

## Medicine Trail

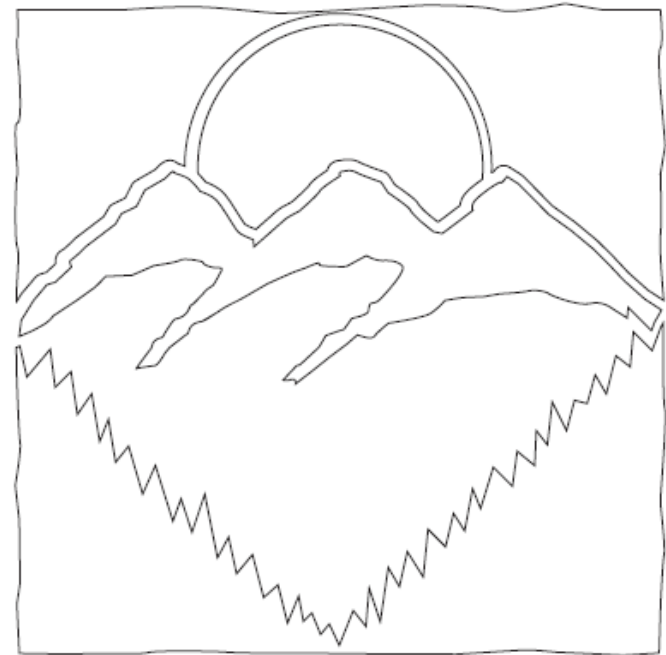
Try and find all the hidden words!

A Z F A L S E S O L O M O N S S E A L Q  
 Q A U S H L S H S V C W A L K X G O N R  
 J X N D I Z N F K N B F O R E S T I J X  
 D D W Q G V P R V G C C A R V W K V S K  
 J Y R N H J M S W H H V B V G C P H V T  
 T H I M B L E B E R R Y F W O B P K L D  
 W C H H U Q X A D M O U N T A I N J R X  
 W J O I S U B A L P I N E F I R X I I J  
 J P R Z H J Y E X S B T Q X U K B Z D E  
 B N S W C Q C P A F G R O T Y V N O J Z  
 S H E D R N U V I R K H D A F Y X S R R  
 Q S T W A I N D I A N H E L L E B O R E  
 U M A S N J C O W P A R S N I P T Z J Q  
 I F I U B L A C K H U C K L E B E R R Y  
 R A L M E L H Z T T X N J A F V S C D O  
 R S T M R I B K F A M I L Y N T O H I B  
 E M W E R H F I R E W E E D X N F M R X  
 L I F R Y S S P K S U N P E A K S J G M  
 Y I W I L D S T R A W B E R R Y P N M M  
 M Y O Y E P A A W J U P A S A S E Y I L

BEAR	BIRD	BLACKHUCKLEBERRY
COWPARSNIP	FALSESOLOMONSSEAL	FAMILY
FIREWEED	FOREST	FUN
HIGHBUSHCRANBERRY	HORSETAIL	INDIANHELLEBORE
MOUNTAIN	SQUIRREL	SUBALPINEFIR
SUMMER	SUNPEAKS	THIMBLEBERRY
WALK	WILDSTRAWBERRY	

# Shuswap

## Medicine Trail



# SUN PEAKS RESORT

# Subalpine Fir

*Abies lasiocarpa* Melanllp

**Medicinal Use:** The Secwepemc call this tree the “Medicine tree”. A tea made from the bark was used to treat influenza, colds or congestion of the lungs. The tea when drank for several consecutive days also cleaned the gastrointestinal system. The pitch was taken internally to treat tuberculosis.

**Other uses:** Pitch mixed with animal fat was used as an insect repellent. Hunters spread fir boughs on the ground to keep meat clean.



# Black Huckleberry

*Vaccinium Membranaceum* Wenax

**Culinary Use:** Huckleberries are a favourite food of the Secwepemc. Fruit cakes or dried fruit strips were made from the berries. The dried or fresh berries were also used as a flavouring for pit-cooked wild meats. Selective burning of huckleberry patches was a common practice amongst Secwepemc people. After burning a site, a family could return to the same area in 2 to 3 years to an abundant crop of berries. Huckleberries were also used as a valuable trade item with other first Nations people.



# Thimbleberry

*Rubus Parviflorus St'iqwem/staq'wu*

**Culinary Use:** These soft berries were usually eaten fresh but at times were dried to make a special kind of fruit leather.

**Other uses:** The large soft leaves were often used as a cover on baskets to prevent full loads from spilling on to separate different kinds of berries during harvesting. The soft leaves make a good biodegradable toilet paper.



# False Solomon's Seal

*Smilacina Racemosa Q'icén*

**Culinary Use:** The berries were eaten and the young, leafy shoots were harvested and cooked when they emerged from the ground in early spring.

**Medicinal Use:** False Solomon's Seal was used to treat arthritis and acted as a blood purifier. When boiled, this plant produces a beautiful scent which is used as a perfume.

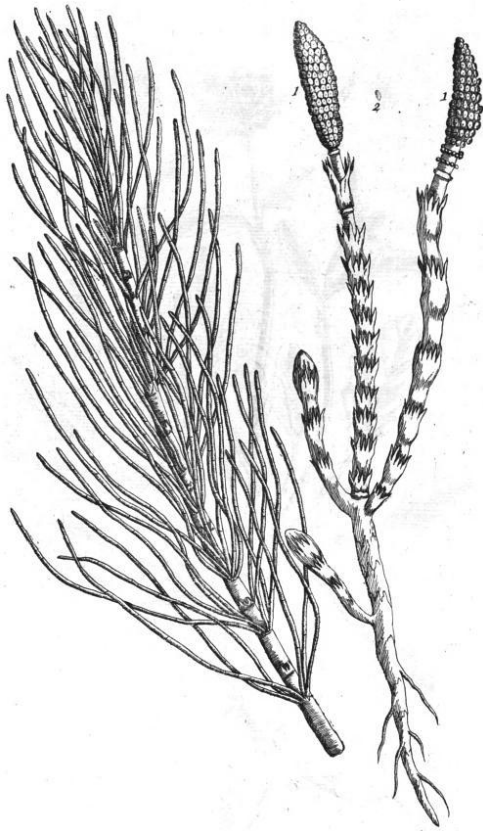


## Horsetail

*Equisetum Arvense Xwiyusten'*

**Material Use:** The species of horsetail was used as sandpaper for smoothing and polishing surfaces. Its dark, coloured root was also used to decorate woven baskets.

**Medicinal Use:** The tea, made by boiling the plant stems, acted as a diuretic. Horsetail, in liquid form, was also used to treat poison ivy rashes and skin sores.

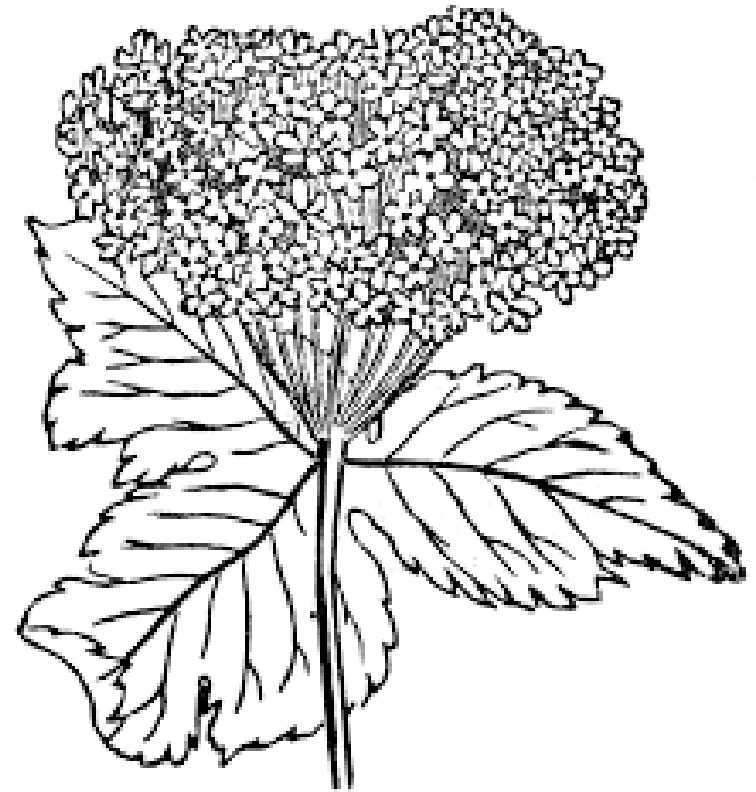


## Cow-Parsnip

*Heracleum lanatum Xwtellp*

**Culinary Use:** Cow-parsnip is also known as Indian rhubarb or Indian celery. Today it is still eaten as a green vegetable. The plant is picked in its early stage of growth and the young inner stem is eaten raw.

**Medicinal Use:** This species is used for curing dandruff or itchy scalps.

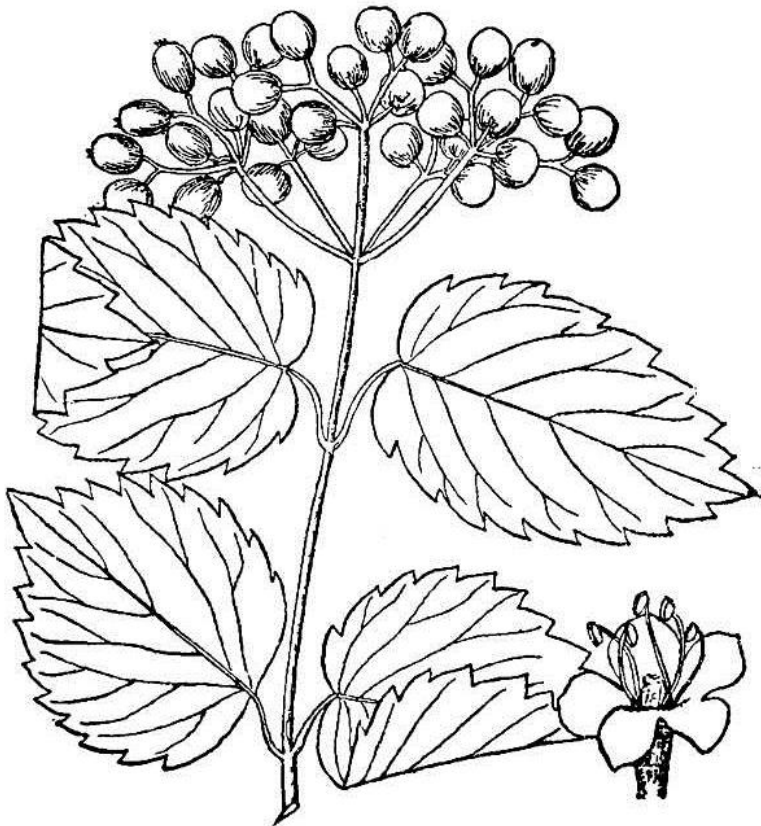


# Highbush Cranberry

*Viburnum Opulus T'nis*

**Culinary Use:** These tart, little berries are well-known and well-liked by the Secwepemc. The berries are usually harvested in September and used to make such things as syrups, jams, jellies and a sauce for turkey and chicken.

**Medicinal Use:** The leaves and stems of the highbush cranberry were collected in early spring and used to make a tea for pain relief.



# Indian Hellebore

*Veratrum viride Tnilmen; nilma*

**Warning:** this plant is highly toxic and can affect the heart and nervous system. It may even cause death.

**Medicinal Use:** Although this plant is highly toxic, First Nations elders carefully used it for medicinal purposes. The hellebore plant was mixed with other plants and was used as a poultice for healing severe external injuries.



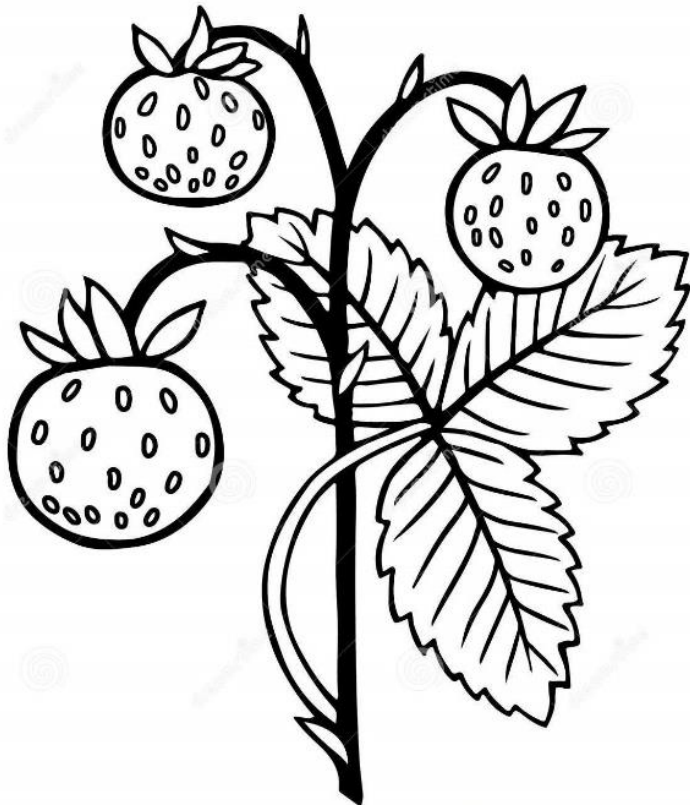
# Wild Strawberry

*Fragaria virginiana*

*Tqitq'e*

**Culinary Use:** Most often the strawberries were simply picked and eaten. However, if abundant they were dried into fruit leathers and stored for the winter months to be eaten as a special treat.

**Medicinal Use:** The leaves of the strawberry plant were used as a diarrhea medicine.



# Fireweed

*Epilobium angustifolium*

*Ts'ixnellp*

**Medicinal Use:** This important medicinal plant was used by the Secwepemc to treat many different ailments such as diarrhea, hemorrhoids, eczema, sore throats, stiff joints and rheumatism. Early spring shoots are high in vitamins and were eaten fresh.

**Other Uses:** Fireweed flowers were placed in one's medicine bag and used as a good luck charm for gambling and to bring good fortune.

