swinomish eat the fresh nuts. In addition to a food source, the hazelnut bush is also used for making arrows from the young shoots, and the Skokomish twist the peeled shoots into rope. The twigs are used by the Chehalis to tie things together. Fresh branches were made into mats for sitting on, and a green dye is obtained from boiling the nuts.

# Huckleberry, Blueberry

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**Common Name:** Red Huckleberry, Red Bilberry, Blue Huckleberry, Blueberry

**Scientific Name:** *Vaccinium* spp.

**Quinault:** To'xlumnix ("combing off the berries")

**Sahaptin:** Ililmúk ("blueberry")

**Description:** Huckleberries and blueberries are the same genus botanically, the only real difference being that huckleberries are more flavorful. They are found growing in northwest forests near the coasts and high up in the mountains. There are more than 20 species of huckleberries in the Northwest and they come in a variety of sizes, and the color of the berries ranges from deep blue and purple to orange-red. The berries vary in size and color and ripen in August and September. The leaves of the huckleberry bush are light green, and its flowers are greenish white to yellowish and appear in late spring.

**Harvesting Tips:** The blue (evergreen) berries are richer in flavor than the lowland pink/red berries, which are more watery. Rather than picking individual berries, natives used old-fashioned huckleberry combs that looked like big hands to scrape over the berries and knock them into baskets. Michael Moore (1993) recommends chewing the fresh leaves when collecting for medicinal use; leaves with an aftertaste of tart blueberries indicate a good plant for therapeutic purposes. The green leaves and ripe berries can be collected in the summer and early fall.

**Uses:** The berries are used fresh or dried by native peoples. Huckleberry syrup, jams, and jellies are a popular way to prepare these delicious berries. Tea can also be made from the dried fruit and leaves. Decoctions of the bark are used in the treatment of colds, and red huckleberry juice is used for excessive menstruation. Infusions of the bark, leaves, and berries are used to stimulate appetite and in the treatment of arthritis, diabetes, and heart trouble. Historical uses include blending the berries with meat and fat to make pemmican as well as eating them fresh or dried. The Inupiat people use blueberries to pickle fish and bearded seal. The berries are also used as a bluish dye, and the twigs of the plant are used in the joints of cedar wood boxes.

# Indian Tea

**Common Name:** Indian Tea, Labrador Tea, Trapper's Tea

**Scientific Name:** *Ledum* spp.

**Makah:** Būpesbupt

**Description:** Indian tea is a small shrub with oval to lance-shaped leaves, which roll under along the edges. The underside of the leaves have a reddish or white fuzz which distinguishes them from other similar, but toxic, species that tend to grow nearby. Another identifying characteristic is the pleasant, spicy smell of the leaves when crushed. The white flowers of Indian tea have five petals and bloom in early summer, and grow in flat clusters (Moore, 1993).

**Harvesting Tips:** Indian tea can be found growing in wet, acidic soil, often in bogs and wetlands. Care must be taken when collecting Indian tea so as not to confuse it with Mountain Laurel (Kalmia) and Bog Cranberry (Andromeda), which are similar but toxic, and neither of which have the spicy scent of Indian tea. Always crush the leaves and check for the spicy smell. The leaves can be collected in the spring, summer, and fall. Spring leaves are more aromatic, but leaves collected in the summer and fall make a better tea.

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**Uses:** Crush the dried leaves and steep in hot water for 20 minutes and drink hot or cold. It is a mild laxative while also soothing in cases of diarrhea, and it is useful for allergies, colds, upset stomach, and vomiting (Moore, 1993). Coastal tribes have used Indian tea traditionally for coughs, colds, and upset stomach, and as a beverage.

# Juniper

**Common Name:** Juniper

**Scientific Name:** *Juniperus* spp.

**Swinomish:** I'yalats ("smells strong")

**Description:** There are over sixty species of juniper, all growing within the northern hemisphere. These evergreen shrubs grow from 4-6 feet in height and have stiff, awl-shaped or scaly leaves that grow opposite each other or at the end of twigs in whorls. Male trees have small flowers, mostly consisting of stamens, and they produce pollen cones. The female trees also have small flowers that are pointed scales that mature into bluish berries.

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**Harvesting Tips:** The berries take 2 or 3 years to ripen, so the bushes often have ripe and unripe berries growing together on the same plant. Harvest only the ripe blue berries.

**Uses:** While juniper berries are edible, they are very astringent and are toxic for small children or when eaten in large quantities. Use a small amount in stews as flavoring or to make a diuretic tea. Juniper oil, the extract from the leaves, is toxic. Native peoples use many parts of the pungent juniper plant, but the berries are only eaten in times of scarcity. Juniper provides high amounts of protein, as well as calcium, magnesium, and phosphorus, making it excellent for bone health. Juniper berries are used traditionally to stimulate kidney function; they are rich in essential oils and should be used with caution by people with kidney disease or in pregnancy. They are also high in anthocyanins and are useful in the treatment of vascular disorders, which makes them good for people with diabetes. The berries are used to flavor deer meat while cooking. Crush the berries right before using.

Juniper wood is used to make bows, and the branches are burned as a cleansing smoke and incense. Cleaning solutions are made from boiling the branches in water.

**CAUTION:** Juniper may increase the effects of diuretics or hypoglycemia medications. Consult a professional before using juniper if you are currently using these medications, as it may lead to negative interactions. It may be possible to reduce your medications by taking juniper instead.

# Lamb's Quarter

**Common Name:** Lamb's Quarter, Fathen, Good King Henry, Perennial Goosefoot, Mercury Goosefoot

**Scientific Name:** *Chenopodium album*

**Description:** Lamb's quarter is an annual herb that is found along roadways throughout North America. It grows up to two and a half feet tall and has grooved stems and broad, toothed leaves covered with a whitish, granular meal. Small flowers form at the ends of the stems in tight clusters, maturing into shiny black seeds.

**Harvesting Tips:** Collect the leaves and seeds and use fresh, dried, or cooked.

**Uses:** The young, tender leaves can be eaten like spinach, either raw in salads or cooked. It is more nutritious than spinach, and better tasting. The leaves are especially high in protein, vitamins A and C, B vitamins, iron, calcium, phosphorus, and potassium.

The seeds are the size of poppy seeds and are rich in protein, carbohydrates, fiber, calcium, potassium, magnesium, and iron. They can be eaten as a grain or seasoning.

Medicinally, lamb's quarter can be made into an infusion to treat painful limbs and can be used both internally and externally to reduce inflammation.

To make an infusion of lamb's quarter, steep three ounces of the fresh leaves in two cups of just-boiled water for ten minutes. Strain and drink one half cup, three times daily.

# Nettles

**Common Name:** Nettle, Stinging Nettle, Indian Spinach

**Scientific Name:** *Urtica dioica*

**Chehalis:** Qwunqwu'n ("it stings you")

**Skagit:** Tsud'sk!

**Description:** Stinging nettle is an herbaceous perennial that appears in early spring, growing in large patches in moist and shady areas. It is between three to nine feet tall and consists of opposing leaves on an erect stem. Both the leaves and stem are covered in hairs that sting on contact. The leaves are ragged, pointed at the end, and toothed at the margins. It has inconspicuous green flowers that form at the stem nodes in drooping clusters.

**Harvesting Tips:** Nettle leaves and plant tips should be collected with gloves and scissors before they flower in spring when they are about 8 inches high. The leaves can also be gathered in late spring and summer and used to make tea. Just be sure to look for bright green leaves and harvest before the plants flower. New nettles also come up in the fall and can be harvested before the first frost.

**Uses:** The leaves and tender shoots are edible when cooked. Use scissors to cut up the fresh nettle leaves to avoid being stung. They can be cooked like spinach—simply steaming or parboiling

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for a few minutes, which deactivates the stinging hairs. They are rich in protein; chlorophyll; vitamins A, C, and D; iron; calcium; potassium; magnesium; and manganese. Traditional uses of nettles include making twine from the inner pith of the dried stems, and spinning fiber to make blankets.

As a medicinal, nettle is an excellent spring tonic, and oils and ointments are useful in treating skin problems and arthritic or rheumatic pain. So if you handle them, do not fret if you have stinging fingers, as it will help the pain.

**CAUTION:** Because nettle performs similar functions in the body to anticoagulants, anti-inflammatories, depressants, blood pressure medication, diabetic medication, diuretics, and prostate medication, it may be possible to reduce or cease using these medications by supplementing with nettle.

# Pickleweed

**Common Name:** Pickleweed, Land Seaweed, Sea Asparagus, Saltwort, Turtleweed

**Scientific Name:** *Batis maritime*

**Description:** Pickleweed is found growing in coastal wetlands in saline soils. It is a small, spreading, succulent plant with smooth, pale green and succulent leaves. It is a salt-water tolerant plant that is periodically flooded by seawater (Gann et al., 2013).

**Harvesting Tips:** This plant is best harvested in the spring. Be sure to take just the top six inches of the plant or so, as the lower portions tend to be a bit woody.

**Uses:** The salty leaves of pickleweed can be eaten fresh in salads and added as a seasoning to soups and cooked dishes.

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# Quamash

**Common Name:** Camas, Quamash, Blue Camas, Common Camas

**Scientific Name:** *Camassia quamash*

**Chehalis:** Xka'um; sqaE'q ("cooked bulb")

**Description:** Camas is a bulbous plant that has beautiful blue flowers on erect, thin stems. It is found in meadows and prairies with well-drained soil. It has long slender leaves like grass, and the flowers grow in loose clusters, blooming from April to June. The bulbs of blue camas can be quite large and are covered by a brown skin.

**Harvesting Tips:** Care must be taken not to confuse this camas with death camas (*Zygadenus venenosus*), which has white flowers that form in tighter clusters. The species grow in the same habitat and are usually found together. In any case where uncertainty is present, bulbs should be harvested while in flower to avoid any confusion, being sure to avoid the white flowered camas.

**Uses:** Camas bulbs are steamed for days in large quantities in covered pits in the ground. This slow cooking produces a sweet, soft bulb that is eaten alone or added to other dishes as a sweetener. Camas bulbs are an important food for some Salish peoples. They can be roasted, eaten fresh, boiled in soups, baked, canned, or dried. They are rich in minerals, including calcium, phosphorus, and magnesium, and are a primary source of carbohydrates and fiber for Salish and Sahaptian peoples. Camas is also beneficial in the prevention of diabetes. It contains inulin, a complex sugar that aids in the body's ability to use insulin.

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# Rugel's Plantain

**Common Name:** Rugel's Plantain, Plantain, Blackseed Plantain

**Scientific Name:** *Plantago rugelii*

**Description:** Plantain is a perennial plant that grows in a basal rosette and reaches about 3-12 inches high. It has broad oval leaves lying close to the ground. Leaves can be up to 6 inches long and the base of the stalks have a slightly purplish-red color. Its flowers bloom from May to October as narrow cylindrical stalks 2-12 inches long that are covered in tiny white to green flowers. These flowers become long narrow seed heads containing tiny black seeds. While not native to the Northwest, plantain has become naturalized and can be found growing in poor quality soils.

**Harvesting Tips:** Leaves can be picked fresh in the spring and early summer.

**Uses:** Plantain can be eaten raw or cooked and tastes similar to Swiss chard. It is high in vitamin A, C, and K. The leaves can be used fresh to make a poultice by chewing or crushing them and applying to burns, stings, bites, ulcers, hemorrhoids, and wounds. Plantain acts as an herbal drawing agent and pulls infections and dirt out of wounds. Medicinal band-aids can be made with the long leaves as well. The leaves are mucilaginous and

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help to remove phlegm, cleanse mucus membranes, and sooth inflammation.

# Sage

**Common Name:** Sage, Garden Sage, Common Sage

**Scientific Name:** *Salvia officinalis*

**Description:** Sage is a perennial plant growing 2-3 feet in height. It has woody square stems with oblong grey green leaves that grow opposite on the stems. The leaves are wrinkly on top and nearly white on the bottom, and covered with tiny short hairs. Its whitish-yellow or purple flowers bloom in clusters in June and July.

**Harvesting Tips:** Fresh leaves can be picked in summer and used fresh or dried for later use.

**Uses:** Sage is mildly bitter and very aromatic, and is often used as a savory seasoning for meat and poultry.

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# Salal

**Common Name:** Salal, Bear Berries

**Scientific Name:** *Gaultheria shallon*

**Makah:** Sala'xbupt

**Samish:** Ta'qa

**Description:** Salal is an evergreen shrub forming thickets and sometimes growing as tall as six feet. Its leaves are leathery, shiny, oval shaped, and have tiny toothing around the margins. The small, white to pink, bell-shaped flowers form in racemes at the ends of branches. They are somewhat sticky and fuzzy and bloom from March to June. These become round berries, colored red to black, that ripen from August to October.

**Harvesting Tips:** The edible berries taste similar to blueberries, though their flavor can vary depending on the location; they can be really flavorful or fairly bland. If you find a bush with bland tasting berries, try picking from a different bush. If gathering the leaves for medicine, collect healthy looking leaves with the stems in spring and summer, then hang in bundles to dry. Strip the leaves off of the branches when they are dry and crackly and store in tightly sealed jars. Crumble the leaves before using to make tea.

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**Uses:** Salal berries are rich in anthocyanin, which is a powerful antioxidant, and they are high in vitamin C. As a staple food for peoples in the Pacific Northwest, salal berries are dried, mashed, and made into cakes and loaves. These loaves are soaked in water, and then dipped in whale or seal oil. The berries are also eaten fresh; the Quileute eat them by dipping the whole twig of berries into whale oil and eating them off the twig. The leaves have medicinal value; the Klallam chew them and spit them on burns. They are also chewed to curb hunger and relieve heartburn and colic. Leaves are also brewed into a tea used to treat coughs, tuberculosis, and diarrhea. Salal can also be used for bladder inflammation.

A simple infusion of the dried or fresh leaves is a good way to enjoy salal's medicinal benefits. Steep one ounce of the dried leaves (or three ounces fresh) in two cups of boiled water for ten minutes. Strain and drink one half cup, up to three times a day.

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# Salmonberry

**Common Name:** Salmonberry

**Scientific Name:** *Rubus spectabilis*

**Quinault:** K'wklaxnix

**Swinomish:** Stikwa'dats (plant), Stikwa'd (berry), Cikwa"ads (sprouts)

**Description:** Salmonberry grows in thick stands with canes ranging from two to ten feet long. It is usually found growing in wet forested areas. It is similar to raspberry and has shedding brown bark and sparse prickles. The leaves are sharply toothed and grow in compound sets of three leaflets. The pink to red rose-like flowers bloom in early spring, developing into orange, red, or salmon colored berries, similar to raspberries in appearance. They are one of the first spring berries to appear.

**Harvesting Tips:** Fresh leaves can be collected in spring and summer and used for medicines. Always be sure to use fresh or completely dried leaves, as they can be slightly toxic otherwise. The new and tender salmonberry sprouts can be gathered in early spring. The berries are ready in late spring to early summer. They tend to vary in flavor, so be sure to test out different bushes to find the best-flavored berries.

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**Uses:** Salmonberries are edible, and best when eaten fresh, though their flavor varies widely. The young shoots of salmonberry are a traditional food of Pacific Northwest tribes, and are often steamed and served with dried salmon. Medicinal uses of salmonberry included making tea from the bark and leaves to treat infected wounds and stomach problems. The Quileute chew and spit the leaves or bark on burns, and the Makah pound the bark to use as a painkiller for wounds or toothaches.

# Seaweed

**Quileute:** Kaxl'ati'xlklo'ob

**Description:** There are many varieties of edible seaweeds, and there are no poisonous seaweeds in the Pacific Northwest. However, some have a rather terrible flavor, so it's best to know which types of seaweed to look for. Seaweeds are plants that have adapted to tolerate salt-water, and they are almost always found growing in shallow waters just off shore where land meets sea.

**Kelp** (*Nereocystis luetkeana*), also known as Bullwhip Kelp or Ribbon Kelp, is an annual plant usually found from February to December along the Pacific Northwest coastline and often seen washed up on shore. It is fast growing, reaching up to 12 meters long (S. Arasaki & T. Arasaki, 1983), and has a large ball on one end connected to a long, hollow tail. Because of its hollow body, bull kelp was used traditionally as a receptacle or carrying device for oolichan grease and in later years, molasses. The top ball of the plant can also be used to make a rattle head. It is rich in minerals and can be added to salads or soups.

**Dulse** (*Palmaria mollis*) is a red alga and like most seaweeds, it can be rinsed quickly to avoid losing minerals. Add to salad or soups. It can also be marinated in oil and vinegar, or tossed with some olive oil and sea salt and roasted in an oven for 2-4 minutes at 200 degrees. Cooking seaweed with oil enhances absorption of the minerals and nutrients.

Elise Krohn

**Kombu** (*Saccharina japonica*) is a kelp. It can be added to beans to digest them more easily.

**Laver** (*Porphyra abbottae* and *Porphyra perforata*), also called Nori or Red Laver, grows along the Pacific coast from Alaska to southern California. It has perforated fronds and grows to from 20-30 cm, with a maximum size of 150 cm (S. Arasaki & T. Arasaki, 1983).

**Sea Lettuce** (*Ulva fenestrata, Ulva lactuca*), also known as Aosa or Green Laver, is a bright green seaweed with leaves that are similar in appearance to lettuce and often perforated by small holes. This seaweed makes a wonderful salad when used fresh.

**Wakame** (Undaria pinnatifida) is a brown seaweed used in soups and vegetable dishes. It is rich in fucoxanthin, which is used fresh, dried, or in capsules to burn fat deposits.

**Harvesting Tips:** Collect seaweed from clean waters in early spring to early summer. Ryan Drum (n.d.) recommends getting information about water quality from locals in the area or ecology and health departments. Drum prefers to harvest on cool, cloudy days at low tide to avoid collecting heat-stressed plants. Always cut the seaweed with scissors and leave the holdfast and some of the plant attached to the rocks; this ensures that the plant will be able to grow again.

Seaweeds can be dried for long-term use. Ryan Drum suggests drying seaweed for 4-10 hours in full sun (be sure to bring the seaweed in at night so it does not absorb dew). If drying outside is not an option, seaweed can be dried inside at 80-100 degrees F using wood heat or small fans. Store dried seaweed in airtight containers in a dark, dry place.

**Uses:** Seaweeds are eaten fresh and dried in salads, as seasoning, to wrap sushi and other foods, and to flavor stocks, soups, and beans.

Seaweeds are classified as brown, green, or red. The brown seaweeds and the kelps tend to have more minerals than the red seaweeds (Drum, 2013). They are one of the best foods by which to obtain minerals, especially iodine, which is essential for healthy thyroid function. Seaweeds are also rich in potassium, sodium, calcium, and magnesium, which support nervous system function, good mental health, and muscle relaxation and function. Algin, from the brown algaes, is used to eliminate heavy metals and is proactive against ionizing radiation. (If one cannot eat fresh or dried brown seaweeds, one can obtain sodium alginate capsules to take for heavy metal detoxification).

# Skunk Cabbage

**Common Name:** Skunk Cabbage, Western Skunk Cabbage, Swamp Lantern

**Scientific Name:** Lysichitum americanum

**Quinault:** Tsūlēlōs ("digging the roots")

**Description:** This distinctive plant appears in early spring as a green flower stalk with a bright yellow spathe, or leaf, that wraps around the flower and seed head. As the summer progresses, skunk cabbage grows from one to five feet tall, during which time the spathe falls away as the flower extends beyond it. The leaves grow directly from the rootstock without stems; they are bright green with a large central vein. When this plant is flowering is has a skunk-like smell. It grows in swamps and bogs throughout northwest forests.

Elise Krohn

**Harvesting Tips:** Fresh skunk cabbage leaves can be harvested in spring by cutting them at the base of the plant. The roots need to be dug out using a shovel. Wash the roots well and dry thoroughly in baskets, chopping them up once they are dry.

**Uses:** The Quileute and the Lower Chinook eat the root, cooking it or boiling it, and the Quinault roast the white part of the stalk on hot rocks to prepare it for eating. The young leaves are steamed and eaten by the Skokomish. The leaves are also used for wrapping berries for drying and to line berry baskets. Skunk cabbage also has many medicinal properties. The leaves are used as a poultice on open wounds, swollen tissue, and chest pains. The roots have been used as a bladder and blood cleanser and to ease delivery. They are also useful for coughs and to stop bleeding.

For a mild sedative, make a tea from skunk cabbage root. Boil one teaspoon of the dried root in one cup of just boiled water for fifteen minutes. Drink up to one cup per day. Use skunk cabbage in moderation as it can cause diarrhea, nausea, and gastric irritation.

# Thimbleberry

**Common Name:** Thimbleberry

**Scientific Name:** *Rubus parviflorus*

**Makah:** Lūlūwa'ts

**Description:** Thimbleberry grows all the way from Alaska to California and into the Rocky Mountain states. It is a medium sized shrub growing between three to five feet tall with large, maple-like leaves. These leaves are slightly fuzzy and up to six inches wide. The white flowers grow at the ends of branches in groups of three to seven flowers. The ripe, thimble-shaped berries are red and mature in mid to late summer.

**Harvesting Tips:** Thimbleberry is found growing in moist, shady areas in open woods, near streams, and in canyons. Berries may be limited to a few ripe berries per bush, and they're best eaten fresh as they don't hold up well after picking (Derig & Fuller, 2001).

Uses: Thimbleberries, along with the tender shoots, flowers, and leaves, are edible. The shoots are sweet and can be used in sautés, stir-fries, or eaten raw. Flowers can be tossed into salads, and the dried leaves are good as an herbal tea. The berries can be eaten fresh or baked in desserts. Medicinally, thimbleberry bark and leaves have astringent properties and can be used to treat diarrhea or dysentery. To make a decoction, place one ounce of the dried root and bark in three cups of cold water. Heat to boiling and simmer for fifteen to twenty minutes until the liquid is reduced to two-thirds of the original amount. Traditionally, a tea is made from the roots and used as a blood tonic, and for gynecological and stomach problems.

Elise Krohn

# Violet

**Common Name:** Violet, Heart's Ease, Wild Pansy, Johnny Jump Up

**Scientific Name:** *Violaceae, Viola* spp.

**Description:** There are approximately twenty-two genera and nine hundred species within the violet family. In the Northwest, some common varieties include the trailing yellow violet, early spring violet, Canada violet, stream violet, and the marsh violet. Violets are small plants growing low to the ground, and their leaves are distinctly heart-shaped and alternating on the stems. Flowers are small with five petals in an asymmetrical arrangement (two upper, two middle, and one larger lower petal). They range in color from blue to violet, white, and yellow. The early spring violet (*Viola adunca*) has purple flowers and dark green leaves, and is commonly found in the Pacific Northwest.

**Harvesting Tips:** Violet leaves and flowers are eaten fresh or dried.

**Uses:** The whole plant is edible; the leaves and flowers are used as greens and in salads, or in soups and sautés. There is more vitamin C in a small handful of violet leaves than in an entire orange. They are also high in vitamin A. Moderation should be used in eating the fresh wild leaves, however, because they contain soap-like compounds called saponins that can upset the stomach when eaten in large amounts.

Elise Krohn

# Wild Celery

**Common Name:** Cow Parsnip, Indian Celery

**Scientific Name:** *Heracleum maximum*

**Quinault:** Waká (“kills the pain”)

**Description:** Cow Parsnip (*Heracleum maximum*) is an herbaceous plant in the carrot or umbel family (Apiaceae or Umbelliferae). It has a pungent smell and averages 5-6 feet in height. Its leaves are large with three lobed and serrated leaflets. The stems and undersides of the leaves are hairy. It blooms in flat, rounded clusters of small white flowers from June to August, and produces ovular, flat, white fruits. Cow Parsnip can be found growing in moist areas like streambanks, meadows, roadsides, and ditches, ranging from sea level up into the mountains throughout North America.

Cow Parsnip (*Heracleum maximum*), also called Indian celery, is widely used by Northwest Native peoples. It is also known as Indian rhubarb because the older stalks look like red rhubarb. This plant has irritant properties and thus caution must be used when gathering and preparing it for use by collecting and peeling only the young sprouts during the spring (Kuhnlein & Turner, 1986).

**Common Name:** Celery, Water Parsley

**Scientific Name:** *Oenanthe sarmentosa*

**Makah:** Wawaki'xbupt ("frog plant")

**Description:** Wild celery is a biennial herb that grows up to 60 cm tall. Its leaves are shiny, toothed, and pinnate. The small white flowers appear from June to August opposite of the leaves as flat, rounded clusters.

**Harvesting Tips:** Collect fresh looking thick leaf stalks and leaves in spring and summer.

**Uses:** If *Oenanthe sarmentosa* and *Heracleum maximum* are unavailable, commercial celery (*Apium graveolens*) may be used. All these plants, called "celery," provide leaves, stalks, and roots for use in salads and in cooked dishes, as well as to flavor soups, stocks, and fresh vegetable juices. Celery (*Apium graveolens*) is a good source of sodium and potassium. It is a natural diuretic and aids in relaxation.

Ben Legler

# Wild Ginger

**Common Name:** Wild Ginger, Western Wild Ginger

**Scientific Name:** *Asarum caudatum*

**Skagit:** Tuxop'bida'libut

**Description:** Wild ginger has glossy, heart-shaped green leaves that grow directly out of the spreading rootstocks. When crushed, the leaves release the smell of ginger. The rootstocks are usually spreading just below leaf mulch. The small lavender flowers have three long petals and bloom in mid-spring. The flowers are often difficult to see as they typically grow beneath the leaves.

**Harvesting Tips:** Wild ginger can be found growing in rich, moist soils in deep shade. The whole plant can be used. Harvesting is best after the seeds have dropped from the plant. Care should be taken when digging up the roots, as the plants are connected by underground rhizomes.

**Uses:** Wild ginger can be used just like commercial varieties. The leaves can also be used to make tea. Medicinally, wild ginger is known for its sweat inducing properties. It is useful for hot, dry head colds, bronchial problems, and general issues of heat and dryness. The dried roots and leaves can be made into extracts or teas. To make a tea, steep one ounce of the dried root and/or leaves (or three ounces fresh) in two cups of just-boiled water for ten minutes.

Elise Krohn

# Wild Rose (Rose Hips)

**Common Name:** Wild Rose

**Scientific Name:** *Rosa* spp.

**Snohomish:** Yēsta'd

**Quileute:** K'ēq'wai'put

**Description:** Wild roses are thorny plants that grow in thickets, with pink, five-petaled flowers. Nootka rose (*R. nutkana*), found along the coast from northern California to Alaska, has compound leaves with five to seven oval, alternate toothed leaflets and two large thorns at the base of each leaf. It has large pink flowers with yellow centers. Baldhip rose (*R. gymnocarpa*), or dwarf rose, has five to nine leaflets per leaf. Flowers are pale pink to pink and the rosehips lack sepals at the base, unlike other wild roses. It is found growing west of the Cascades from California to Washington.

**Harvesting Tips:** Nootka rose is found in sunny locations and grows in moist areas, in woods, lowlands, and on mountain slopes. Baldhip rose is found in shadier areas. Gather flowers and leaves in spring and look for the plants with a better fragrance. Rosehips are collected in the fall when they are orange to red in color, and best if harvested after the first frost.

John Amato

**Uses:** Some Puget Sound tribes ate the rosehips and the young shoots in spring, and wild rose is an important traditional medicine. An infusion of the bark and rose hips was made into a tonic and used to treat colds, fevers, arthritis, and stomachaches (Derig & Fuller, 2001). The leaves, flowers, and rosehips can be made into a tea, and the flower petals can be eaten fresh in salads. Rose hips should be cooked and strained before eating to remove the fibers and seeds.

# Wild Strawberry

**Common Name:** Wild or Beach Strawberry

**Scientific Name:** *Fragaria chiloensis*

**Quileute:** T'obí·ya ("pick them up berries")

**Description:** This perennial grows low to the ground from two to eight inches high. It has thick, toothed leaves that grow in groups of three and turn reddish during the winter months. They are dark green above with fine hairs below. The flowers are white with five petals and grow on stalks separately from the leaves. The red berries are sweet and juicy with seeds on the surface. They appear between April and June.

**Harvesting Tips:** The small berries can take a lot of patience to gather, and are often best eaten fresh in the wild. They are ripe between May and July. The leaves can be picked from spring to summer and dried in a paper bag or basket. Make sure they have good ventilation and turn them daily. Once thoroughly dried store in airtight containers for up to a year.

**Uses:** Wild strawberries are eaten fresh, dried, or cooked in a multitude of desserts. The young shoots are also edible, as are the leaves, which can be used fresh or dried in herbal tea blends. Strawberry also has many medicinal values, especially as a tonic that is well suited for pregnant women. Strawberry tea is also known for healing loose teeth and spongy gums. Additionally, it is used externally to treat eczema, wounds, vaginitis, and as a gargle for mouth sores and sore throats. Whereas the fruits are mildly laxative, the leaves and roots are astringent and will firm up loose bowels, making them useful for diarrhea, dysentery, and urinary tract issues.

Elise Krohn

# Wild Thyme

**Scientific Name:** *Thymus vulgaris*

**Description:** Wild thyme has a very special role in Coastal diets, in that it is so very difficult to get. One has to go up into the mountains and search in the underbrush to find the little thyme bush that has tiny leaves. When you collect it you have to pack it away so that you can dry it on your way out. Most people on the coast dried the thyme because it was so delicate that by the time it got to the coast it was not fresh any more. People along the mountain range would have easy access to thyme and other herbs like sage, juniper berries, and spruce tips, and their food had a savory flavor to it. These herbs were sought after along the coast because they enhance the flavor of food. Seafoods can become slightly boring without seasoning. You can replace the wild thyme with store bought thyme.

**Uses:** This flavorful herb is added to soups, stocks, stews, sauces, and many other cooked dishes, and the fresh or dried leaves can be added to salads. Thyme is rich in calcium and potassium.

# Wood Sorrel

**Common Name:** Sorrel, Wood Sorrel

**Scientific Name:** *Oxalis stricta*

**Quinault:** Qwoi'etx'stap ("sour")

**Description:** Sorrel is a slender herbaceous plant that grows from 3-15 inches in height. Its leaves are composed of three heart-shaped leaflets that fold in slightly along a center crease. The five-petaled yellow flowers bloom from May to October. They grow either alone or in clusters on stalks.

**Harvesting Tips:** Leaves can be collected during spring and summer.

**Uses:** Sorrel leaves are a good source of calcium and have a sour flavor similar to lemon. They can be used fresh in salads or cooked.

Elise Krohn

Chapter 3

# Recipes

Marlene Bremner

# Starters & Snacks

## Bear Candy

**Servings: 4; Preparation Time: 15 minutes**

This sweet and simple dish gets its name from the bears that like to hold the salmon berry sprouts and chew on them like candy. Salmon berry bushes have medicinal properties as well; the bark and leaves can be made into a tea to treat infected wounds and stomach problems. This dish can be served as an appetizer or as a salad side dish.

### Ingredients

36 pieces salmon berry sprouts, rinsed*

4 tablespoons oolichan oil, room temperature

### Directions

1. Peel skins and stickers from sweet sprouts.
2. Place a tablespoon of oolichan grease in 4 small deep dishes as a dipping oil for the sprouts.

** Gather the youngest sprouts from the salmon berry bush in early spring.*

**VARIATION:** Use thimbleberry sprouts as a substitute or mix them together.

Ben Legler

## Salish Salted Salmon Eggs

**Servings: 6; Preparation Time: 24 hours**

Salmon eggs are prized around the world for their nutritional and medicinal value. Some of the best salmon roe is found among the Pacific Northwest salmon, specifically the Coho and Sockeye. The eggs are a rich source of essential fatty acids and are easily absorbed. Salmon eggs, along with the head, liver, and eyes are often saved for the elders first who benefit from their rich nutrition.

### Ingredients

2 pounds salmon roe in membrane

1 gallon water

½ pound sea salt

### Directions

1. Select freshest salmon roe and remove outer membrane releasing the eggs into a dish. (Use a rubberized wire mesh about the size of egg radius. Carefully press eggs through mesh into a holding pan releasing eggs from the membrane.)

2. Rinse separated eggs briefly in cold, clear, fresh water.

3. In a separate gallon sized bowl dissolve sea salt or kosher salt (without decaking powder) a gallon of water.

4. After the salt is fully dissolved, pour all of the separated eggs into the brine bowl resting gently in the water.

Elise Krohn

**Processing salmon roe**

5. If eggs are large leave them in the brine for up to 1 minute. If the eggs are smaller (steelhead for example), leave them in the brine for 30 – 45 seconds. Remove eggs with a large slotted or screen spoon and deposit them on a mesh (smaller than the eggs) resting above a cookie sheet.

6. Leave the eggs drying for the next 24 hours.

**NOTE:** Place dried eggs (they will be a little sticky) in half pint jars (sterilized), cover tightly with lids and store in refrigerator for up to three months.

## Cattail & Salmon Roe Dip

**Servings: 6; Preparation Time: 15 minutes**

Cattails are traditionally woven into mats and placed in the bottom canoes for sitting on, and also used as blinds to block the wind. For this recipe pick the youngest cattails in spring just after they rise above the water line including roots. Cut the tender shoot away from the leaves (about six to eight inches long).

### Ingredients

6 ounces Salish Salted Salmon Eggs – see recipe

36 pieces cattail sprouts, rinsed and peeled

1½ teaspoons dill weed

### Directions

1. Prepare the Salish Salted Salmon Eggs according to the recipe.
2. Cut the tender shoot of the cattail sprouts away from the leaves (about six to eight inches long).
3. Place whole, round cattail shoots in the dipping bowl touching the fish eggs.
4. Sprinkle fresh or dry dill for garnish and serve.

Elise Krohn

**Cattail stalks**

## Oolichan Wind Salmon Appetizer

**Servings: 4; Preparation Time: 10 minutes**

The salted salmon eggs have a higher essential fatty acid content than the fish itself, and they are high in vitamins D and K. They are good for your brain, kidneys, and heart. Serve this dish with fresh salmon berries, thimbleberries, or salal berries.

### Ingredients

4 teaspoons Salish Salted Salmon Eggs – see recipe

6 pieces dry wakame seaweed

4 ounces wind dried salmon, pulverized

4 teaspoons oolichan oil

### Directions

1. Prepare the Salish Salted Salmon Eggs according to the recipe.
2. Reconstitute the dried wakame by soaking it in water for 5-10 minutes or until it is soft.
3. Place the dried salmon in a food processor and pulse until all of the large chunks of salmon are broken up.
4. Mix the oolichan grease and dried salmon together in a bowl. Add enough oil so that the salmon holds together.
5. Drain the soaked seaweed and cut into thin strips.

Marlene Bremner

6. Place the seaweed on a plate and mound the salmon mixture on top of it. Then top with the Salish Salted Salmon Eggs. Serve with berries if desired.

**VARIATION:** Add ¼ cup of salal berries to the salmon and combine in a food processor.

Rudolph C. Ryser

## Steamed Cattail Sprouts

**Servings: 4; Preparation Time: 15 minutes**

Young cattail shoots can be harvested in early spring, peeled, and eaten. As a mature plant the flowers are edible and provide a pollen rich in amino acids and protein that can be used to enrich flour.

### Ingredients

10 cattail shoots (fresh, young)

7 garlic mustard leaves (small, tender)

4 tablespoons oolichan oil, room temperature

### Directions

1. Strip away the outer leaf on either side of the cattail shoots.
2. Cut the tender white base away from the green part of the leaves. (Dry and save the green part of the leaves for craftwork!)
3. Wash and chop some garlic mustard leaves.
4. Steam the white base of the cattails, garnish with the chopped garlic mustard leaves. Serve with oolichan dipping oil.

## Kelp Pickles

Recipe adapted from American Indian Women's Service League (1989), *Going Native: American Indian Cookery.*

**Servings: 8; Preparation Time: 4 days**

When harvesting the kelp for this recipe, use kelp strips no longer than 15 feet and no more than 3 inches in diameter. Snap off a piece; if it breaks crisply, it will make good pickles.

### Ingredients

1⅓ quarts kelp

1 cup apple cider vinegar

1⅓ teaspoons pickling spice

5 drops stevia extract (Sweet Leaf)

4 whole cloves

### Directions

1. Peel kelp with vegetable peeler and slice into thin rings.
2. Soak rings in cool water for three days, changing water 2 or 3 times daily.
3. On day 4 cover rings with cold water, bring to a boil and simmer 12-14 minutes. Drain and add remaining ingredients.
4. Bring to a boil and simmer 5 minutes.
5. When finished, remove from heat and chill in the refrigerator, eat as a condiment or a healthy snack.

Elise Krohn

# Organic Fifteen-Grain Cereal

Adapted from Nicholas Gonzalez, MD

**Preparation time: 24 hours**

While these grains, seeds, and nuts are not native to Salish country, this cereal contains nutrients that are digestible and very nourishing over a long period of time. When grains and legumes are ground and soaked, they are less allergenic. People who are sensitive to gluten can leave out barley, rye, and wheat berries, and be sure to find gluten-free oat groats.

**Ingredients**

2 ounces of each of the following:

Alfalfa seeds
Almonds
Barley
Brown rice
Buckwheat
Corn kernels
Flaxseed
Lentils
Millet
Mung beans
Oat groats
Pumpkin seeds
Rye
Sesame seeds
Wheat berries

**Directions**

1. Combine all ingredients (it is best to make proportions of about 2 ounces for each ingredient).

2. Grind the amount needed in a coffee or spice grinder and reserve the whole seeds in a container in your freezer until you use more.

3. Cover with water or fruit juice (apple juice works well) and soak overnight in the refrigerator. In the morning, eat as is, or add fruit or honey.

**NOTE:** To get the maximum benefit, the cereal should be uncooked. Remember to store the mixture, unground, in a cool, dry place.

## Dandy Eggs

**Servings: 2; Preparation Time: 10 minutes**

Dandelions are one of those transplants that is well worth eating fresh or cooked. Every part of the plant is nutritious and medicinal. When you gather dandelions just make sure that they have not been sprayed. How did this beautiful flower become the enemy of so many suburban gardeners? The dandelion sprouts in the spring, in time for our own spring-cleaning of the liver and gall bladder. Eat to your heart's (and liver's) content.

### Ingredients

1 tablespoon unsalted butter

20 dandelion buds

4 eggs

1 tablespoon water

4 dandelion flowers

### Directions

1. Melt butter in a 10-inch frying pan over medium heat.
2. Add the dandelion buds, cooking until they start to open into flowers.
3. Whisk the eggs and water until the mixture is light and frothy.
4. Slowly pour the egg and water mixture into the cooked buds, stirring gently as the eggs set.

Elise Krohn

5. Cook to desired consistency.
6. Garnish with dandelion flowers.

# Salads & Vegetables

## Dandelion, Cattail, and Fern Salad

**Servings: 4; Preparation Time: 20 minutes**

This salad goes well with a choke cherry dressing made from olive oil, garlic, and choke cherry juice. Pick the fiddle head ferns in the spring when they are young, up to 6 inches in height and unopened, and the cattails (roots and sprouts) are most tender and should be picked early in the spring, however they can be harvested year round where available.

### Ingredients

1½ cups fiddlehead fern sprouts

½ cup cattail sprouts

½ cup green onions, chopped

½ cup sunflower seeds

2 tablespoons oolichan oil*

1 clove garlic, minced

½ cup dandelion greens

### Directions

1. Wash the fiddle head ferns and then drain.
2. Peel the first layer of the cattails to get to the tender shoots. Wash and chop the cattails and then drain.

Elise Krohn

3. Add fern sprouts and cattails and mix with remaining ingredients.

* Flaxseed or olive oil may be substituted if oolichan oil is unavailable.

## Salish Salad

**Servings: 6; Preparation Time: 10 minutes**

This fresh salad is full of nutritious and flavorful bitter greens, including chickweed, a rich source of iron and potassium; lamb's-quarter, which are especially high in protein, vitamins A and C, B vitamins, iron, calcium, phosphorus, and potassium. The wood sorrel leaves bring a sour lemony flavor to the mix. All in all, the bitterness of this salad will increase gastric acids and pancreatic enzymes, thus stimulating and improving digestion.

### Ingredients

1 head leaf lettuce

1 bunch dandelion greens

1 bunch chickweed greens

1 bunch lamb's-quarter

1 bunch wood sorrel

½ cup hazelnuts

### Directions

1. Wash all greens and pat them dry with a cloth or spin them in a salad spinner.
2. Chop or tear greens to your preferred size.
3. Coarsely chop hazelnuts.

Elise Krohn

4. Toss all ingredients with Cranberry Salad Dressing (see recipe) or extra-virgin olive oil with lemon juice or vinegar.

## Dandelion Quiche

**Servings: 8; Preparation time: 1 hour**

If eating dandelions raw is a challenge at first, then what better way to get your greens than in a rich, mouth-watering quiche. The combination of the greens will improve the digestion of the fat that is in the butter, eggs, and cheese, making it a perfect food for a Sunday brunch to share with friends and family alike.

Elise Krohn

### Ingredients

Crust:

1½ cups water

¾ cup wild rice

1 egg, beaten

1 tablespoon grated parmesan cheese (sheep or goat's cheese)

Filling:

4 cups spring dandelion greens

¾ cup water

Pinch black pepper

1 tablespoon lemon juice plus ½ a lemon for squeezing

2 tablespoons dried sweet basil

1 tablespoon olive oil

1 teaspoon butter

1 medium onion, sliced

4 eggs

2 tablespoons grated parmesan cheese (sheep or goat's cheese)

4 tablespoons goat feta cheese

4 tablespoons manchego Spanish goat cheese

Pinch sea salt

½ cup cream

**Well-cooked wild rice crust** Marlene Bremner

**Directions**

*For the crust:*

1.Place the water and rice in a pan and cover. Bring to a boil, and then reduce heat as low as possible and let it cook for 45 minutes. Don't be tempted to lift the lid to check on the rice or you will release the steam.

2.Preheat the oven to 375 degrees F while you wait for the rice to cook.

3. When the rice is done, fluff the rice with a fork and mix with the egg and 1 tablespoon grated cheese.

4. Press firmly into a 9-inch butter-greased cast iron skillet or stoneware baking dish, forming a crust—press up the walls and leave it about ¼ inch thick.

5. Bake the crust for 15 minutes at 375 degrees F.

6. Remove from the oven and set aside to cool while you prepare the filling. Leave the oven on to bake the quiche.

*For the filling:*

1. Use a steamer basket and steam the spring dandelion greens for 4 minutes.

2. Drain greens and chop to about 2-inch lengths and add pepper and 1 tablespoon lemon juice. Set aside.

3. Place sliced onions in a heated pan with the olive oil and butter; add greens and basil and cook 3-5 minutes. Then squeeze or pour on the juice from ½ a lemon and allow to cool.

4. Combine the eggs; the parmesan, feta, and manchego cheeses; the cooled greens and onions; the pinch of salt; and cream in a bowl.

5. Pour the egg, cheese and green mixture carefully onto the prepared rice piecrust.

6. Place pie on a cookie sheet and place in the preheated oven. Bake for 30 minutes at 375 degrees F.

7. When you can insert and remove a knife without batter sticking to it, the pie is done.

8. Remove from the oven and let rest for 10 minutes. Serve.

**NOTE:** You can add a layer of pepperoni or ham on top of the quiche before baking for extra flavor. For extra richness, grate about three tablespoons of manchego or parmesan cheese on top of the pie after it is finished. Place in the warm oven (heat turned off) for 5 minutes before letting it rest.

**VARIATION:** Feel free to substitute other greens such as fresh spinach, chicory, or lamb's-quarters instead of the dandelion greens.

## Plantain Leaf Rolls

**Servings: 4; Preparation Time: 1 hour**

Plantain is used both as a food and as a medicine. It is especially good for wrapping up small pieces of food and roasting them, as it imparts a slightly sweet flavor to the food. Like so many other people in the world, the Salish peoples used leaves in much the same way people now use aluminum foil.

### Ingredients

¼ of a lemon, squeezed

½ cup water

12-18 large plantain leaves (with major greens), big stems removed

1 tablespoon coconut oil

1 medium onion, finely chopped

3 medium sized crimini or white mushrooms, finely chopped

2 cloves garlic, minced

1 pound ground venison or elk meat

½ teaspoon dried parsley

¾ teaspoon dried thyme

½ teaspoon dried basil

1 cup precooked rice

2 ripe tomatoes, diced

2 tablespoons water

½ cup grated Romano cheese (goat), optional

Elise Krohn

### Directions

9. Preheat oven to 350 degrees F.

10. Place the squeezed lemon juice and water in a saucepan and bring to a boil.

11. Using tongs, add the plantain leaves to the lemon water mixture one at a time, making sure the water and lemon covers the leaves as they boil. Let them cook for 15 seconds on each side, and use the tongs to flip them. Remove from the pan and lay them out flat.

12. Place the coconut oil in a saucepan over medium heat and cook the onions, mushrooms, and garlic in the coconut oil until the onions are translucent and soft.

13. Add the meat to the onion mixture and cook over medium-high heat. (If there is any blood with the ground venison, use it as it will increase the flavor.)

14. Add parsley, thyme, and basil and cook until browned. Stir in rice.

15. Add 2-3 tablespoons of meat mixture to each leaf and wrap individual plantain leaves as you would a burrito and place in a shallow 2 quart baking dish.

16. Place the tomatoes in a saucepan along with the 2 tablespoons of water and bring to a boil. Reduce heat and simmer until cooked down and slightly thickened. Add this mixture to a blender and blend until smooth.

17. Drizzle the tomato sauce over the top of the plantain rolls. If using the Romano cheese, sprinkle this over the top.

18. Bake in the preheated oven for 20 minutes.

NOTE: Leftover filling can be placed in a casserole dish, sprinkled with some hazelnut flour or ground hazelnuts, and baked at 350 degrees F for 20 minutes.

Marlene Bremner

## Wakame Seaweed Salad

**Servings: 8; Preparation Time: 30 minutes**

Elise Krohn

Many people are hesitant to try seaweed. This salad makes the perfect introduction. Make this seaweed salad at least 6 hours in advance, or put it in the refrigerator overnight so that it has time to marinate. This salad is a refreshing complement to a protein rich meal. This goes a long way—just a few tablespoons per person will be plenty. It is high in fiber, iodine, and sodium, and aids digestion and weight loss.

### Ingredients

1 cup wakame seaweed

1 cup sea lettuce (green laver)

2 tablespoons roasted red peppers

1 cup bean sprouts

3 tablespoons brown rice vinegar

1 drop stevia extract (Sweet Leaf)

¼ teaspoon red chili & garlic sauce*

1 teaspoon soy sauce

1 tablespoon sesame oil, roasted

2 green onions, chopped

### Directions

1. Cover the dried seaweed in water and soak for 2-3 hours (you may add other dried seaweeds, including: Akamodoki, Kuki Wakame, Akanori).

2. Drain seaweed and place in a bowl. Add bean sprouts and peppers to the seaweed.

3. In a small bowl combine brown rice vinegar, stevia, red chili & garlic sauce, and soy sauce.

4. With the chilled seaweed mixture on your counter, liberally pour sweet vinegar mixture over the seaweed. Mix loosely with a fork.

5. Drizzle sesame oil over the top of the seaweed mixture. Mix loosely with a fork.

6. Sprinkle green onions over the top as a garnish and serve mounded on an open dish.

**NOTE:** Use cucumbers chopped and fresh green peppers to give your dish additional freshness. Serve with a teaspoon of Salish Salted Salmon Eggs (see recipe) per serving of Wakame Sea Salad.

* You may purchase red chili & garlic sauce at any Asian food store.

## Duck Breast Salad with Hazelnuts

Adapted from Sally Fallon and Mary Enig (1999), *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*.

**Servings: 6; Preparation time: 3 hours, 30 minutes**

The kind of duck I like the most is Teal. It's a small duck and very commonly nesting and passing through the Pacific Northwest. You can catch a Teal by using a net, which was pretty common in the old days. The virtue of net catching Teals is that it doesn't bruise the bird, but it requires a lot more skill to capture them. One of the best ways is to act and sound like a teal; the best actors were the best hunters.

### Ingredients

5 tablespoons Cranberry Salad Dressing – see recipe

2 wild duck breasts

¼ cup lemon juice (juice of 2 lemons)

¼ cup extra-virgin olive oil

1 tablespoon hazelnut oil

6 cups mixed salad greens

¼ cup hazelnuts, dry-roasted, chopped

### Directions

1. Prepare Cranberry Salad Dressing according to the recipe and set aside.
2. Score duck breast with a diamond pattern.
3. Mix together the lemon juice and olive oil, pour over the duck breasts, and marinate for 3 hours.
4. Cook in a heavy skillet and braise for 2 minutes on each side until moderately firm to the touch.
5. Transfer to a cutting board and let stand 10 minutes.
6. Slice thinly across the grain.
7. Blend hazelnut oil with the Cranberry Salad Dressing and toss with the salad greens and hazelnuts.
8. Serve duck slices on top of individual mounds of salad greens.

## Steamed Nettles

**Servings: 4; Preparation Time: 10 minutes**

Springtime brings the gift of green nettles—they are rich in chlorophyll and this is a simple recipe that will reduce allergies, as they cleanse the liver. Be careful as you harvest them, for touching nettles causes a potent sting. Simply steaming or par-boiling nettles for a few minutes will deactivate the stinging hairs. But, if you have arthritis, use the traditional approach of immersing your hands in a nettles bush, and you will soon find your pain is (temporarily) relieved.

### Ingredients

4 cups nettle leaves

2 teaspoons oolichan oil*

¼ cup hazelnuts, cracked

### Directions

1. Add some water to a pot with a metal steamer.
2. Once the water reaches a boil, place the nettle leaves into the steamer for only 1 minute.
3. Remove the nettles immediately, toss with the oolichan oil and cracked hazelnuts, and serve.

Elise Krohn

* Substitute butter or coconut or olive oil if oolichan oil is unavailable.

## Dandelion Pesto

**Servings: 12; Preparation Time: 15 minutes**

Dandelions are among the first greens to come up in the spring, and they make a wonderful pesto while waiting for the summertime basil to arrive. The bitterness of the dandelion stimulates the gall bladder, which emulsifies the oil in this recipe, making it both nutritious and medicinal. The greens are an excellent source of vitamin A, calcium, potassium, and iron. Young leaves harvested before the flowers bloom are the best for pesto.

Elise Krohn

### Ingredients

½ cup dried and packed dandelion greens

2¼ teaspoons thyme

2 cloves garlic, crushed

¼ cup sunflower seeds

3 tablespoons virgin olive oil

¼ cup Romano cheese or grated (goat) cheddar cheese

### Directions

1. In a mortar, crush dandelions until well broken down or place in a food processor and pulse.
2. Add seeds and pulse or mash until well blended.
3. Add thyme and garlic and pulse or mash until incorporated into the paste. Add oil and pulse/mix.

## Sage Flower Pesto

**Servings: 8; Preparation Time: 10 minutes**

Serve this pesto on top of warm fish (salmon, cod, or halibut), or mix pre-cooked quamash with this savory pesto. It's also excellent as a dip for boiled elk or duck.

### Ingredients

1 quart sage flowers

½ cup walnuts, roasted

1 cup oolichan oil*

2 cloves garlic, minced

8 green onions, coarsely chopped

### Directions

1. Mash all ingredients with a mortar and pestle, or process in food processor until smooth.

* Flaxseed or olive oil may be substituted if oolichan oil is unavailable.

## Pesto Quamash

**Servings: 4; Preparation Time: 45 minutes**

Quamash was and is best when it's roasted. In the early days, it was commonly peeled and roasted in underground ovens. After roasting, the bulbs are sweet and tender and can be eaten like candy. They were always harvested in just about a week's time in during what is now known of as the first week of May. If you miss that time, you miss getting quamash. The reason for that is that the flowers die down and you cannot tell the difference between quamash that nourishes you (blue flowers), and quamash that kills you (white flowers). The best method for gathering the good quamash is with a digging stick that's usually about 2½ to 3 feet long and it has a bent tip on the end. It's usually a hard wood and the beauty of using the digging stick is that it increases the number of quamash for next year. The digging stick only removes the largest quamash and then leaves all the babies in the ground.

### Ingredients

½ cup Dandelion Pesto – see recipe

1½ pounds quamash (camas) roots

1 cup small olives

### Directions

1. Prepare Dandelion Pesto according to the recipe.
2. Clean and peel quamash roots.
3. Steam or boil quamash until tender.

Elise Krohn

4. Place quamash in a serving bowl and top with Dandelion Pesto until they are all covered. Serve.

## Cattail Stirfry

**Servings: 4; Preparation Time: 25 minutes**

The violet flowers in this recipe are added as a garnish at the end. When gathering violets, save some extra handfuls of flowers to make a tea to drink with this meal. They are anti-inflammatory and good for sore throats and coughs, pain, and swollen glands, as well as for chronic skin problems and bruising. An infusion can be prepared by steeping one ounce of the dried leaves and flowers (or three tablespoons fresh) in two cups of just boiled water for ten minutes.

### Ingredients

2 tablespoons olive oil

2 cups whole mushrooms

10 small leeks, cleaned and sliced into 1/8th inch pieces

2 cups nettles, chopped

2 cups dandelion greens, chopped

10 cattail sprouts, about 6" long

½ cup water

1 cup violet leaves

Sea salt to taste

Juice from 2 lemons

1 cup violet flowers, for garnish

### Directions

1. In a large skillet, bring olive oil to full heat. Place whole mushrooms in the pan, reduce heat (do not disturb) mushrooms for first three minutes. After signs of browning on the bottoms, flip mushrooms let cook for three more minutes. As mushrooms are cooking, add sliced leeks and immediately stir into mushrooms.

2. When leeks wilt, top mixture with nettles, dandelion greens, and sliced cattail sprouts. If the mixture becomes too dry, add a little bit of water.

3. Cook and stir until greens are an intense green color and then turn off the heat. Stir in the violet leaves.

4. Season with sea salt and squeeze the juice of two lemons over the mixture. Garnish with violet flowers and serve immediately.

## Salmon Loaf Salad

**Servings: 8-10; Preparation Time: 9 hours**

For coastal peoples, and all river peoples, salmon was and is today a central icon of life. People have always known that the salmon gave them life, and so they would prepare for the return of the salmon every year. To help the salmon find its way back to the river, people would make stone effigies and place them at the mouth of the river on both sides. People would be sure when they took the salmon to always remind the salmon where it came from by casting its bones back into the water. These practices were a central piece of culture that ensured the restoration of salmon runs every year. This loaf makes for a nice midday summer salad. Serve with mayonnaise or lemon.

**Ingredients**

2 cups Fish Stock – see recipe

½ cup dried wakame seaweed, reconstituted*

½ pound Sockeye or Silver salmon, bones removed

4 envelopes Knock's powdered flavorless gelatin

1 tablespoon vinegar

4 medium sprigs pickleweed

½ medium red bell pepper, julienned and cut again crosswise

½ medium red bell pepper, julienned, for garnish

Mayonnaise or lemon for serving (optional)

**Directions**

1. Prepare the Fish Stock according to the recipe and set aside.

2. Lightly steam the fish so it is slightly firm. Do not overcook.

3. Put the fish stock in a saucepan and bring to a slight boil. Once boiling, add the powdered gelatin, whisking quickly to avoid clumping. Whisk until the gelatin is completely dissolved and then turn off the heat. Add the vinegar.

4. Place a thin layer of seaweed on the bottom of a 9 x 5 x 3 inch loaf pan, reserving a small handful of seaweed for garnish. Place the poached fish on top of the seaweed. Break up two sprigs of pickleweed and spread them across the top of the fish, setting aside the remaining pickleweed for garnish.

5. Layer the first half of the red bell pepper over the salmon.

6. Pour the prepared gelatin and fish stock mixture over the top of the fish slowly and carefully. Lay one of the remaining sprigs of pickleweed across the top of the liquid. Let it cool to room temperature for 1 to 2 hours, then place in the refrigerator for at least 4 hours or overnight.

7. Remove the gelatin loaf from the fridge and place the entire loaf pan inside another deep-sided container, filling it with a bath of warm water that reaches up to about a quarter inch below the top of the loaf pan. Let this rest for about two minutes. Then remove the loaf pan from the bath and towel dry it.

8. With a very thin knife, cut around the edges of the gelatin to help loosen it from the pan. Place a rectangular tray, slightly larger than the loaf pan opening, upside down on top of the gelatin pan. Holding the loaf pan and tray together, quickly turn them over so that the loaf pan is now upside down on top of the plate. Gently shake the pan a few times until the gelatin comes loose from the pan and is resting on the serving plate.

9. Break up or chop the reserved seaweed and pickleweed and place all around the edges of the loaf.

10. Using the second half of the red bell pepper, lay the pieces around the loaf and on top of the loaf for garnish. Serve.

* Reconstitute the seaweed by covering it with clean water and let it sit until it's flexible again.

# Dressings, Sauces & Marinades

## Cranberry Salad Dressing

**Servings: 6; Preparation Time: 10 minutes**

This freshly prepared dressing is tart and lively and good for the liver. Medicinally, cranberries are used to help with urinary infections; it is believed that D-mannose in the cranberry prevents bacteria from adhering to the epithelium of the urinary tract.

### Ingredients

⅓ cup wild cranberries, or cranberry juice concentrate (unsweetened)

1 tablespoon water

5 drops liquid Stevia

1 tablespoon cup lemon juice

⅓ cup olive oil

2 cloves garlic, minced

Pinch sea salt

Water as needed

### Directions

1. Cook cranberries in a small pot with the water and boil for 5 minutes on medium low until they begin to pop and soften.

2. Mash them in a bowl.

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3. In a small mixing bowl whisk together the mashed cranberries, stevia, and lemon juice. Slowly add the olive oil while continuing to mix.

4. Add the garlic and sea salt and mix.

5. Add water as needed until the dressing is smooth and pours easily. Whisk into a suspension and serve. This dressing can be used on salad or meat.

## Choke Cherry Salad Dressing

**Servings: 8; Preparation Time: 10 minutes**

Choke cherries go really well by their name. The first urge upon seeing them is to pick them and simply eat them with a big mouthful. However, if you do this you risk the chance of having seeds collect in your throat, thus the name. Choke Cherries can be really sour, but when they're added to other sweeter berries, they lend a nice balance between sweet and sour. Be sure to watch out for the pits.

### Ingredients

⅛ cup choke cherry juice*

⅜ cup olive oil or oolichan oil if available

1 clove garlic, minced

Pinch sea salt

Pinch black pepper

### Directions

1. Place all ingredients in a small mixing bowl and whisk vigorously.

2. * To prepare the choke cherry juice, macerate the choke cherries and press out the seeds through a strainer.

## Blackberry Game Sauce

**Servings: 16; Preparation Time: 30 minutes**

Wild blackberries are much more flavorful than the invasive Himalayan blackberries that are now so pervasive. They are also high in vitamin C and have many medicinal uses. Blackberry leaf tea is made from very fresh or dried leaves to treat diarrhea, stomach problems, sore throats, and mouth sores, while the roots are sometimes used to treat colds. Beyond medicinal uses, many Salish peoples make tea from the leaves for a delicious beverage, or add the leaves to bitter beverages to sweeten them.

### Ingredients

1 cup wild blackberries

3 drops stevia extract (Sweet Leaf)

1 tablespoon lemon juice

¼ cup pectin or agar

### Directions

1. Place berries in a saucepan over moderate heat and bring to a boil.

2. Add the stevia and lemon juice, reduce heat, and simmer for another 20 minutes.

3. Remove from heat and add the pectin or agar. Cool and refrigerate for use with cooked game

## Feather Marinade

**Servings: 8; Preparation Time: 10 minutes**

This is a modern marinade that has the benefit of reducing the fat levels in the duck. It emulsifies the fat and tenderizes the meat.

**Ingredients**

¼ cup vinegar

¼ cup olive oil

Pinch sea salt

Pinch black pepper

¼ teaspoon dry mustard

5 cloves garlic, crushed

1 tablespoon thyme

**Directions**

1. Combine all ingredients.

1. Marinate duck, goose, grouse, or pheasant for an hour or so. (The longer you marinate the meat, the richer the flavor.)

2. You can also use this marinade to baste the meat while cooking.

## Marinade for Venison, Elk, or Rabbit

**Servings: 8; Preparation Time: 1 hour, 30 minutes**

This recipe is mostly designed to tenderize the meat.

**Ingredients**

1 tablespoon extra virgin olive oil

1 cup celery, chopped

1 cup carrot, chopped

1 cup onion, chopped

8 cups vinegar

4 cups water

½ cup parsley sprigs, coarsely chopped

3 bay leaves

1 tablespoon fresh wild thyme

1 tablespoon fresh basil

1 tablespoon cloves

1 tablespoon juniper berries, crushed

Pinch mace

1 tablespoon peppercorns, crushed

6 cloves garlic, crushed

**Directions**

1. Heat oil in a large stainless steel pot, sauté the celery, carrots, and onion in the oil on medium heat until softened.

2. Add the vinegar, water, and parsley to the veggies.

3. Add the remaining ingredients to the mixture.

4. Simmer all ingredients for at least one hour.

5. When finished, strain the mixture and allow to cool. The marinade can be used immediately, or stored in the refrigerator or freezer for use at a different time.

**NOTE:** Marinate your meat in sauce for at least 20 minutes. The longer it rests in the sauce, the more flavorful the meat will be once cooked. Cook the marinated meat for 30 minutes at 200 degrees F.

Marlene Bremner

**Greens with cranberry salad dressing.**

Section 4

# Stocks, Soups & Stews

## Elk Stew

**Servings: 8; Preparation Time: 1 hour, 30 minutes**

This rich stew is thickened with cattail flour, a nutritious and protein rich traditional food. The flavor is greatly increased if this stew is made a day in advance and allowed to sit, then cooked the next day for 45 minutes.

### Ingredients

½ cup cattail flour with fibers removed (see NOTE), or brown rice flour

¼ cup arrowroot

2¼ pounds elk or deer meat, cut into 1 inch cubes (elk is a milder meat)

1 cup rice or almond milk

2 tablespoons coconut oil, or pork fat

Freshly ground black pepper, to taste

1½ pounds wild carrot (or regular carrots), coarsely chopped into less than ¾ inch pieces

4 stalks wild celery, coarsely chopped into ½ inch pieces, reserving the tops and leaves, to be added at the end of cooking (chop them finely)

1½ pounds onions, coarsely chopped

1 teaspoon thyme

1 teaspoon rosemary

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1 teaspoon sage

1¼ pounds quamash root*, or finger potatoes

1 teaspoon sea salt

¾ gallon water

1 tablespoon juniper berries

**Directions**

1. Mix together the cattail flour and arrowroot. Dip the elk pieces in the milk and then dredge them in the cattail flour mixture.

2. Braise in the elk in a pan coconut oil over medium-high heat and cook until just slightly browned. Add freshly ground pepper, remove from heat and set aside.

3. In the same pan, add the rest of the coconut oil and the carrots, onions, and celery, cooking them until they are slightly browned, but not fully soft as they will continue to cook in the soup. Add the herbs, stir together and remove from the heat.

4. Place vegetables, quamash, and meat into a 4 quart pot with the water. Add the sea salt.

5. Bring water to a boil. It will probably take about 20 minutes to come to a nice rolling boil. Then drop it to a simmer and cook for another 20 minutes.

6. Place stew on a small burner and turn heat to low and simmer, add the celery leaves and tops, along with the juniper berries, and continue to cook at a low temperature for 20-25 minutes or until meat and the carrots are tender. The stew should be thick and rich, but if more water is can be added to thin the soup if desired.

* Always harvest quamash bulbs when the plant is in flower, and use only plants with blue flowers. The white-flowered quamash, also known as "death camas," is poisonous.

**NOTE:** Cattail flour is made from the stem. It should be cut just above the root and just before the green of the stalk. These are placed in a 200 degree F oven for about 4 hours or maybe less (depends on the thickness of the stalk). Once they dry out, pulverize them into flour. The flour will have fibers, or stringy parts in it that don't break down when you pulverize the stalk. These should be removed before using the flour.

## Salish Green Stock

**Servings: 8; Preparation Time: 1-4 hours**

Wild carrots, celery and ginger contribute to the wonderful flavor of this stock. Medicinally, wild ginger is useful for hot, dry head colds, bronchial problems, and general issues of heat and dryness.

### Ingredients

2 quarts water

1 large onion, coarsely chopped

20 wild carrots (or 3 regular carrots), coarsely chopped

5 stalks of wild celery (or 3 regular celery stalks), coarsely chopped

2 broccoli stalks, coarsely chopped

1 leek, cleaned and sliced

6 cloves garlic, slightly crushed

2 inches wild ginger (or 1 inch ginger root), chopped fine

2 whole bay leaves

Bouquet garni (sage, thyme, and mint, tied together, or tied in a cheesecloth bag)

### Directions

1. Place everything except the bouquet garni into a large stainless-steel pot (do not use aluminum).
2. Bring to a boil, then reduce heat to low and simmer for 1 to 4 hours.
1. About 10 minutes before the stock is finished, add the bouquet garni.
2. Remove from heat, strain the stock, and cool in the refrigerator; store in small containers in refrigerator or freezer.

## Kombu Stock

Recipe adapted from Seibin and Teruko Arasaki (1983), Low Calorie, High Nutrition Vegetables from the Sea.

**Servings: 4; Preparation Time: 1 hour, 30 minutes**

Kombu is a rich source of sodium alginate, which helps to remove heavy metals from the body. Sodium Alginate binds with the heavy metals in your cells and they are expelled through the digestive tract.

### Ingredients

1½ ounces dried kombu seaweed*

4 cups water

### Directions

1. Wash the kombu thoroughly, removing all sand and grit.
2. Let the kombu stand from 30 to 60 minutes in a saucepan with the water.
3. After soaking, slowly heat the water to a simmer, then remove the kombu. The kombu must not be allowed to boil,

as it will cause the stock to taste unpleasant as well as make the broth sticky.

4. Reserve stock or use right away.

*Generally you need between 1 - 1¾ ounces dried kombu for 4 cups of stock. If you're using fresh kombu you will need about 4 ounces for this recipe.

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## Fish Stock

**Servings: 12; Preparation Time: 2 hours**

It is often difficult to get a whole fish these days because people will throw the heads and tails and bones away, but these parts are essential for a good fish stock, and traditionally have been an important source of nutrients, especially for elders or the ill. Use this stock in chowders or consommés.

**Ingredients**

4 whole fish (including heads, bones, and fins)

3 quarts water

2 onions, coarsely chopped

1 carrot, coarsely chopped

1 sprig fresh thyme

1 sprig fresh parsley

1 bay leaf

**Directions**

1. In a gallon pot, put fish heads, bones, and fins, and cover with water.

2. Add the vegetables to the pot. Bring to a boil, then reduce heat and simmer until the vegetables are soft.

3. Tie herbs together and add to the pot.

4. Cover the pot and simmer until done, about 2 hours.

5. Strain the liquid. This stock can be used right away or stored for future use in pint sized containers in the refrigerator or freezer. If freezing, chill well in the refrigerator first before placing in the freezer.

## Wild Bird Stock

Recipe adapted from Sally Fallon and Mary Enig (2001), *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*, p. 124.

**Servings: 16; Preparation Time: 4 hours**

This is a nourishing broth that can be used as the base of any soup, or used on its own when ill. The vinegar extracts the minerals from the bones, and overall, this stock is very energizing.

**Ingredients**

1 whole wild duck, including the carcass, gizzard, neck

3 quarts water

2 tablespoons apple cider vinegar

1 large onion, coarsely chopped

2 carrots, coarsely chopped

3 wild celery (3 celery stalks), coarsely chopped

Bouquet garni (fresh thyme and sage, tied together or tied in a cheesecloth bag)

1 bunch fresh parsley

**Directions**

1. Place duck carcass in a large stainless steel pot with the water, vinegar, onion, carrots, celery, and bouquet garni.
2. Let stand 30 minutes to 1 hour.
3. Bring to a boil, and remove any scum that rises to the top.
4. Reduce heat, cover, and simmer until done.
5. About 10 minutes before finishing stock, add the parsley.
6. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

**NOTE:** Once the duck carcass is removed and cooled, remove the excess duck meat from the carcass. This meat can then be reserved for other recipes.

**Wild Celery (Water Parsley)** Ben Legler

## Four Legged Stock

**Servings: 6; Preparation Time: 1 hour, 30 minutes**

This stock is full of calcium and Vitamin A, as well as a fair level of Essential Fatty Acids. It can be used to make just about any stew or soup, or for slow cooking meats – slow cooking deer or other meats in this stock will flavor the meat, whereas cooking in water will just leach the flavor from the meat.

**Ingredients**

4 pounds elk/deer marrow and knuckle bones*

½ cup vinegar

4 quarts water

3 pounds elk/deer meaty rib or neck bones Water parsley

3 onions, coarsely chopped

15 wild carrots (or 3 regular carrots), coarsely chopped

10 wild celery (or 3 regular celery stalks), coarsely chopped

2 sprigs fresh thyme, tied together

1 teaspoon crushed juniper berries

1 bunch fresh wild parsley

**Directions**

1. Place the knuckle and marrow bones in a very large soup pot with vinegar and cover with water. Let stand for one hour.

2. Meanwhile, place the meaty bones in a roasting pan and brown at 350 degrees F.

3. When well browned, add to the soup pot along with the onions, carrots, and celery.

4. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot.

5. Add additional water, if necessary, to cover the bones; bring to a boil.

6. A large amount of scum will come to the top, and it is important to remove that with a spoon.

7. After you have skimmed, reduce heat and add the thyme and crushed juniper berries.

8. Simmer stock until done. Just before finishing, add the parsley and simmer another 10 minutes.

9. Remove bones, and strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top.

10. Transfer to smaller containers and to the freezer for long-term storage.

* Good meat stock must be made with several sorts of bones: Knuckle-bones and feet impart large quantities of gelatin; Marrow imparts flavor.

## Hazelnut Soup

**Servings: 6; Preparation Time: 1 hour, 30 minutes**

Hazelnuts are rich in thiamine and B-6, nourishing for the brain. Hazelnuts were my father's favorite nut. In the early days, when there were still wild hazelnut trees, they would collect lots of raw nuts and then stick them in a box underground for about a month or two. When you take them out, you peel them and they're all ready for you eat. You don't want to eat fresh hazelnuts straight off of the tree because they actually contain some bitterness and could make you a little sick if eaten in excess. The temperature underground usually runs about 50-55 degrees, keeping them from spoiling but allowing them to dry and sweeten.

Ben Legler

**Ingredients**

2 cups Wild Bird Stock (see recipe) or chicken stock

2¼ cups hazelnuts

2 onions, sliced

2 tablespoons minced wild celery (or fresh parsley)

5 cups water

Salt and pepper to taste

8 sprigs chickweed or other bitter greens

**Directions**

1. Prepare the Wild Bird Stock according to the recipe.
2. Place the Wild Bird Stock, hazelnuts, onions, wild celery, and water in a large saucepan and simmer over low heat, stirring occasionally, for 1 hour.
3. Add salt and pepper.
4. Serve hot and make small servings, as this soup is very rich. Garnish each serving with chickweed.

## Nettle Soup

**Servings: 6; Preparation Time: 45 minutes**

Nettles have a flavor similar to spinach, and they're rich in vitamins A and C, iron, and potassium. They're also a good source of protein. This recipe is highlighted by the addition of chickweed, one of the first spring greens and a part of the first foods feast. It has a nutty and kind of sweet flavor, so it's frequently mixed with other greens to make salads. Chickweed breaks down very quickly, so it is best eaten fresh or just lightly steamed.

Elise Krohn

### Ingredients

6 cups Salish Green Stock – see recipe (a stock made with spinach or Swiss chard could be substituted)

2 pounds quamash* or Jerusalem artichokes, coarsely chopped

1 large wild onion, coarsely chopped (or 1 large scallion)

½ pound nettles (about 20 plants)

1 cup chopped chickweed

1 head garlic

1 bunch wild parsley, chopped fine

Salt and pepper to taste

### Directions

1. Prepare the Salish Green Stock according to the recipe.
2. Add the quamash and the onion to the stock and bring to a boil.
3. Reduce heat to low and simmer, cooking until the quamash are tender.
4. Once the quamash are tender, add the nettle leaves and chickweed to the soup. Turn off the heat and steam the greens.
5. Once the greens are steamed, pour everything into a food processor with the garlic and parsley and process until fully pureed.
6. Season with salt and pepper.

* Always harvest quamash bulbs when the plant is in flower, and use only plants with blue flowers. The white-flowered quamash, also known as "death camas," is poisonous.

## Laver Seaweed Soup

Recipe adapted from American Indian Women's Service League (1989), *Going Native: American Indian Cookery*, p. 47.

**Servings: 4; Preparation Time: 45 minutes**

Limpets are known as Chinese slippers (obviously a modern day expression) and they resemble little volcanoes stuck to the rocks. People all along the coast would collect snails and limpets and make chowders out of them, using wild celery, carrots, and onions. Since they mainly eat algae, they're a really good source for ocean greens and lots of zinc. When the limpets are cooked down they step out of their shells. Limpets can be quite chewy; once you get them out of their shell, you can smash them between two rocks until they're tender. It tends to get a little messy, but it makes them more digestible.

**Ingredients**

2 cups laver seaweed, soaked

4 cups water

1 small onion, chopped

Salt and pepper to taste

4 cups any combination of fish, limpets, snails, sea urchins, squid, clams

**Directions**

1. Combine laver seaweed, water, onion, and salt and pepper in a pot and simmer for 15-20 minutes.
2. Toss in available seafood and cook another 10-15 minutes.
3. Serve immediately.

## Spring Seaweed Soup

**Servings: 6; Preparation Time: 30 minutes**

Lots of different kinds of seaweeds exist. Kombu was often used just as the Japanese used it as a soup stock base, being careful not to overcook it and removing it to avoid imparting a bad taste. The significance of the larger kombu type seaweed is that it imparts sodium alginate, which removes heavy metals from the body.

### Ingredients

9 cups kombu Stock – see recipe

10 quamash*, sliced into thin rounds

10 medium wild carrots (or 2 medium carrots), sliced into thin rounds

¼ cup fresh green peas, shelled

1 small onion, chopped

½ teaspoon salt

½ teaspoon pepper

1 teaspoon chopped fresh parsley

6 sprigs chickweed

### Directions

1. Prepare the Kombu Stock according to the recipe.
2. Parboil the quamash, carrots, and peas until barely tender.
3. Bring stock to boiling in a saucepan and add the parboiled vegetables, onion, salt, and pepper. Remove from heat.
4. Place a little chopped parsley into the bottom of each soup bowl, add hot soup and vegetables and garnish with chickweed. Serve immediately.

* Always harvest quamash bulbs when the plant is in flower, and use only plants with blue flowers. The white-flowered quamash, also known as “death camas,” is poisonous.

## Dulse-Shellfish-Quamash Stew

**Servings: 6; Preparation Time: 30 minutes**

The title of this recipe is a tongue twister that you can practice saying as you're preparing the recipe. It makes a great contest for the kids; as they're helping you prepare the food, see who can say it the fastest.

Cockles are small saltwater clams only available on beaches in the inland seas, so people along the Puget Sound area (also known as the Salish Sea) have access to them. They are especially available in the springtime waters and people used to dig them up with a stick. A cockle often lives with other clams and is an indication of other larger clams to come. As you pick them up, they are still trying to dig. They're red-orange digger is especially good; my mother used to just bite it right off as she was collecting cockles.

Elise Krohn

**These are known as Chinese Slippers, “black chitons" or limpets. The Klallam name is "t̓əŋsəwé?č" (pronounced tan-su-wayish).**

### Ingredients

1½ quarts Fish Stock – see recipe

1½ cups wet dulse seaweed

1 tablespoon bear fat or coconut oil

1 onion, chopped

½ cup celery, chopped

2 garlic cloves, minced

1 pound quamash*, cubed

1 bay leaf

½ pound mussels

½ pound shrimp

½ pound clams

½ pound limpets (tan-su-wayish) and snails, pounded until tender

½ pound cockles

Handful pickleweed, torn into large pieces

### Directions

1. Prepare the Fish Stock according to the recipe.
2. Melt the bear fat or coconut oil in a skillet and sear the dulse. Set aside.
3. Bring stock to a boil. Add the onion, celery, garlic, quamash, and bay leaf. Reduce heat and simmer until nearly tender, then add shellfish and dulse.

4. Cook 10 minutes, or until the shellfish are cooked. They are cooked when the shells open. If any shells failed to open remove them and throw them away.

5. Toss in the pickleweed for just a moment to heat through, and serve.

* Always harvest quamash bulbs when the plant is in flower, and use only plants with blue flowers. The white-flowered quamash, also known as "death camas," is poisonous.

## Fish Head Soup

**Servings: 6; Preparation Time: 45 minutes**

There are seven different kinds of salmon determined by season and by the river: sockeye, Chinook (or king), silver, chum (or keta), coho, pink, and steelhead. Some are small, but a king salmon could be 40 pounds. Chum is a meatier fish than a silver or a sockeye, but because of their diet they tend to have a slightly yellow or pink meat as opposed to the brilliant red flesh of a Chinook or sockeye. Chinook and sockeye tend to eat squid, which tend to eat little crablike things that eat plankton. This combination increases the Essential Fatty Acids (EFAs) available in the meat. The brighter the red color, the more EFAs are present. That's why you don't want farm fed salmon, or any other fish for that matter. They're usually fed corn, which provides no EFA benefit at all and will increase the omega 6 content with no omega 3s. The flesh of farm-raised salmon is artificially colored to make it appear red.

**Ingredients**

1¼ gallons water

2 whole salmon with heads

10 stalks wild celery (or 3 regular celery stocks), chopped

20 wild carrots (or 2 large carrots), chopped

1¼ cups onions, chopped

1 cup kelp seaweed, finely chopped

½ teaspoon sea salt

1 teaspoon sage or thyme

**Directions**

1. Place the water in a large stockpot and add the head, bones, fins, and tail of two whole King or Coho salmon.

2. Bring to a boil and add celery stalks, carrots, onions, seaweed, salt, and sage.

3. Cover with a lid and turn the heat to low and cook for 30 minutes. Serve hot.

## Savory Salmon Stew

**Servings: 8-10; Preparation Time: 1 hour, 20 minutes**

Pickleweed is used to garnish this hearty stew. It's great benefit is that it's both salty and slightly vinegary, hence the name. It has many uses, including garnishing various fish recipes and it can be added to salads to add a little pickle flavor. It is mainly available in the springtime and grows along the beaches. It's a land plant that is saltwater tolerant because it used to be an ocean plant. As a result, one doesn't have to go into the ocean to get an ocean plant, because it's growing right on the beach. When you first see it, it looks like an asparagus plant that went crazy because it has little asparagus-like spears coming out of a main stem and it is somewhat brushy. But when you get closer to it, you find out you have pickleweed and not asparagus at all.

**Ingredients**

2 quarts Fish Stock – see recipe

2 pounds Chinook or Sockeye salmon

½ pound hard-smoked salmon

¼ pound leaf pork fat

1 large onion (or 8 wild onions), chopped

1½ cup carrots, chopped

3 stalks wild celery, chopped

2½ cups fresh quamash (Camas root, or Lacamas), peeled

1 teaspoon juniper berries, crushed

3 sprigs pickleweed, coarsely chopped

**Directions**

1. Prepare the Fish Stock according to the recipe.
2. Cut the fresh salmon into ¾ inch cubes with the skin on and set aside.
3. Cut the smoked salmon into ½ inch cubes with the skin on and set aside.
4. Place leaf pork fat in a 4-quart stockpot and melt on medium heat.
5. Add the onions, carrots, wild celery, quamash, and juniper berries and cook until the onions are translucent.
6. Add the stock to the pot with the vegetables and bring to a boil. Turn down heat to medium and add the fresh and smoked salmon.
7. Add chopped pickleweed and cover pot. Turn the heat to low and simmer for at least 40 minutes.

## Duck Stew with Dried Cherries

**Servings: 8; Preparation Time: 4 hours**

This is a slightly thickened, sweet, and savory stew. Choke cherries have been used medicinally to treat coughs, high blood pressure, heart problems, diarrhea, and flu.

### Ingredients

4 cups Wild Bird Stock – see recipe

3 whole wild ducks

2 cups precooked cranberries or cranberry juice

1 sprig of fresh thyme

½ teaspoon crushed juniper berries

1 tablespoon grated orange rind

8 ounces wild choke cherries, dried*

2 tablespoons arrowroot (potato flour or cassava/tapioca flour can be substituted)

2 tablespoons water

Salt and pepper to taste

### Directions

1. Prepare the Wild Bird Stock according to the recipe and set aside.
2. Marinate the wings, legs, thighs, and breast pieces of the ducks in the cranberries or cranberry juice for several hours at room temperature or overnight in the refrigerator.
3. Remove the duck pieces and dry them well, pricking skin all over with a sharp needle. Reserve the marinade and set aside.
4. Preheat oven to 400 degrees F.
5. Place duck pieces skin side up on a stainless steel baking pan and brown in preheated oven for about half an hour until skin becomes golden.
6. Remove duck pieces to a 15 ½ x 10 inch Dutch oven and set aside for later use.
7. Pour duck fat out of baking pan into a separate pot, and add the reserved cranberry marinade.
8. Bring duck fat and cranberry marinade mixture to a boil, stirring with a wooden spoon. Add stock and boil until liquid has reduced by about half.
9. Add the thyme, juniper berries, orange rind, and cherries.
10. Pour sauce over duck pieces, cover Dutch oven and bake at 225 degrees F for several hours or until tender.
11. Remove the ducks and place on a cutting board to rest.
12. Place Dutch oven on stove top over low heat.
13. To make the gravy, mix the arrowroot and water together. Add the arrowroot mixture to the casserole one spoonful at a time, stirring until desired thickness is obtained.

14. Season with salt and pepper.

15. Place the ducks on a serving platter, pouring the gravy mixture over them, and serve.

**NOTE:** To dry fresh choke cherries, place them on a fine mesh rack over a cookie sheet and put in the oven at 180 degrees F for 4-5 hours.

## Wild Duck Stew

**Servings: 6; Preparation Time: 3 hours**

This stew relies heavily on having a very fresh duck. Mallard or teal ducks are especially good. If you've hunted then you've got one, but if you buy it the flavor will not be as good. Commercially grown ducks are fed grains, whereas wild ducks eat a varied diet that includes algae, fish, and bugs. This improves the flavor of the meat. In addition, wild ducks fly, so their muscles are more exercised. Commercial ducks walk around and eat and don't have use their muscles as much.

**Ingredients**

4 cups Wild Bird Stock – see recipe

2 whole wild ducks (mallard, teal, etc.), cut in quarters

Salt, to taste

Red and black pepper, to taste

½ cup lard, bacon fat, or olive oil

4 large onions, chopped

3 cloves garlic, chopped

3 wild celery (or 3 regular celery stalks), chopped

1 pound quamash*

20 wild carrots (or 2 regular carrots), chopped

2 bunches green onions, white parts only, chopped

6 sprigs thyme, chopped

6 sprigs spruce tips, chopped

**Directions**

1. Prepare the Wild Bird Stock according to the recipe and set aside.

2. Season the ducks with salt and red and black pepper.

3. Heat oil in large, heavy pan until very hot.

4. Brown ducks in hot oil. Once browned, remove from the pan and set aside.

5. Reduce to medium heat.

6. Place onions, garlic, celery, quamash, and carrots in same pan, cook on medium heat for 15 minutes, stirring frequently.

7. Add the Wild Bird Stock and the browned duck, and cover the pan. Cook slowly for 2½ hours or until tender.

8. Approximately 15 minutes before serving, add the chopped green onions along with the thyme and spruce tips to the stew.

* Always harvest quamash bulbs when the plant is in flower, and use only plants with blue flowers. The white-flowered quamash, also known as "death camas," is poisonous

Section 5

# Seafood

## Pressed Dill Salmon

**Servings: 12; Preparation Time: 3-4 days**

Preparing this recipe is a 3-4 day process of compressing the salmon so that the moisture is released. The result is a salted dried fish similar to lox.

### Ingredients

1 Chum salmon fillet (15 inches from gill to tail)

4 drops stevia liquid (Sweet Leaf)

1 tablespoon water

1/3 cup Kosher or coarse sea salt

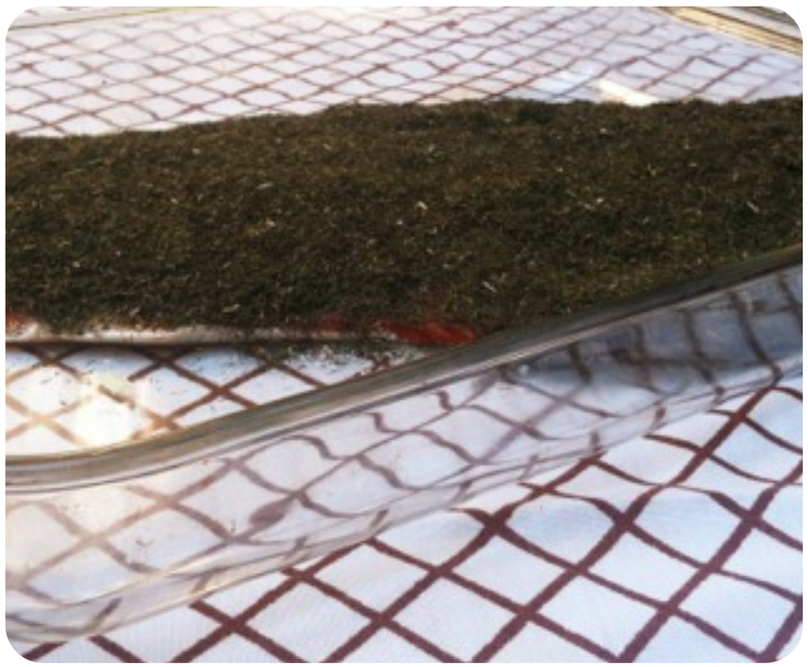
¼ cup brown sugar

½ cup dried dill

### Directions

1. Rinse the fillet well, and pat it dry.
2. Place the fillet in a 15½ x 10½ x 2¼-inch Pyrex baking dish.
3. Mix the stevia with the water and brush this mixture on the fillet with a pastry brush. Then, sprinkle the salt in an even layer over the entire fillet so that it is covered completely.

Rudolph C. Ryser



Marlene Bremner

Marlene Bremner

Rudolph C. Rÿser

4. Sprinkle the brown sugar over the salted fillet in an even layer to cover.

5. Cover the salt and brown sugar with a thick layer of dried dill to cover completely.

6. Cover the fillet with plastic wrap, then lay a bamboo sushi roller over this.

7. Place a 14 x 10 x 2-inch baking dish on top of the fillet and place about two pounds of weight in the dish to weigh it down.

8. Place the salmon with the weighted dish over it in the refrigerator for 3 days. Check the fish every 24 hours and pour off any liquid that seeps from the fish into the bottom of the dish.

9. Test firmness with your finger on the third day; it should be very firm. Press your finger into the fish; if it leaves a dimple it is not ready and should sit for another full day.

10. When the fish is done pressing and firm to the touch, it can be sliced thinly (like Lox) and eaten fresh. Cut on the bias at an angle, very thinly. Or you can cut the slices a little bit thicker and place on a skillet with some coconut oil. Cook over medium heat for about 20 seconds on each side until the bright red color becomes slightly dull. Don't overcook.

**VARIATION:** Try substituting freshly ground black pepper and garlic for the dried dill. Prepare the same way with the stevia, coarse sea salt, and brown sugar, then add a layer of minced garlic and a layer of freshly ground black pepper instead of the dill. Then press the salmon in the same way.

## Hoopa Halibut with Eggs

**Servings: 4; Preparation Time: 45 minutes**

This recipe was shared by a Hoopa friend. Halibut is more of a trade fish, mainly because halibut is more available farther north in the open sea. When people from different communities traded goods, they would often trade dried fish, including halibut and various other white fish. Because the halibut has very little oil compared to the salmon, it would need to be packed in salt or simply dried with a slight veneer of seawater on it. It was traded, not only here in the northwest, but in the mountains going into the Plains states, as was dried salmon and oolichan, deer meat, bear meat, and various roots (bitterroot and wild carrots).

### Ingredients

2 cups Wild Bird Stock – see recipe

1 small onion, chopped

½ teaspoon salt

¼ teaspoon pepper

6 juniper berries, crushed

4 (6 ounce) halibut fillets, cut in bite sized pieces

1 cup wakame seaweed

3 eggs, lightly beaten

### Directions

1. Prepare the Wild Bird Stock according to the recipe.
2. Bring Wild Bird Stock to a boil, and add onion, salt, pepper, and juniper berries. Simmer 15 minutes.
3. Add halibut and simmer 10 minutes.
4. Add seaweed and drizzle in lightly beaten eggs.
5. Cook until eggs are setup.

## Dried Oolichan

**Servings: 4; Preparation Time: 48 hours**

The time it takes to dry oolichan for this recipe really depends on how high the fat content of the oolichan is; the more fat, the longer they will take to dry out. Oolichan tend to be higher in fat the farther north you go.

### Ingredients

32 fresh oolichan, cleaned (see NOTE)

1 gallon water

1¼ pounds sea salt

### Directions

1. Mix fresh water with the salt in a stainless steel or glass container until salt dissolves completely.
2. Place the oolichan in salt brine for 2-3 minutes.
3. Remove oolichan to a colander, rinse briefly, and shake excess water off.
4. Place oolichan on wire racks on top of cookie sheets in a 100 degree F oven for 1-2 days, or until dried.

**NOTE:** The oolichan have to be really fresh to clean them or they'll fall apart.

To clean them, run a knife down the belly of the fish, remove the guts, and carefully cut around the gills. Pull the bones out with the head all the way to the tail. The boneless fish should then lay out as a fillet. Retain the head and fins to be used for Fish Stock or other recipes. Rinse the fish.

**Dry-smoked oolichan** Elise Krohn

## Oolichan Rolls

**Servings: 6; Preparation Time: 5-6 hours, plus 30 minutes**

This recipe requires that the fish be dried for 5-6 hours. For this recipe you want them dried so that they have most of the water removed so you can pick them up with out them falling apart. This will depend on how much oil they have in them. There are several different species of oolichan and they vary depending on which river they come from. If you get the fish from Columbia or Cowlitz Rivers, they will have about 8% fat and they will dry more quickly. If you get them from the Frazier River or the Bella Coola River, they are about 16% fat and these will dry much more slowly. The better alternative for these higher fat fish is to smoke them.

### Ingredients

6 whole fresh medium to large oolichan (about 1 pound), cleaned and dried (see Dried Oolichan recipe)

3 cups Kombu Stock – see recipe

6 strips kombu seaweed (6 inches long)

½ cup non-alcoholic cooking sherry

½ cup organic fish sauce

3 tablespoons rice vinegar

### Directions

1. After the fish has dried, prepare the Kombu Stock according to the recipe.

Elise Krohn

2. Using thin fronds that will cook quickly soak kombu in water until soft.

3. Wrap one oolichan in a strip of kombu and tie with cotton string. Secure the ends by folding them in.

4. Arrange the rolls in a saucepan. Add the prepared Kombu Stock, sherry, fish sauce, and rice vinegar. Simmer over low heat until kombu is tender.

## Alder Salmon Roast

**Servings: 8; Preparation Time: 45 minutes**

Alder buds come out in the springtime and you can walk along any place in the woods where the alder boughs reach down and provide you with nice fresh buds. These provide a lot of nutrition and satisfy your appetite as you walk through the forest. They have the added benefit of being a hard wood tree; when cut down and chopped they provide the best smoke for deer, elk, bear, and other meats. I think in the beginning, it must have been that people didn't plan on smoking anything, but when you made a confined fire and put things over that fire, you ended up with smoked food. What people later learned is that smoked food lasted a long time. So alder then became the most useful means for preserving food.

**Ingredients**

3 pounds Chinook salmon (whole or steak)

2 tablespoons sage

10 cloves minced garlic

**Directions**

1. Cut salmon fillet across the grain making "belly and back" steaks.
2. In a mortar, combine sage and garlic into a coarse paste.
3. Rub sage mixture onto the open fillet, pressing it into folds.
4. Place salmon steaks on a grill over a medium-heat alder wood fire.
5. Roast for 20 minutes. Serve.

## Poached Salmon

Recipe adapted from American Indian Women's Service League (1989), *Going Native: American Indian Cookery*.

**Servings: 6; Preparation Time: 40 minutes**

**Ingredients**

2 cups Wild Bird Stock – see recipe

6 (1-inch thick) salmon steaks

6 medium shiitake mushrooms, sliced

2 teaspoons fresh parsley, minced

2 scallions, sliced

1 sweet red pepper, chopped

1 teaspoon salt

¼ teaspoon pepper

**Directions**

1. Prepare the Wild Bird Stock according to the recipe.
2. Simmer all ingredients except salmon in Wild Bird Stock for 10 minutes. Cool to room temperature.

3. Place salmon steaks in a large skillet and cover with stock. Bring to a boil, then reduce heat and simmer for 15 to 20 minutes.

4. Remove salmon from the broth and place on a warm plate.

5. Boil broth down to one cup.

6. Serve each steak topped with broth mixture. Salmon may be served hot or cold.

## Salmon Baked in Kelp

Recipe from American Indian Women's Service League (1989), *Going Native: American Indian Cookery,* p. 105

**Servings: 6; Preparation Time: 4 hours**

Very commonly seaweed was used along the coast to make a bed over a fire. Clams and crab were placed on the bed and covered with another layer of seaweed. This kept everything moist and allowed it to steam, imparting a seaweed flavor to the crab or clams. This recipe is similar and the salmon is infused with the flavor of the kelp.

**Ingredients**

3 fronds of fresh kelp

2 cups kelp stems

3 medium onions, chopped

1 cup chopped wild celery

4 cups hazelnut meal

2 eggs, beaten

½ cup dried wild cranberries*

8 cloves garlic, minced (or to taste)

1 large Chum salmon

**Directions**

1. Wash kelp in fresh water. Cut off stems and chop them.

2. Sauté onions, celery, and kelp in butter until onion is translucent.

3. Add hazelnut meal, eggs, cranberries, garlic, and salt and pepper to taste to make the stuffing.

4. Clean the fish and pack the stuffing inside it, wrap in a layer of kelp, and then wrap in foil.

5. Bury the wrapped fish in hot coals and bake approximately 3 hours.

* Commercially available dried cranberries may be substituted, but be sure they are unsweetened as they typically have a lot of added sugar and oil.

## Salmon Cakes

**Servings: 2; Preparation Time: 1 hour**

**Ingredients**

1 cup poached and shredded Chinook salmon*

¼ cup finely chopped celery leaves

1 large shallot, finely chopped

3 tablespoons finely chopped parsley

1 egg

1 teaspoon dried basil

1 tablespoon mayonnaise

1 teaspoon garlic powder

pinch chili pepper

2 tablespoons hazelnuts, finely ground

2 tablespoons olive oil or butter for frying

**Directions**

1. Mix all ingredients except hazelnuts and oil in a bowl.
2. Shape about two tablespoons of mixture into a patty.
3. Roll patty in finely ground hazelnut (with salt and pepper to taste).
4. Fry patty in olive oil or butter.

* To poach the fish, start with a whole fish (a medium Silver or Chinook salmon should provide about 4 cups of flesh) and then fillet it by removing the backbone, head, and gills (reserve the filleted meat for another use). Place the backbone, head, and gills in a large saucepan with a lid and fill with just enough water to cover. Bring to a boil, reduce heat and simmer for 10-15 minutes. Drain the liquid from the fish (reserving it for another use), and let the fish cool. Strip the poached flesh off of the fish with your fingers and put it in a bowl. The richest meat is on the head and bones. Be sure to use the salmon cheeks and the salmon collar from the head. Poaching the fish in this way provides a lot more calcium because of the bones and fish collagen, and it's more flavorful as well. It's not even necessary to add salt or anything. The leftover reserved cooking liquid is a rich salmon stock that can be frozen and used to make salmon chowder.

## Salmon Cheeks

**Servings: 2; Preparation Time: 25 minutes**

For this recipe you'll want to have a king or Chinook salmon to make sure the cheeks are fairly large. The cheek is a solid piece of muscle; it's more fibrous than the rest of the body that tends to be layered. Serve these salmon cheeks over rice or on their own.

### Ingredients

6 salmon heads

1 medium onion, chopped

3 celery stalks, chopped

3 cloves garlic, finely chopped

¼ cup finely chopped celery leaves

¼ cup finely chopped parsley

½ teaspoon whole peppercorns

2 bay leaves

### Directions

1. Place all ingredients into a pot and fill with water, using enough water to cover the salmon heads and vegetables well.
2. Bring to a boil, once boiling, reduce to a simmer and cook for 20-25 minutes.
3. Once finished, remove the heads and place them on platter.

4. Using a fork, lift the skin at the back of the head and scoop out the salmon cheeks, and other rich meaty pieces.
5. The cheeks are now ready to serve and can be eaten as they are, or served over rice.

## Salmon Cooked in Skunk Cabbage

**Servings: 6; Preparation Time: 3 hours**

This is our favorite way to prepare salmon. The skunk cabbage leaves in this recipe sweeten the fish. To harvest skunk cabbage, cut the whole leaf, right down by the root. While the leaf has been traditionally used for cooking, the root has been used historically as an abortive. It is a powerful medicine and also used as a purgative for the stomach.

### Ingredients

2 tablespoons butter

1 small onion, minced

Salt and pepper

1 filleted medium salmon (at least 2 pounds of salmon)

Sprigs of wild celery with leaves (may add pickle weed)

1 lemon, cut in half

7 large skunk cabbage leaves

### Directions

1. Preheat the oven to 350 degrees F.

2. Melt the butter in a saucepan and add onion, cooking and stirring until the onion is translucent. Add salt and pepper to taste.

3. Divide the salmon fillet into 6 pieces and rub them with cut lemon. Baste inside and out with butter mixture. Sprinkle with salt and pepper to taste.

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4. Pour hot water over 6 of the skunk cabbage leaves to tenderize them so they are flexible and limp.

5. Tear the remaining fresh skunk cabbage leaf into long strips that can be used to tie the wrapped salmon together.

6. Lay a leaf out flat, place a piece of fish and other ingredients in the middle, and fold the leaf from the bottom up over the fish. Then fold the top part of the leaf down, and the sides in. It should be a square or rectangular package.

Elise Krohn

7. Tie the package with one of the skunk cabbage leaf strips. The trick is to make sure it's tight enough so the filling and herbs won't leak out.

8. Place the wrapped salmon packages in a 15½ x 10½ x 2¼-inch baking dish with the open sides facing up (this is so the juices from the fish do not leak out of the packages).

9. Pour a small amount of water (can use Fish Stock for more flavor) into the bottom of the pan until it reaches about 1/8 of an inch up the sides of the salmon packets.

10. Cover the baking dish and place in the preheated oven, baking for 10-15 minutes.

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11. Carefully unwrap the salmon and serve.

**VARIATIONS:** For a savory version, try adding pickleweed, wild sage or wild thyme. For a sweeter version, add celery, onion, pickleweed, and crushed juniper berries. Another way to prepare this dish is to assemble the salmon packets in the same way and then steam them using a large pot and a steamer basket.

Section 6

# Feathers & Fur

## Juniper Pheasant

**Servings: 6; Preparation Time: 1 hour**

As a medicine, juniper root is used by the Swinomish to treat rheumatism, and the leaves are boiled to use as a disinfectant. The berries, while usually only eaten in times of scarcity, are used to flavor meats and stews.

### Ingredients

3 pheasants, dressed

1/3 teaspoon sea salt

¼ teaspoon black pepper

3 slices bacon

¼ cup olive oil

1/3 cup organic butter, melted

½ cup juniper berries, cracked

### Directions

1. Preheat the oven to 375 degress.
2. Sprinkle the dressed pheasants with salt and pepper.
3. Place the pheasants in a casserole dish, breast side up, and drape bacon strips over them.

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4. Pour olive oil and melted butter over the pheasants.
5. Spread juniper berries around the pheasants.
6. Place the casserole in the preheated oven.
7. Bake pheasants for ½ hour, or until tender, basting the pheasants with the juices in the bottom of the pan while cooking.

**NOTE:** The bacon must be 'clean,' meaning containing no nitrates.

## Chicken & Red Berry Sauce

**Servings: 4; Preparation time: 1 hour**

This recipe features cranberries – sour but sweet. Sour when you first eat them, but when you mix them with other berries their sweetness comes out. Often they would be mixed with berries like elderberries or salal, which are sweeter, and then you could mix dried fish or dried deer meat with them to make a dried berry cake (see Recipe for Pemmican). You could carry them in your pocket and eat them all day.

**Ingredients**

3 teaspoons dried stevia powder, or ¼ cup maple sugar

¼ teaspoon sea salt

¼ cup lemon juice

2½ tablespoons arrowroot

1 cup cranberries

2 tablespoons blue elderberries

2 chicken breast halves

**Directions**

1. Preheat the oven to 325 degrees F.
2. Mix stevia, sea salt, lemon juice, and arrowroot.
3. Heat cranberries with elderberries over medium heat until they make a nice paste.
4. Turn heat to low and add arrowroot mixture. Stir constantly until it begins to thicken.
5. In a separate pan, brown the chicken. Place chicken in casserole dish and pour sauce over it.
6. Cover and bake for 45 minutes in the preheated oven.
7. Uncover and bake an additional 10 minutes, basting from time to time.

## Alder Roasted Deer Strips

**Servings: 8; Preparation Time: 30 minutes**

A deer walked up to me when I was about four years old at the house where we lived, and my father said, "We have dinner." He stepped out of the back door and, some hours later, he had dressed a beautiful deer that fed us for about six months. The best kind of deer comes as a result of a good hunter asking the deer for its life, and if the deer consents, then you can take its life and it will impart good things to you. But if you take the deer in anger, it will impart anger and unhappiness to you.

### Ingredients

3 tablespoons sea salt

2½ quarts water

2½ pounds venison, stripped

2 tablespoons juniper berries, crushed

### Directions

1. Place sea salt in water and dissolve.
2. Drop deer meat into solution and let sit for 20 minutes.
3. Remove deer meat from solution and pat dry.
4. Lay finely crushed juniper berries on wood cutting board and then press deer meat to attach and embed berry pieces in meat.

Elise Krohn

5. Lay deer strips in the smoke of an alder fire on the grill or hanging over a horizontal stick.
6. Cook until dry to the touch.

## Bear Roast

**Servings: 8; Preparation Time: 2 hours**

Bears were always thought of as being relatives, because when they stood up on their hind legs they were like human beings. They were almost as tall and competed for the same foods—namely berries. When a bear approached you had to decide if it was a relative or not. If it wasn't, then it was entirely possible for you to inquire if it would choose to give its life to you. If it chose to give its life, you would have bear steaks, but if it chose not to, you'd have to run—really fast!

**Ingredients**

4 pounds raw bear meat

¼ teaspoon paprika

¼ teaspoon sea salt

1 teaspoon juniper berries, crushed

¼ teaspoon pepper

½ cup minced onions

1 carrot, cut in large slices

3 whole quamash* or Jerusalem artichokes, quartered

1 cup vegetable broth

**Directions**

1. Rub all sides of bear meat with the paprika, sea salt, crushed juniper berries, and pepper.
2. Place the seasoned meat in a crockpot, and add onions, carrot, quamash or Jerusalem artichokes, and broth.
3. Cook on high setting for 1½ to 2 hours per pound until 180 degrees F (check the thickest part of the roast with meat thermometer).

NOTE: For a tender roast, cook on a low setting (about 180-200 degrees F) for 8-12 hours, adding the vegetables into the crockpot in the last two hours.

* Always harvest quamash bulbs when the plant is in flower, and use only plants with blue flowers. The white-flowered quamash, also known as "death camas," is poisonous.

## Pemmican

**Servings: 8; Preparation Time: 30 minutes**

Pemmican, while similar to meat jerky, is not hard to pull or chew. It's a soft dry cake rich in protein, vitamins A, C, and D, and Essential Fatty Acids. This nutritious food is made with raw meat (salmon or other fish, bear, deer, or elk) that is flattened, air dried, and pulverized. It is then mixed with a fat, such as eel oil, salmon oil, seal oil, oolichan grease, or bear fat. Dried wild berries are added (huckleberries, blueberries, salal, etc.) to this mixture to create a nutritious dry cake that will store for a very long time. The fats have antifungal and antibacterial properties that prevent the deterioration of the meat. These dried cakes can be carried in an enclosed pouch to keep oxygen away and carried as a hiking food. Variations in the types of meat, fat, and berries used to make Pemmican are dependant on location and availability of different ingredients.

### Ingredients

2 pounds dried deer meat strips

1 quart wild choke cherries, dried

Oolichan oil (or meat drippings), as needed

### Directions

1. The fully dried deer strips can be pulverized using a mortar and pestle (if the strips are really well dried a food processor could be used) and ground until they are like a corn meal.

2. Combine the deer meal with choke cherries, adding enough oolichan oil or meat drippings to bind the mixture.

3. Form the mixture into small patties and store in an oxygen tight container.

* The meat may be any type of dried meat.

**VARIATION:** Any wild berries can be used, such as blue elderberries or blackberries.

Section 7

# Cakes & Sweets

## Apple Hazelnut Tart

**Servings: 8; Preparation time: 1 hour**

Often we get the desire for a sweet dessert or pastry at breakfast time, but we know better than to eat sugary foods. This tart will fill the bill as it satisfies your sweet tooth. The combination of apples and nuts will provide stable energy and you can eat to your heart's content.

### Ingredients

*Crust:*

2 cups hazelnuts

2 cups almond flour or rice flour, plus ¼ cup almond or rice flour

2 eggs (duck or chicken)

1 tablespoon water

Butter for greasing the pan

1 cup dried peas or beans (to weigh down crust)

*Filling:*

2 apples, sliced into thin wedges

½ tablespoon pure fruit spread (huckleberry, raspberry, strawberry, or blueberry)

½ cup huckleberry juice or apple juice

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1 tablespoon oat flour

¼ cup hazelnuts, chopped

**Directions**

*For the crust:*

1. Preheat oven to 350 degrees F.

2. Grind hazelnuts into a fine flour and combine with the 2 cups of almond or rice flour in a bowl.

3. Mix the eggs with the water and add this to the flour, mixing until a moist dough is formed.

4. Place the remaining ¼ cup of flour onto a wooden cutting board. Form the dough into a ball and place on the board, kneading the dough lightly to integrate until you have a silky dough. Wrap the dough in plastic wrap and let it rest in the fridge for about 20 minutes.

5. Remove the dough from the fridge. Rub a pie plate or tart plate with a thin layer of butter to grease it.

6. Flatten the dough a little and put it in the greased pie plate, pressing it to the edges of the pie plate. You may need to use some flour on your fingers so they don't get stuck. Press the dough up the walls until it's about 1/8-inch thick on the base. It's okay to have extra flour in the dough. Carefully press the dough into the corners of the pan.

7. Place a round parchment paper (see NOTE) on top of the dough. Spread the dried peas over the parchment (this keeps the crust from bubbling up while it's cooking and it remains flat).

8. Bake for 10-15 minutes or until dried out. Remove the peas and the parchment.

*For the filling:*

1. Place the sliced apples in the baking dish, fanning the apple slices around the edges of the piecrust, working from the edge to the center in a circular design.

2. Carefully spread the jam over the apples.

3. Mix together the huckleberry juice and oat flour and place in a small saucepan. Heat gently over low heat to integrate, but do not boil. Pour this over the apples.

4. Sprinkle the chopped hazelnuts over the tart and bake in the oven at 350 degrees F for 20-30 minutes until the apples are tender.

**NOTE:** To make a rounded parchment paper, fold a square piece of parchment paper into a series of triangles until you have a thin, long triangle. Holding the point of the triangle at the center of the pie plate, and the base of the triangle at the rim of the pie plate, and cut off any excess paper that extends beyond the rim. Unfold the paper and you end up with a round parchment paper.

## Acorn Cranberry Loaf

**Servings: 12; Preparation Time: 45 minutes**

Acorn trees are a dry weather plant and not usually found in the Salish region unless they've been imported. This loaf is more like a crumbly bread. It could be served with blueberries (a sister plant to the cranberry, as they grow in the same area) and a little honey drizzled over the top. If available, a vanilla leaf could be added for garnish.

### Ingredients

1½ cups acorn flour

2 tablespoons plus 2 teaspoons olive oil

½ cup hazelnuts, ground into flour

2 tablespoons baking powder

¼ teaspoon salt

1 teaspoon dried stevia powder

1 egg, beaten

1 cup cranberry sauce

### Directions

1. Preheat oven to 400 degrees F.
2. Heat the 2 tablespoons of olive oil in a small pan and add the hazelnut flour. Cook and stir until it is slightly roasted and remove from the heat.
3. Sift together acorn flour, roasted hazelnut flour, baking powder, and salt.
4. In a separate bowl, mix together stevia, egg, cranberry sauce, and 2 teaspoons olive oil.
5. Combine the acorn mixture and the cranberry mixture, stirring just enough to moisten dry ingredients.
6. Pour into a 9 x 5 x 3-inch loaf pan greased with lard or sprayed with olive oil and bake in the preheated oven for 30 minutes.

**NOTES:** If you prepare the acorns from the wild consider this:

1. Crack the nuts and remove the meats, tossing out spoiled ones.
2. Remove the skins, as possible.
3. Grind the meats (we use a food processor).
4. Place them on a paper towel in a colander.
5. Drip water through them overnight to leach out the tannins.
6. Dry the leached meal for storage, or use it right away.

It makes a nice soup base and can be used like corn meal, and if finely ground can be used in pancakes, etc. (especially with arrow root to help it hold together).

## Choke Cherry Balls

**Servings: 4; Preparation Time: 20 minutes**

This is an innovative take on choke cherries using a traditional approach from Germany.

**Ingredients**

1 pound wild choke cherries, dried & pitted

1 cup unsalted butter, firm

1½ teaspoons dried stevia powder

**Directions**

1. Mash choke cherries and remove the seeds.
2. Mix with the butter, then add stevia.
3. Form into the size of golf balls, and they are ready to eat.

## Choke Cherry Pudding

**Servings: 6: Preparation Time: 10 minutes**

Medicinally, choke cherries have been used extensively for trade as a cough medicine. They are also good for high blood pressure, heart problems, stomachaches, diarrhea, and flu. A tea made from the leaves, stems, bark, and roots is beneficial for loosening phlegm in the throat.

**Ingredients**

1 ounce agar

½ cup water

1½ pints chokecherries

¾ cup hazelnuts, chopped

**Directions**

1. Break up the agar in a small saucepan with the water. Simmer until agar is dissolved. Set aside.
2. Pound most of the choke cherries, leaving some whole.
3. Place the choke cherries and the hazelnuts in a saucepan and heat to just before boiling.
4. Add the agar mixture to the choke cherry mixture and bring to a near boil.
5. Pour ingredients into a flat serving dish and let rest in the refrigerator for an hour or two.

**NOTES:** Serve warm or chilled. You may remove the pits if you wish, but they can be consumed whole. Be careful with raw pits, as they contain hydrocyanic acid. The acid should be leached or heated out.

## Hazelnut Cakes

**Servings: 4; Preparation Time: 30 minutes**

A great source of protein, calcium, phosphorus, and potassium, hazelnuts are edible and can be eaten fresh or stored for later use.

### Ingredients

¼ pound hazelnuts, finely ground

1 egg

4 drops stevia extract (Sweet Leaf)

¼ teaspoon vanilla extract

1 cup Strawberries Poached in Maple — see recipe

### Directions

1. Preheat oven to 400 degrees F.
2. Mix all ingredients in a bowl into a batter.
3. Pour batter onto parchment covered round pan (shallow).
4. Bake in preheated oven for 10-15 minutes.

**NOTE:** Add a little cool water if you want these thinner, top with fresh strawberries, raspberries, or black cherries.

## Hazelnut Muffins

**Servings: 12 (½ cup) muffins; Preparation Time: 1 hour**

In addition to a food source, the hazelnut bush is also used for making arrows from the young shoots, and the Skokomish twist the peeled shoots into rope. The twigs are used by the Chehalis to tie things together. Fresh branches were made into mats for sitting on, and a green dye is obtained from boiling the nuts.

### Ingredients

1¾ cups hazelnuts

1 teaspoon baking powder

6 tablespoons oat flour

¼ cup cassava, tapioca, or potato flour

Dash sea salt

2 eggs

2 tablespoons rice vinegar

¼ cup agave syrup

1/3 cup grated goat cheese (Pecorino)

½ to ¾ cups cool water, as needed

1 tablespoon melted butter, coconut oil, or grapeseed oil

1 cup fresh salal berries, dried blackberries, or dried black cap raspberries

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**Directions**

1. Place hazelnuts in food processor and process into a fine flour. Measure the flour to make sure that you have 1¾ cups flour. Anything extra can be set aside and saved for another use.

2. Preheat oven to 350 degrees F. Lightly grease a 2½ x 1¼-inch muffin pan with butter or coconut oil and set aside.

3. Mix hazelnut flour, baking powder, oat flour, cassava flour, and sea salt in a large mixing bowl and whisk together.

4. Put one egg in a separate bowl, and separate the yolk from the second egg and add it to the bowl. Save the egg white for another use or discard. Add vinegar and agave. Whisk together. Add cheese and mix in.

5. Combine egg mixture slowly into the hazelnut mixture. If the batter is too thick, add a little water at a time while stirring. Mix in the melted butter or coconut oil.

6. Add the berries.

7. With a large spoon, fill half-cup muffin pan cups three-quarters of the way full (any size muffin tin can be used – smaller cups will make more muffins).

8. Place any excess in cups to equally distribute.

9. Place in preheated oven for 25-30 minutes.

10. When a knife inserted in the thickest muffin comes out without excess uncooked batter on the surface, the muffins are cooked.

11. When fully cooked, remove muffins from the oven. Gently loosen the muffins from the pan if they are sticky. Place a tea towel over the top of the muffin pan and gently turn the pan over so the muffins spill out onto the towel, leaving them on their tops to cool. Serve.

## Huckleberry Crisp

**Servings: 6; Preparation Time: 40 minutes**

Red and blue huckleberries are used fresh or dried by native peoples. They are an important traditional food with many nutritional and medicinal benefits. They are anti-aging, contain high amounts of antioxidants, and prevent inflammation. They're extremely useful in the treatment of diabetes, as they do not raise blood sugar and they contain a compound (arbutin) that fights bacteria responsible for bladder and urinary tract infections. Huckleberry leaves help the kidneys excrete excess blood sugar, and can be used to treat alkaline urine infections caused by excess sugar consumption.

### Ingredients

*Filling:*

2 cups fresh or cooked huckleberries (or blueberries)

¾ stick of cinnamon (not canela), ground in a coffee grinder

¾ cup huckleberry juice (or blueberry juice), drained from fruit*

2 teaspoons arrowroot, cassava flour, or potato flour

¼ teaspoon sea salt

¼ teaspoon nutmeg

3 drops liquid stevia

1 tablespoon lemon juice

*Crisp:*

½ cup hazelnut or brazil nut flour

1 tablespoon butter

Rudolph C. Ryser

1 tablespoon maple sugar

¼ cup hazelnuts, cracked

### Directions

*For the Filling:*

1. Place the huckleberries in a tart pan and spread them out.
2. Put the cinnamon in a saucepan and add ½ cup of the huckleberry juice and turn the heat to medium.
3. Add the arrowroot, sea salt, nutmeg, and stevia and whisk until thickened. Add another ¼ cup huckleberry juice and the lemon juice, and stir to combine. Cook over low heat until thickened and clear, stirring constantly.
4. Remove from the heat and pour over the huckleberries.

*For the Crisp:*

1. Preheat oven to 375 degrees F.
2. Combine the hazelnut (or brazil nut) flour with pieces of butter, maple sugar, and cracked hazelnuts into a dry chunky mixture.
3. Sprinkle over the huckleberries forming a topping.
4. Place the dish in the preheated oven for 30 minutes or until topping is slightly browned and serve.

* To extract the juice from the huckleberries, simply mash them up and strain the juice. It takes about 1 gallon of berries to make a pint of juice.

## Raspberry Chocolate Layered Torte

**Servings: 12; Preparation Time: 1 hour**

Raspberries are sweet, delicious, full of vitamins B and C, and rich in magnesium, calcium, iron, and phosphorous. They can be eaten fresh, dried, or prepared as jellies, deserts, cakes, pies, syrups, and vinegars. Serve this torte topped with whipped cream and a fresh raspberry.

### Ingredients

2 cups hazelnuts, finely ground

2 eggs

2 egg whites, whipped

1 stick (¼ pound) unsalted butter, melted

1/8 cup rice or almond milk (unfortified)

1 cup sour cream

1/8 cup unsweetened chocolate, grated

1 teaspoon Shea nut grease or coconut fat

1 teaspoon dried stevia powder

1 teaspoon vanilla extract

2 tablespoons raspberry fruit spread, heated

### Directions

*Hazelnut Cake Layer:*

1. Preheat oven to 400 degrees F.
2. Blend two eggs with the finely ground hazelnuts.

3. Fold in whipped egg whites and add melted butter and continue to blend.

4. Mix in rice milk.

5. Pour into a 10 x 9 parchment lined cookie sheet and spread to the corners until even.

6. Place in preheated oven for 10 minutes.

7. After the cake is slightly browned, remove from oven and place on a cooling rack for 15 minutes. When cooled, remove cake from cookie sheet by pulling the cake along with the parchment onto a flat surface.

8. Slice the cake horizontally into thirds so it can be layered.

*Genache:*

1. Bring sour cream to a near boil in a saucepan and add the grated chocolate, Shea nut grease (or coconut fat), stevia, and vanilla.

2. Mix well with a spoon until smooth and evenly distributed.

*Assembling Layered Torte:*

1. On the first cake layer, evenly spread a 1/8-inch thick coating of genache to the edges and corners.

2. Place the next cake layer on top of the genache.

3. Pour heated raspberry jam to the edges and corners of the layer.

4. Place the final cake layer on top of the raspberry jam and spread genache over the whole surface to the edges and corners.

5. Trim the sides to make even and serve.

## Strawberries Poached in Maple

**Servings: 4; Preparation Time: 30 minutes**

The maple trees of the Salish region produce a very thin sap, so people generally don't tap them. In Vermont the trees produce a much thicker sap, and it takes several gallons of maple sap to make a gallon of syrup. In Salish country it takes 3 times the amount of sap the make the same amount of syrup. But this doesn't mean you can't do it.

If you're working with a thin maple syrup for this recipe, you will end up with a very delicious sweet tasting berry that is good for diabetics, as the sap processes much more slowly into glucose than regular sugar.

### Ingredients

1 pint whole strawberries, washed, stems removed, and chopped

½ cup light maple syrup (can substitute ¼ cup commercial maple syrup)

### Directions

1. Place the strawberries and maple syrup in a small saucepan and bring to a boil. Reduce heat and simmer until the berries are slightly cooked.

Ben Legler

## Strawberry-Hazelnut Custard

**Servings: 4; Preparation Time: 24 hours**

This makes a great treat at any meal, but especially when the wild strawberries ripen in early summer. However, in a pinch, unsweetened frozen strawberries and their juices will do, and they'll bring a little bit of that summertime back in the midst of winter. This dish is best when prepared a day ahead of serving.

### Ingredients

2¼ cups almond or rice milk

½ cup hazelnuts, finely chopped

2 whole duck eggs

Pinch sea salt

4 wild strawberries, sliced

### Directions

1. Combine the milk and hazelnuts in a saucepan and heat until steam begins to rise. Remove from heat.

2. Pour the hot milk and hazelnut mixture through a strainer, reserving the hot nuts and the milk separately.

3. In a small bowl, whisk together the egg yolks and pinch of sea salt.

4. Whisk a small amount of the hot rice milk into the eggs. Whisk the egg mixture into the rice milk. Set the bowl in a bowl of ice for 30 minutes to cool, stirring occasionally. Stir in the hazelnuts. Cover and refrigerate for up to 2 days, if desired.

5. Pour the cooled mixture into 4 separate 4-6 ounce custard dishes. Place the filled dishes into a deep sided baking pan and fill the baking pan with hot water to reach halfway up the sides of the custard dishes. Place in a cold oven and turn the heat to 325 degrees F. Bake for 35-50 minutes or until the middle of the custards quake just a bit and the custards are not quite set.

6. Remove the custard dishes from the pan and let them cool completely. Refrigerate for at least 4 hours, or up to 12 hours.

7. Place slices of fresh wild strawberries on top of each custard and serve.

## Salish Berry Puff

**Servings: 2; Preparation Time: 45 minutes**

Prior to the arrival of the Europeans, there was no wheat in the Western hemisphere. Thus, wheat can be very problematic for American Indians to digest. Healthy alternatives when preparing desserts include tapioca and cassava flours. Though they are not endemic to the Western hemisphere, they are easier to digest and not addictive. This dish can be served as a breakfast or dessert.

### Ingredients

1 cup hazelnuts, ground into flour

1 rounded tablespoon cassava or tapioca flour

½ cup cream

3 eggs

1 tablespoon butter

1 cup wild black cap raspberries, chopped (may substitute organic store bought berries)

Optional: Powdered sugar, lemon, freshly whipped cream sweetened with stevia extract (Sweet Leaf)

### Directions

1. Preheat oven to 470 degrees F. Place a 10-inch cast iron skillet in the heated oven for about 10-15 minutes.

2. Mix together nut flour and cassava flour in a bowl.

3. In a separate bowl, whisk the eggs, then add the cream and whisk again.

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4. Add 3 tablespoons of the flour mixture to the eggs. Save the excess flour in an air-tight container for future use.

5. When the cast iron skillet has finished heating, remove it from the oven and melt the butter in the skillet. Pour in the batter. Return the skillet to the oven and let cook until it rises, or about 10 minutes.

6. Remove from the pan and place on a plate.

7. Top with the berries and/or the other optional toppings.

## Cattail Waffles

**Servings: 4; Preparation Time: 20 minutes**

The Salish waffle: sweet as a nut, nutritious as a steak, and as fiber rich as a cattail doormat. Serve these with maple or agave syrup, Salal Berry Syrup (see recipe), huckleberries, wild raspberries, or wild blackberries.

### Ingredients

1 cup dry Organic Fifteen-Grain Cereal (see recipe), soaked overnight in water

1 cup rice or almond milk

1½ cups mixed flours (½ cup cattail flour – see NOTE, ¼ cup potato flour, ¼ cup millet flour, ¼ coconut flour, ¼ rice flour)

¼ cup walnuts

1 egg

### Directions

1. Prepare the Organic Fifteen-Grain Cereal according to the recipe.
2. Combine the remaining ingredients to make a batter, and add the soaked Fifteen-Grain Cereal, stirring to combine.
3. Enter into waffle iron and cook through.

**NOTE:** Cattail flour is made from the stem. It should be cut just above the root and just before the green of the stalk. These are placed in a 200 degree F oven for about 4 hours or maybe less (depends on the thickness of the stalk). Once they dry out, pulverize them into flour. The flour will have fibers, or stringy parts in it that don't break down when you pulverize the stalk. These should be removed before using the flour.

## Elderberry Grape Jelly

**Servings: 8; Preparation Time: 1 hour, 30 minutes**

Blue elderberries are frequently used to make preserves and syrup, and they are rich in vitamin C. The bark and leaves are made into an extract and used to treat diarrhea, colds, sore throats, fevers, cuts, and sores.

### Ingredients

1¼ cups blue elderberries, washed

1⅛ cups half-ripe grapes, washed

4-5 drops stevia extract (Sweet Leaf), or to taste

### Directions

1. Remove the stems from the blue elderberries. Place the berries in a pot and cover with water. Bring the water to a boil, reduce heat and cook until soft. Drain through jelly bag, reserving the juice.

2. Remove the stems from the grapes. Place the grapes in a pot and cover with water. Bring the water to a boil, reduce heat and cook until soft. Drain through jelly bag, reserving the juice.

3. Combine elderberry and grape juice in equal proportions in a pot. Add the stevia.

4. Boil rapidly until jelly sheets from spoon (if it's ready the juice will slightly coat the spoon; if it's not ready it will run off the spoon).

5. Pour contents into sterile jelly jars and refrigerate.

Ben Legler

## Salal Berry Syrup

**Servings: 4; Preparation Time: 10-15 minutes**

This delightful syrup can be served with Salish Crepes or Cattail Waffles.

### Ingredients

1 cup fresh salal berries

½ cup water

3 drops stevia extract (Sweet Leaf)

Several vanilla leaves, crushed

### Directions

1. Place the berries in a small saucepan and add the water, stevia, and vanilla leaves.

2. Bring to a boil, simmer and cook until it reduces to desired thickness.

Section 8

# Teas & Juices

## Juniper Berry Tea

**Servings: 4; Preparation Time: 5 minutes**

Juniper berry tea is diuretic and stimulates the kidneys.

**Ingredients**

2 teaspoons juniper berries, cracked

1 quart water

**Directions**

1. Bring the water to a boil. Remove from heat and add the cracked juniper berries.
2. Steep for about five minutes, strain, and drink.

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## Blueberry Juice

**Servings: 2; Preparation Time: 15 minutes**

Blueberries are a good source of fiber as well as vitamins A and C. Medicinally, blueberries are known to be helpful in treating cystitis/urethritis, diabetes, and hypoglycemia. For diabetes, an afternoon dose of one-half cup of a blueberry leaf infusion helps the effects of insulin (injections) to last longer. To prepare this infusion, steep one ounce of dried blueberry leaves (or three ounces fresh) in two cups of just boiled water for ten minutes. Strain and drink. This may help to lower the number of necessary insulin injections throughout the day.

### Ingredients

2 cups wild harvested blueberries or huckleberries

Water as needed

Stevia extract (Sweet Leaf), to taste

### Directions

1. Place the blueberries in a saucepan. Add enough water to cover.
2. Heat to boiling, then reduce heat and simmer for 10-15 minutes until the berries begin to break apart.
3. Remove from the heat and mash the blueberries with a potato masher to release any remaining juices.
4. Strain the mixture and chill before serving with stevia.

## Crabapple Juice

**Servings: 2; Preparation Time: 40 minutes**

Crabapples are a nice and perfect tree to climb up in, and once you get up into the tree, they're a perfect place to sit and eat crabapples. The temptation, however, is to eat too many. My mom said that they have a lot of pectin in them, and indeed, they do. So when you cook with crabapples you can make a rich sauce that thickens as it cooks, but of course, you will need some other berries to sweeten it up to balance its otherwise very tart flavor. It also makes for a good additive to berry cobblers and you can make very good pickles out of them.

### Ingredients

2 cups wild crabapples, washed and stems removed

Water as needed

Stevia extract (Sweet Leaf), to taste

### Directions

1. Place the crabapples in a saucepan. Add enough water to cover.
2. Bring to a boil, reduce heat and simmer for 30 minutes or until soft, mashing the crabapples with a potato masher as you stir occasionally.
3. Strain with a cheesecloth or a fine sieve and squeeze the pulp to remove all the juices.
4. Sweeten with stevia and chill before serving.

## Elderberry Juice

**Servings: 4; Preparation Time: 5 minutes**

It's best to partially squeeze the elderberries. It makes a very astringent drink. You have to be careful about which kind of berries you use. The red ones will definitely make you sick and/or kill you. The blue berries are edible and can be used for tea or food. Be careful—Nature always makes one thing and another.

### Ingredients

1 cup blue elderberries, crushed

4 cups water

1 teaspoon maple sugar (can substitute 5 drops stevia extract or 5 teaspoons maple syrup)

### Directions

1. Place berries into a bowl and crush.
2. Mix with the water and sweeten with maple sugar (or stevia or maple sap if using).

## Thimbleberry Juice

**Servings: 4; Preparation Time: 5 minutes**

Oh, thimbleberries! I like thimbleberries, but you have to be there when they're ready. They will not wait for you. So if you spot them right away, that's when you take them. They have the benefit of being both good berries and good sprouts. They produce a large sprout in the spring time and when you take that and peel it, you end up with a kind of sweet vegetable. They taste similar to a young asparagus, but a little sweeter. The berries are good for mixing in with dried deer meat, because they have a little acidic taste, but they're also sweet, and they make for good, dry patties of deer meat that you've pulverized (see recipe for Pemmican).

### Ingredients

1 cup thimbleberries

3 cups water

### Directions

1. Place berries into a bowl and crush. Strain the berries through a fine mesh sieve or piece of cheese cloth, reserving the juice.
2. Mix the juice with the water and serve.

## Salal Berry Juice

**Servings: 2; Preparation Time: 15 minutes**

In addition to its edible berries, the salal plant also has medicinal properties. The leaves can be made into a tea to treat coughs, tuberculosis, diarrhea, and bladder inflammation.

### Ingredients

2 cups wild salal berries, rinsed and stems removed

Water as needed

Stevia extract (Sweet Leaf), to taste

### Directions

1. Place the berries in a saucepan. Add enough water to cover.
2. Heat to boiling, then reduce heat to a simmer for 10-15 minutes until the berries begin to break apart.
3. Remove from the heat and mash the berries with a potato masher to release any remaining juices.
4. Strain the mixture and chill before serving with stevia to taste.

Elise Krohn

## Roasted Dandelion Root Tea

**Servings: 2; Preparation Time: 10 minutes**

This dark, rich tea is reminiscent of coffee and can be served with milk and honey. It's a good alternative when trying to reduce caffeine intake. It is detoxifying for the liver and mildly laxative.

### Ingredients

2 teaspoons roasted dandelion root*, chopped

2 cups water

### Directions

1. Bring the water to a boil and quickly remove from heat. Pour over the roasted dandelion root and steep for 5-10 minutes. Strain and serve.

* Dandelion root should be harvested in the fall or it will be bitter. It can be roasted in an oven set to a low heat (190-200 degrees F) for 2-3 hours.

## Stinging Nettle Tea

**Servings: 2; Preparation Time: 10-20 minutes**

Nettles are a diuretic and are excellent for prostate health. The leaves also have anti-inflammatory compounds. Nettle tea can be made from fresh or dried nettle leaves. To make it fresh, simply soak the whole leaves in just boiled water for 10-20 minutes, strain, and enjoy. No sweetener required.

### Ingredients

2 teaspoons dried nettle leaves

2 cups water

### Directions

1. Bring the water to a boil and immediately remove from the heat.
2. Crumble the dried nettle leaves into a teapot and pour the water over them. Let this steep for 10-20 minutes. Strain and serve cold or hot.

## Wild Strawberry Leaf Tea

**Servings: 4; Preparation Time: 5 minutes**

Wild strawberry leaf has many medicinal values; it is useful for treating loose bowels and urinary tract issues, healing loose teeth and spongy gums, and as a gargle for mouth sores and sore throats. Additionally, it is used externally to treat eczema and wounds.

### Ingredients

1⅓ tablespoons fresh strawberry leaves, torn

1 quart boiling water

### Directions

1. Place fresh strawberry leaves in boiled water.
2. Steep for about five minutes, strain, and drink.

## Wild Rosehip Tea

**Servings: 2; Preparation Time: 20 minutes**

Rosehip tea is used for sore throats, colds, and diarrhea.

### Ingredients

2 tablespoons dried rosehips

2 cups water

### Directions

1. Bring the water to a boil and immediately remove from the heat.

2. Place the dried rosehips into a teapot and pour the water over them. Let this steep for 15 minutes. Strain and serve cold or hot.

## Indian Tea

**Servings: 2; Preparation Time: 10-20 minutes**

Coastal tribes have used this spicy and aromatic tea as a beverage and a medicine in the treatment of coughs, colds, and upset stomach.

### Ingredients

2 teaspoons dried Indian tea

2 cups water

### Directions

1. Bring the water to a boil and immediately remove from the heat.

2. Crumble the dried Indian tea into a teapot and pour the water over it. Let it steep for 5-20 minutes. Strain and serve cold or hot.

Ben Legler

## Fir Tip Tea

**Servings: 2; Preparation Time: 10-20 minutes**

Fir tips are high in vitamin C and were made into a tea by the Cowlitz to treat colds.

### Ingredients

2 teaspoons fresh fir tips

2 cups water

### Directions

1. Bring the water to a boil and immediately remove from the heat.

2. Place the fir tips into a teapot and pour the water over them. Let this steep for 5-20 minutes. Strain and serve hot or cold.

Elise Krohn

## Spruce Tip Tea

**Servings: 2; Preparation Time: 10-20 minutes**

The Quileute name for spruce is Ya'ksa, which means "sharp needles." The young spruce tips can be collected in late spring make a delicious tea high in vitamin C.

### Ingredients

2 teaspoons fresh spruce tips

2 cups water

### Directions

1. Bring the water to a boil and immediately remove from the heat.

2. Place the spruce tips into a teapot and pour the water over them. Let this steep for 5-20 minutes. Strain and serve hot or cold.

## Wild Blackberry Leaf Tea

**Servings: 2; Preparation Time: 10 minutes**

This tea has been used traditionally for sore throats, upset stomach, diarrhea, wounds, and burns.

### Ingredients

2 teaspoons dried wild blackberry leaves

2 cups water

### Directions

1. Bring the water to a boil and immediately remove from the heat.
2. Crumble the dried wild blackberry leaves into a teapot and pour the water over them. Let this steep for 5 minutes. Strain and serve cold or hot.

## Salmonberry Leaf Tea

**Servings: 2; Preparation Time: 10 minutes**

The best way to preserve the flavor of the salmonberry leaves is by sun-drying them. Salmonberry bark and leaves are traditionally made into a tea and used medicinally to treat infected wounds and stomach problems.

### Ingredients

2 teaspoons dried salmonberry leaves

2 cups water

### Directions

1. Bring the water to a boil and immediately remove from the heat.
2. Crumble the dried salmonberry leaves into a teapot and pour the water over them. Let this steep for 5 minutes. Strain and serve cold or hot.

## Sage Tea

**Servings: 4; Preparation Time: 5 minutes**

Sage of course, has many benefits. It is used in ceremony to cleanse the air around people, and to make room for good spirits. Interestingly enough, it has a similar kind of effect when you add it to food. It provides a savory taste to foods that inspires the food to taste even better. There are many different kinds of sages, so some are better for eating, and some are better for burning, and you have to know the difference because the burning ones can often make food taste terrible. White sage is for burning, but even those have about five different varieties. They grow wild everywhere. Sage is so strong, that one doesn't have to use a lot of it. Different sages will be stronger or weaker and impart a stronger or weaker flavor.

### Ingredients

1⅓ tablespoons fresh sage leaves

1 quart boiling water

### Directions

1. Place sage leaves in boiled water.
2. Steep for about five minutes, strain, and drink.

## Wild Thyme Tea

**Servings: 4; Preparation Time: 5 minutes**

Wild thyme grows in the mountains of the Pacific Northwest and was highly prized by Coastal peoples for its savory flavor. Store bought thyme can be used if the wild thyme is unavailable.

### Ingredients

1⅓ tablespoons fresh thyme leaves

1 quart boiling water

### Directions

1. Place thyme leaves in boiled water.
2. Steep for about five minutes, strain, and drink.

Chapter 4

# Resources & References

Elise Krohn

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# Resources

## Books

*Ethnobotany of Western Washington: The Knowledge and Use of Indigenous Plants by Native Americans.* Erna Gunther, University of Washington Press, 1945, 71 pages.

*Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture.* Elise Krohn and Valerie Segrest, available from Northwest Indian College Cooperative Extension. Forham Printing; 1st edition, 2010, 158 pages.

*Food Plants of Interior First Peoples.* Nancy J. Turner, UBC Press, 1997, 215 pages.

*Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats.* Sally Fallon and Mary Enig, New Trends Publishing, 2001, 688 pages.

*Preventing and Treating Diabetes Naturally, The Native Way.* Leslie Korn and Rudolph Ryser, DayKeeper Press, 2010, 242 pages.

*Wild Rose and Western Red Cedar: The Gifts of the Northwest Plants*. Elise Krohn, available from Northwest Indian College Cooperative Extension. Gorham Printing, 2007, 148 pages.

## Online Resources

**American Herbalist Guild.** A non-profit, educational organization representing the goals and voices of herbalists specializing in the medicinal use of plants. Website: http://www.americanherbalistsguild.com/

**Henriette's Herbal Page.** A resource for medicinal and culinary herbal information. Website: www.henriettesherbal.com/

**Northwest Indian College,** Traditional Plants and Foods Programs. Promotes self-sufficiency and wellness for indigenous people through culturally grounded, multi-generational, and holistic classes related to native foods and medicines. Website:http://www.nwic.edu/content/traditional-plants

**Ryan Drum.** Ryan is an herbalist, teacher, and plant forager based in the San Juan Islands. His website offers articles on medicinal plants and seaweeds, and information on his upcoming workshops. Website: www.ryandrum.com

**Southwest School of Botanical Medicine.** Founded by herbalist Michael Moore.
Website:http://www.swsbm.com/HOMEPAGE/HomePage.html

**Tribal Journeys Information Site.** Information for Native Canoe Journeys / Tribal Journeys of the Pacific Northwest (US and Canada); and related topics. The website hosts have been involved with Canoe Journeys since 1993 Paddle to Bella Bella. Website: http://tribaljourneys.wordpress.com/

**Washington Native Plant Society.** A resource for native plant information and action. Website:www.wnps.org

**Wild Foods and Medicines.** The website of Elise Krohn, an herbalist and native foods specialist, with information on native plants, harvesting, recipes, and other resources. Website: http://wildfoodsandmedicines.com/

# Contact Us

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**Center for Traditional Medicine.** The Center promotes social change, conducts research, and provides clinical education, training and consultation services integrating traditional systems of indigenous healing with complementary and integrative medicine and public health care.

http://www.centerfortraditionalmedicine.org/

**Health Alternatives, LLC.** The clinical and consulting practice of Dr. Leslie Korn. Dr. Korn provides an integrative/natural methods approach to achieve optimal wellness.

http://www.healthalt.org/