



# Cease's Walking Garden Tour

Presented by T'uy't'tanat Cease Wyss

A fun learning activity that will educate you on plant species that are Indigenous to the land you call home!

Ages 7+

## INDIGENOUS PLANTS OF THE PACIFIC NORTHWEST:



The Sk̓wxwú7mesh Úxwumixw (Squamish Nation) and səlilwətaʔt (Tsleil-Waututh) Nation have been living on and from this land since time immemorial. Their communities carry immense knowledge about this land, and plants' abilities to nourish and to heal.



Cease Wyss showed us a variety of plants that are growing in Harmony Garden. Below is a list of some of these plants, along with some basic information about them to encourage you to learn more about the land you are on and about everyone's individual and unique relationship to it.

## WILD GINGER:



Wild ginger is a perennial plant that has heart-shaped leaves and grows relatively close to the ground. Between two leafstalks there is a single dark red or brown flower, resting at ground level. Cease informed us that wild ginger looks like a set of kidneys when dried out.



## THIMBLEBERRY:



Thimbleberries are found throughout the province. The plant often grows in large clumps, and has no prickles. Different parts of the plants are valuable for different reasons and can have different uses. For example, Cease explained that thimbleberry leaves are edible and are soft like butter lettuce; with a bit of a sweet taste, they make great veggie wraps for snacks. The plant often grows in large clumps, and has no prickles.

## CHOCOLATE LILIES:



Chocolate Lily flowers can grow in pairs or small clusters. They grow in coastal areas, as well as along edges of salt marshes and stream banks. Cease informed us that chocolate lilies are nearly extinct; she is encouraging them to grow in the garden to give them a chance to re-establish.

## BUTTERCUP:



Buttercups tend to grow in moist soils, sometimes in large colonies. Different varieties grow in different regions. These perennials flower in early to mid-spring. There are typically five yellow petals on a stem that curve slightly upward. Cease informed us that Buttercups encourage pollinators such as bees and butterflies. Cease explained that Buttercup's root systems help the roots of Blue Camas and encourages pollinators to get to the Camas. These two plants thrive within their full plant guild: Camas, Buttercup and Garry Oak

## BLUE CAMAS (CAMASSIA):



The Camassia are perennials that emerge in early spring. The bulb, Cease described, is like a potato. The flowers have about six petals, and their purple colour can vary in hue, and should not be mistaken for death camas which is white. Camas loves to grow with Buttercup. These two plants thrive within their full plant guild: Camas, Buttercup and Garry Oak.



## RED ELDERBERRY:



The elderberry prefers to grow in moist sites, such as shady areas or open forests, streambanks or wetlands. Cease explained that if you break a branch from an elderberry tree, you can plant it in damp earth and it will grow roots. Many nearby animals will enjoy this berry.

## WILD PLUM:



Wild Plums have naturally grown in prairies, shrub/scrubland thickets, wetlands, and open savannas. Wild plums are unable to survive in forests, as they do not tolerate shaded areas. Cease shared that the wild plum is an important part of Indigenous food technology. About ten or fifteen years ago, the wild plum was almost gone from our areas, but it has now revitalized. The plums are edible, and a telltale sign that they are ripe is the yellow tints on the leaves. The plums are meaty with a large pit.

In the words of Cease, "Creating an Indigenous garden is an artform itself."

\*Each of the plants listed here can thrive in your local garden or growing space with due attention and care.

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