# Feeding 7 Generations

## A SALISH COOKBOOK

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# Introduction

*As Coast Salish People, we view native foods as spiritual, mental and physical medicine. When we are actively on the land in pursuit of wild game, fishing the rivers, cultivating prairie lands, picking berries, or harvesting medicine with good intention, we are gifted with new memories and those of a distant past. These memories remind us of who we are and the lands we come from. They settle us in a sense of belonging that promotes balance and generosity.*

–Valerie Segrest, Muckleshoot Tribe

The Salish Sea region was one of the most densely populated and richest food places on the planet before European colonization. Stories passed down through generations of Native People tell us that many types of berries, roots, bulbs, nuts, and seeds were eaten as part of a well-balanced diet. These nutritious foods contributed to the excellent health and rich cultural traditions of Salish Ancestors.

Many tribal elders fondly remember how their happiest times are ones where they gathered and prepared native foods with their friends and family. These were unifying moments when people worked together over a common goal. Stories and laughter were shared while hands processed fish, berries, and nuts.

Despite the introduction of European foods and changes to our modern food system, many Native People continue to harvest, hunt, gather and grow the native foods that have nourished their Ancestors for countless generations. These foods and the traditions that surround them provide people with top-quality nutrition, physical activity, a connection to the land and the seasons, and strong ties to family and community.

THE FOODS COVERED IN THIS RECIPE BOOK are common native foods that are valued by tribes in the Salish Sea region. They represent only a small percentage of the foods that have been historically eaten, which include:

**Fish:** anchovy, codfish, eel, flounder, hake, halibut, minnow, perch, pollock, rockfish, salmon, sculpin, skate, smelt, sole, sturgeon, trout

**Shellfish:** barnacles, chitons, clams, crab, geoduck, limpets, mussels, octopus, oysters, scallops, sea urchin, shrimp, snails, squid, whelk

**Mammals from the water:** porpoise, seal, turtle, whale

**Mammals from the land:** bear, bobcat, cougar, deer, elk, mountain beaver, mountain goat, rabbit

**Birds:** doves, ducks, geese, grouse, gulls, hawks, pelicans, pigeons, quail, swans

**Greens:** cattail; evergreen tree tips from Douglas fir, true fir, hemlock and spruce; fiddlehead ferns; horsetail fertile shoots; miner's lettuce; nettle; purslane; salmonberry sprouts; spring beauty; thimbleberry sprouts; violet leaves and flowers

**Roots and bulbs:** biscuit root, bracken fern, camas, chocolate lily, glacier lily, rice root, silverweed, spring bank clover, spring beauty, wapato, wild onion, yampah

**Berries:** blackberry, blackcap raspberry, cranberry, elderberry, huckleberry, salal, salmonberry, serviceberry, soapberry, thimbleberry, wild strawberry

**Fruits:** crabapple, currants, gooseberries, Indian plum, wild cherry, wild rose

**Nuts:** acorn, hazelnut

# Ethics of Harvesting

*Good harvest ethics are a hallmark of native teachings. Consider these guidelines when harvesting your own foods:*

**Build Plant Identification Skills.** Never eat something if you are identifying it for the first time. If possible, learn from an experienced harvester so you feel confident that you have the right plant.

**Harvest from clean land and waters.** Wild foods can pick up toxins from the environment. If you are harvesting from the waters, make sure the area is clean and far away from runoff from a town or industrial site. Avoid harvesting plants along roadsides, in industrial areas, or in agricultural areas.

**Gather in the right season.** Learn the best time to harvest wild foods. For example, spawning chum salmon are not preferred for baking because their meat is soft, but they make good smoked salmon. Dandelion greens are tasty in spring, but become very bitter in summer. Shellfish should never be gathered during a red tide.

**Processing and preparation techniques are important.** How a food is processed, stored and prepared can make the difference between someone being nourished or getting sick.

**Take only what the land can give.** Wise gatherers, hunters and fishers remind us to take only what the land can handle and leave enough so that plant or animal communities continue to thrive. Likewise, it is essential to give back to the land so it will not become depleted. For example, we can return shells to beaches and compost food scraps.

**Honor your commitment.** Sometimes harvesting is the easy part. The real work comes when you process your food. Evergreen huckleberry branches are easy to cut, but picking the tiny berries off the stems and cleaning them can take hours. Honor the foods you harvest by using them all.

*In gathering food, people have to work together. No one person can do this by themselves. Nowadays people are trying to be so independent. People need each other to be healthy. Emotionally, they need each other. When you work together, it's another way of feeding your soul. You learn to work with people despite your differences to accomplish basic needs. That's one of the positives I see about the food gathering, preparing and preserving process.*

—Rob Purser, Suquamish

# Feeding Seven Generations

*Food is a Gift. Salish Elders remind us that true wealth is having access to native foods, along with the knowledge of how to gather, prepare and serve them. Our values and food traditions are a living legacy that links us to past, present and future generations. Several times a day, we encounter opportunities to reflect on what we eat and how our choices change our world. When we harvest native foods and incorporate them into our modern lifestyle, we strengthen our cultural identity, our relationship to the land and tribal sovereignty. It will take all of us to feed the next seven generations.*

**Live With the Seasons.** From spring camas prairies to summer huckleberry meadows to autumn fish runs, seasonal foods connect us with the rhythm of the land. For thousands of years we have organized our lives to gather what is in season. In return, we receive peak nutrients that keep us healthy all year long.

**Diversify Your Diet.** Our ancestors ate a wide variety of foods just a few generations ago. Today, most Americans eat only 12–20 foods on a regular basis, which limits our consumption of minerals, vitamins and other nutrients. When we eat many types of foods, we receive the nourishment we need to stay strong. We also promote the diversity and health of the land.

**Eat More Plants.** All health advocates agree that we need to eat more plants. Plant foods help us maintain a healthy weight and prevent chronic diseases including heart disease, diabetes and cancer. Eating more plants also reduces climate change and environmental destruction.

**Traditional Foods Are Whole Foods.** Imagine walking through the grocery store with your great grandparents. What would they recognize as food? Our ancestors thrived on whole foods that weren't industrialized, genetically modified, refined, packed with sugar or blended with additives, dyes or chemicals. Whole foods feed the wholeness within us.

**Gather Wild Foods.** There is a store outside your door. Wild foods are the most nutritious and flavorful foods we can find. Free and accessible, they thrive all around us from forests to fields to backyards. Tasting wild foods connects us to the gifts of the land and attunes us to the seasons.

**Cook and Eat With Good Intention.** Cooking is a time to offer respect to the plants and animals that gave their lives to nourish us. It is also an opportunity to honor our culture and the people with whom we share food. If we eat while on the go, we miss the pleasure of eating, and do not have sufficient time to savor and digest. Harvesting, preparing, serving and consuming wild foods with good intentions feeds our bodies and spirits.

**Give Back to the Land.** When we harvest and grow food in a way that supports plant and animal communities, we express native values of generosity. Generosity includes both giving and receiving. Organic and sustainable practices return basic life materials to the soil. Through caring for the land, we continue the ancient practices of our ancestors and pass down a world that supports generations to come.

# Salmon

Ask anyone in Salish Sea country and they will tell you how essential salmon is to the people of the Northwest. In oral tradition, elders and storytellers speak about salmon people as beings that live in villages under the ocean. At certain times of the year, they put on salmon skin and transform from people into fish. Upon transforming, they return to the rivers to fulfill their promise to feed the people who live on the land. They offer themselves to us so that we can be nourished. To honor the salmon, several First Nations communities reverently conduct ceremonies such as the "First Salmon Ceremony."

There are five different species of Pacific Salmon: Chinook (King), Sockeye (Red), Coho (Silver), Pink (Humpy), and Chum (Dog). Coldwater fish like salmon are known to sustain heart health, offer protection against Alzheimer's, and prevent various cancers. This is due to salmon's deliciously nourishing character. It is a great source of protein and is packed full of beneficial fatty acids and Vitamin D. Including coldwater fish like wild salmon in your diet will have a positive effect on your health.

# Rooted Salmon Soup

*This hearty soup is best enjoyed in the fall through early spring. It is packed with nutrients that promote physical strength and clear thinking through the cold months.*

## Ingredients:

2-3 salmon heads, tails & collars
2 heaping handfulls shiitake mushrooms, cut
2 tablespoons sesame oil
1 large onion, cut in quarters (red or white)
½ head cabbage (purple or green)
1 burdock root (approx. 10-12 inches long, big around as your finger)
2 carrots, chopped
1 thumb-sized ginger root, grated
1 cup wild rice (optional)
1 small bag of fresh nettles, cleaned & chopped, or 1 cup dried nettles

Recipe by Brett Ramey, Ioway

## Preparation

Place salmon parts in a large stockpot. Cover with 12-14 cups water and bring to a low boil for 45 minutes or until the meat comes off the bone. Strain broth and remove meat from salmon parts. Place broth, meat, shiitake mushrooms and wild rice in the pot and resume to a low boil.

Meanwhile, heat sesame oil in a separate pan. Add onions, carrots, cabbage, burdock and grated ginger, and sauté until onion is soft. Remove from heat and add to soup pot. Simmer for 25 minutes. Add nettles and allow to cook a few minutes before serving.

Cook time: 1 hour 15 minutes. Serves 6-8.

# Clams, Mussels & Oysters

Bivalves are soft-bodied sea species with two hard shells of equal size as a layer of protection. They are considered the filter system of the Salish Sea because each individual can clean 15 to 20 gallons of water per day! People enjoy eating many types including butter clams, horse clams, little neck (steamer clams), cockles, blue mussels, gooseneck barnacles, Pacific oysters and Olympia oysters. They are harvested along the Pacific coast and Puget Sound beaches during low tide and can be steamed, boiled, sautéed or roasted. Nutrients including iron, magnesium, zinc, Omega 3 fatty acids and protein in bivalves help us to stay healthy and strong.

Northwest Coastal Native People fondly remember clams, mussels and oysters as the center of great traditional feast experiences. Elders from throughout the Salish Sea area share stories of digging clams, harvesting seaweed, building a hot fire and cooking a meal right on the beach. Many families traditionally owned and managed beaches to make clams more productive. Tribes continue to maintain bivalve beaches, and even plant them in areas where they have become scarce.

# Elaine's Clam Fritters

*For this delicious recipe, Elaine Grinnell recommends using clams that are fresh or frozen. Fresh clams should be soaked overnight in a bucket of salt water, changing the water twice to ensure sand is out of the clams. Process immediately after to preserve the flavor.*

## Ingredients

1 lb. butter clams, fresh or recently frozen, chopped in a food processor
1 lb. geoduck, chopped fine in a food processor
1 medium-sized onion, chopped
4 celery sticks, chopped
2 eggs, plus 1 egg yolk
1 cup flour
1 teaspoon salt
Oil for frying (lard, coconut or palm oil)

## Preparation

Combine all ingredients. A spoon should stand straight up in the mixture. In a heavy frying pan, heat the oil. Spoon the mixture into the pan to make small cakes. Cook for five minutes on each side or until the fritter is brown around the edges.

Prep time: 30 minutes. Serves 10–12.

Recipe by Elaine Grinnell, Jamestown S'Klallam

# Seaweed

Seaweeds have been harvested off the Pacific Coast for food and medicine for countless generations. They are used for thickening soups, seasoning foods, and for baking foods in cooking pits. Seaweeds are exceptionally high in minerals, trace elements and protein. They can be preserved through careful drying in the sun or near a fire.

Nori (*Porphra* spp) or red laver is the most prized of all seaweeds. It grows at mid tidal zones and makes a delicious snack or seasoning when dried and toasted. The flavor improves with age. Bullwhip kelp (Nereocystis luetkeana) has a distinctive large ball and long hollow tail that can grow 12 inches a day!

Kelp supports thyroid balance, absorbs toxins from the digestive tract and regulates bowel function. Fresh kelp makes delicious "kelp pickles." The bulbs provide a nifty storage container and the stalks were used by some coastal people to make strong fishing line. When harvesting seaweed, make sure to leave the holdfast and enough of the leaf so that it can grow back. Seaweed can absorb environmental toxins, so it is important to gather from clean waters.

# Green Sea Salt

*Slipping seaweeds into your diet is a great way to improve health. Seaweeds balance minerals in your body and facilitate detoxification from heavy metal exposure. They support important glands including the thyroid, which regulates metabolism and energy levels.*

*Salt substitutes are easy to make and incorporate more flavor and nutrients into your meals. This recipe includes mineral-rich nettles and milk thistle seeds, which are excellent for liver health. Consider adding it to soups, beans, salads and savory dishes. If blended appropriately into your bathtub, these ingredients make a detoxifying body soak!*

## Ingredients

¼ cup powdered kelp
¼ cup nettles, powdered
½ cup milk thistle seeds, powdered
3 Tablespoons sea salt

## Preparation

Combine all ingredients and store in a glass jar. Sprinkle a small amount onto food or blend in dishes.

## DETOXIFYING SEA SOAK:

Combine 1 cup of Epsom Salt with ½ cup sea salt, ½ cup powdered kelp and ½ cup powdered nettles. Use ½ to 1 cup per bath. Place the salts in a muslin bag. The salts will dissolve and the seaweed and herbs will infuse in the hot water.

Recipes by Valerie Segrest, Muckleshoot

# Duck

In the Pacific Northwest, most ducks are seasonal visitors that spend summers further north and winters in our coastal and inland waters. Dabbling ducks such as Mallards, Widgeons, and Teals inhabit ponds, marshes, and other shallow waters where they browse on shoreline vegetation, feed off the water's surface, or dip their heads underwater to reach for food. Diving ducks--including Scaup, Canvasback, Goldeneye, Scoters, and Mergansers--inhabit deeper areas such as lakes, channels, and bays where they frequently submerge themselves completely in pursuit of fish.

All ducks have excellent vision and require careful preparation, cunning, and skill to hunt. Salish hunters wove large duck nets and hung them across constricted flyways at twilight.

A large torch was suspended above the bow of a canoe to disorient the birds at night and allow hunters to get close enough to club or spear them. A skilled archer could even show off his prowess with the bow and arrow by shooting a duck in broad daylight. Plucked and roasted, they are a fatty and flavorful wintertime meal. Today, many hunters must travel increasing distances to find ducks on clean and accessible lands.

# Duck Soup

*This fragrant, comforting soup is sure to warm your chilly bones in the wintertime. Duck imparts a fatty savory medicine that speaks directly to our taste buds, ensuring satisfaction with every bite. Soups are a great way to get nourishment into your body. The simmering of wholesome ingredients like carrots, celery and good quality waterfowl protein make it easy for your body to obtain the medicine.*

## Ingredients

2 tablespoons olive oil
1 onion
1 pound red potatoes
2 carrots
3 celery stalks
2 cups diced duck meat
Pinch of sea salt
Pinch of fresh ground black pepper
2 quarts stock (vegetable, chicken, bone or duck broth)
*optional: 1 tsp. juniper berries, crushed

Recipe by Valerie Segrest, Muckleshoot

## Preparation

In a large soup pot, warm up the oil over medium heat. Add onion, potatoes, carrots and celery, and sauté until the onions are translucent. Add stock and duck meat, then bring to a simmer and cook for 30 minutes. Add salt and pepper to taste and serve with bannock bread.

Cook time: 45 minutes. Serves 6.

# Deer & Elk

Black Tailed Deer inhabit forest edges where they browse on a variety of plants. Acute vision, hearing and smell, as well as the ability to communicate with scent glands, make hunting deer difficult. Skilled hunters traditionally shoot deer with a bow and arrow, set traps along a deer trail, or work together to drive them into large nets.

Elk are much larger than deer with distinctive white rumps and massive antlers. They prefer meadows, wetlands, and open forests where they graze on grasses and herbs. Washington's ancestral elk were hunted close to extinction due to post-contact mismanagement of resources. The Roosevelt Elk that inhabit much of Washington today are hybridized transplants from Yellowstone National Park. When they were introduced to the Northwest in the early 1900s, they readily adapted.

Every part of deer and elk—from the bone marrow, to the hide, to the brains, to the eyes, tongue and antlers—is utilized. Even the head was boiled and eaten in stew. Inedible parts including their large hide, tough antlers, and hard leg bones, are used for clothing and tools.

# Elk Roast

*This easy recipe is the perfect solution to a busy schedule. When elk is cooked slowly, it falls apart and melts in your mouth. Deer or buffalo roast can also be prepared this way.*

## Ingredients

2–3 pound elk roast
1 tsp. mustard powder or 2 tsp. Dijon mustard
4 medium-sized Ozette, red or yellow fin potatoes, cut in chunks
1 large onion, cut in large pieces
3 carrots, chopped
2 celery stalks, chopped
3 cloves of garlic, peeled and chopped
1 tsp. each dried rosemary, sage & thyme
3 c. water, vegetable broth or beef broth
Salt and pepper to taste

Recipe by Sonja Gee

## Preparation

Rinse elk and drain. Rub mustard on each side. Place vegetables, garlic and herbs in the bottom of a slow cooker or roast pan. Put elk roast on top and cover with water or broth so the roast is just covered. Bring to a boil, then turn down to low and cook for 6–8 hours or until elk comes apart with a fork. Add salt and pepper to taste.

Cook time: 6–8 hours. Serves 4–6.

# Edible Wild Spring Greens

**Chickweed** (*Stellaria media*) is a low-growing, weak-stemmed plant tha flourishes in moist soil. It can be identified by its white star-like flowers by the single line of hair that runs down the length of the stem. The wh above-ground plant has a pleasant, mild flavor similar to butter lettuce low in calories and high in nutrients.

**Miner's lettuce** (*Claytonia perfoliata*) and spring beauty (Claytonia sib are both delicious trail snacks and can be used as a substitute for lettuc whole above-ground plant is eaten, including the stems and flowers.

**Violet** (*Viola* spp) leaves and flowers are edible, including their close relatives, pansies and Johnny jump-ups. Eating just a small handful ful our daily requirement for Vitamin C. Violet is a nutritious spring trail s and adds flavor and nutrients to salads, soups and sautées.

**Wood sorrel** (*Oxalis stricta*) has heart shaped leaflets resembling sham and 5-petaled flowers. The leaves and flowers have a delightfully tart fl Children say they taste like sour patch kid candies – you might try call them "sorrel patch kids." Wood sorrel leaf is a nutritious green that con more iron than spinach. Just a small amount will add interesting flavo salads, sauces and other dishes.

# Wild Spring Salad

*This spring foraged salad is packed with nutrients and bright floral flavors that are sure to delight your eyes and your taste buds. Toss the greens and flowers in a bowl and pour dressing over just before serving.*

## For the Salad:

1 cup chopped chickweed greens (substitute lettuce if unavailable)
1 cup spring beauty leaves (substitute lettuce if unavailable)
½ cup violet leaf and flower
½ cup wood sorrell leaves
½ cup edible flowers: salmonberry, thimbleberry, strawberry, calendula or rose

Recipe by Elise Krohn

## Huckleberry Balsamic Vinaigrette:

½ cup fresh or frozen and thawed huckleberries or blueberries
¼ cup extra virgin olive oil or walnut oil
2 tablespoons Balsamic vinegar
1 teaspoons honey
pinch of salt and pepper

Blend all ingredients in a blender until smooth.

Prep time: 20 minutes. Serves 3-4.

# Dandelion

Dandelion is one of our most useful weeds. It improves soil quality by drawing minerals up from deep layers of earth into the plant. When the plant dies back in fall, it deposits these minerals into the soil. Roots help break up hard packed soil and create pathways for water to enter.

In early spring, dandelion leaves shoot up to gather sunlight. This is when they are most tender and tasty. Dandelion leaves have three times more Calcium, Iron and Vitamin A than spinach! They can be eaten straight in salads and also be steamed, sautéed or boiled and then added into dips, casseroles, and soups. As the leaves age and are exposed to sunlight, they become bitter. Buds appear at the base of the leaves in early spring. These can be eaten fresh, cooked, or pickled. Buds open into flowering heads. Dandelion flowers are high in Vitamin A and have a surprisingly sweet and mild flavor. The base of the flowering head, and especially the green sepals (they look like tiny leaves) are bitter. You can easily pull the flowers off and use them straight or mix them in recipes.

# Dandelion Drop Biscuits

*This recipe is quick, easy and completely satisfying. You can also use wheat-free baking mix or gluten-free flour with delicious results.*

## Ingredients:

2 cups all purpose flour (or 1 cup white flour and 1 cup whole wheat flour)
2 ½ teaspoons baking powder
½ teaspoon salt
1 tsp. dried herbs or 1 T. fresh herbs such as rosemary, basil, thyme or chives
5 tablespoons cold unsalted butter, cut into small pieces
1 cup milk
½ cup dandelion flowers, pulled off the base

Recipe by Elise Krohn

## Preparation

Preheat oven to 450° F. Mix dry ingredients and then add butter. Rub with your hands until the butter is the size of coarse breadcrumbs. Stir in herbs, dandelion flowers and then milk. Do not overwork. Batter should be moist and sticky but not smooth. Use a spoon to form about ¼ cup scoops. Place on cookie sheet 1–2 inches apart. Bake until the bottom is browned and the edges are just starting to brown, about 12 minutes.

Prep and bake time: 30 minutes. Serves 4–6.

# Stinging Nettle

Look for stinging nettles in wet forest and open woodlands growing 3–7 feet tall. Deep green serrated leaves are opposite from each other on square stems. Tiny greenish flowers emerge from the leaf nodes. In spring, the new growth is a delicious cooked green. In summer the leaves can be dried and made into nutritious tea. Fall stalks can be gathered and made into strong cordage.

Gather nettles in early spring when they are three to eight inches tall. When you harvest, make sure to bring gloves or scissors to avoid being stung. Cut the stem above the bottom few leaves so the plant can continue to grow. Young stems are tender enough to be eaten.

Nettles can be boiled, steamed or sautéed like spinach. Cooked nettles can be frozen for later use. Dried nettles can be made into tea or used as a seasoning.

Nettles are high in minerals, vitamins, chlorophyll and amino acids. As a medicine, nettles help to bring the body back to a state of balance. They assist the liver and kidneys in detoxification and decrease inflammation. Many people find that they are useful for alleviating seasonal allergies, arthritis, skin problems, low energy and other conditions.

# Nettle Pesto

*Toss nettle pesto with pasta, potatoes or cooked vegetables. It can also be spread on crackers or sandwiches, or used as a dip. Spring greens including chickweed and arugula can also be used.*

## Ingredients

1 small bag (about 6 cups) of young fresh nettles, rinsed
1 bunch basil, stems removed, washed and drained (about 2 cups leaves)
½ cup Parmesan or Romano cheese, grated
1/3 cup walnuts or pine nuts
1/3 cup of extra virgin olive oil
1–3 cloves garlic, chopped
1 teaspoon lemon juice
Salt and pepper to taste

Recipe by Elise Krohn

## Preparation

Rinse nettles in a strainer, then boil them in water (blanch) for one minute to remove the sting. Drain well, let cool and roughly chop. Place all ingredients in a food processor or blender. Blend until smooth. Add salt and pepper to taste. Place the pesto in a clean jar and pour a little extra olive oil over the top. Cover with a lid. This will keep for 2 weeks in the refrigerator. You can freeze pesto in ice cube trays and use it throughout the year.

Prep time: 20 minutes. Serves 4–6.

# Fir, Hemlock & Spruce Spring Tips

In late spring, tiny brown buds at the tips of evergreen tree branches swell and open into tender limey-green needles. This bright new growth is rich in nutrients and can be eaten straight as a trailside snack, put into salads or made into tea. Edible tree tips include:

**Douglas Fir** (*Pseudotsuga menziesii*) needles are all the same length, are pointed at the tip (but do not hurt you when you touch them) and are spirally arranged all around the branch. Large cones look like they have the rear end of mice sticking out of them. Bark is deeply grooved.

**True Firs** (*Abies* spp) including Pacific silver fir, grand fir, noble fir, and subalpine fir have cones that point upward. Bark on younger trees is often smooth and silvery with blisters that contain sap. Fir needles are very aromatic.

**Hemlock** (*Tsuga heterophylla*) has a distinctive drooping top, feathery drooping branches and silvery brown bark. Cones are small (2cm). Leaves are different lengths arranged randomly along branches.

**Spruce** (*Picea* spp). Sitka spruce trees are towering giants in wet coastal forests. Needles are sharp to the touch. Bark comes off in potato chip shapes. Outer spruce roots grow straight and are pliable enough for Coast Salish weavers to create watertight baskets.

# Strawberry Douglas Fir Gummy Treats

*These energizing treats are high in vitamin C and protein – a perfect boost during physical activity. Douglas fir spring tips are traditionally eaten to ward off hunger and thirst during traveling and physical activity. You can find silicone molds in many fun shapes.*

## Harvesting Tips

Harvest young tips when they are limey green and tender, usually April–June. Tips can be preserved in the fridge for several days or in the freezer for several months.

## Ingredients

1 cup strawberries
⅔ cup lemon juice
¼ cup natural beef gelatin
½ cup spring Douglas fir, hemlock, true fir, or spruce tips
2 tablespoons honey

Recipe by Elise Krohn

## Preparation

Blend all ingredients in a blender until smooth. Pour into a sauce pan and heat gently on the stovetop until just below boiling. Turn off heat, allow to cool for a few minutes and then pour into silicone molds or an 8 x 8" pan. Cool in the refrigerator until set, then pop from molds or cut into 1 inch squares. Keep refrigerated and use within a week. You can purchase silicone molds in fun shapes including stars, flowers and bears.

Prep: 10 minutes + cooling time. Serves 10–12.

# Camas

Camas (*Camassia* spp) is a beautiful blue- to purple-colored lily that blooms in April through June in open meadows or prairies with well-drained soil. Camas was one of the most important and widely traded foods in Salish country before European colonization. The small bulbs are sweet and soft when cooked, like a dense potato. They can be eaten fresh, roasted, or boiled, but were usually steamed in a pit in the ground. Camas contains a complex sugar called inulin that is known to support gut health. When slow-roasted, inulin breaks down into a digestible sugar that tastes sweet but does not raise blood sugar.

Many native families actively managed patches of camas prairie through burning, aerating the soil with digging sticks and weeding out unwanted species. These practices helped to promote a diversity of edible plants on the prairies including roots, bulbs, berries and nuts. Birds, butterflies and wild game also thrive in the open and food-rich prairies. Colonial land management practices such as farming, grazing, inhibiting controlled burns and building developments have reduced camas prairies to a fraction of their vast size within just a few generations. Tribes, land management organizations and citizen groups are working together to protect and preserve camas prairies.

# Spring Salish Soup

*This delicious soup is packed with spring vitality. Nettles are mineral-rich and salmon provides essential fatty acids and a good source of protein. White beans can be used as an alternative to camas, and leafy greens like chard or kale can be used in place of nettles.*

## Ingredients

3 tablespoons olive oil
1 large onion, chopped
3 cloves garlic, minced
6 cups of water or broth
3 cups fresh or frozen camas bulbs or 2 cups dried camas bulbs
1 grocery bag full of fresh spring nettles
2 cups of baked, canned or smoked salmon
Salt and pepper to taste

Recipe by Elise Krohn

## Preparation

In a soup pot on medium heat, cook the onions and garlic in olive oil until they become translucent. Add water or broth and camas, and then bring to a boil. Turn down heat, cover with a lid and simmer for about 20 minutes. While the soup is simmering, wash nettles in a colander then cut them into small pieces with scissors. Once the camas is tender, add the nettles. Cook an additional 5 minutes. Add the salmon and then season with salt and pepper. Enjoy!

Cook time: 40 minutes. Serves 4–6.

# Cattail

Get out your waders or rubber boots! Cattails grow on the margins of ponds or in marshes and wetland areas. The young leaf shoots, pollen, flowers and flour ground from the rhizomes can all be incorporated into many dishes including salads, soups and baked foods.

In early spring, the base of the new shoots is cut off and the outer leaves are removed, revealing tender leaves that resemble leeks. These cattail hearts can be eaten fresh or lightly cooked and added to stir-fry. Wash with boiling water before consuming. In late spring to summer, immature flower spikes are harvested when they resemble baby corn. Peel the sheaf back to reveal the spik The male is on top and produces pollen to fertilize the female. The female flower, once fertilized swells into the brown sausage-looking "cattail" spike.

Pollen is harvested in the summer by placing a sack or wide-mouthed milk jug over the spike and shaking it. Cattail polle can be used similarly to bee pollen for energy and as a sourc of protein. The starchy potato-like rhizome is best harvested in the fall, but can be harvested throughout the year. Mature cattail leaves are harvested to make mats, cordage and baske in summer to early fall.

# Cattail on the Cob

*This is a delicious and simple way to enjoy the cattail flower heads! Cattail is high in beta-carotene, niacin, riboflavin, thiamin, potassium, phosphorus, protein, amino acids and vitamin C. Harvest in clean, pristine areas to avoid contamination. Do not harvest near heavy agricultural areas, dairy fields or the sides of the road.*

## You Will Need:

- Young cattail flowers
- A pot with a tight-fitting lid and steam basket
- 1 cup of water
- Butter and salt

Prep time: 20 minutes.

## Preparation

1. Harvest the flowering heads in spring to early summer by clipping with scissors or a knife. Flowering heads are in the center of the plant. Peel away the outer sheaf. You will see the top male flower and the bottom female flower. Both can be used, however, the top male flower has more "meat" to it.
2. Bring water to a boil, then wash the cattails.
3. Add steam basket full of cattail flower heads to boiling water. Turn heat down to low, cover and steam for 10–12 mins.
4. Add butter and salt to your liking. Nibble the stalk as if you were eating a tiny corn on the cob. The center of the stalk is tough, but the outer cattail flower is tender, nutritious and delicious!

Recipe by Elizabeth Campbell, Spokane

# Huckleberry

*"The berry to this day is considered by some to be worth its weight in gold. The nutritional value alone places this food gift in a very unique category. The medicinal properties can address some really serious health issues among Native communities in the 21st century."*

—Warren KingGeorge (Muckleshoot)

What is better than wandering through the woods and finding a bush covered in ripe huckleberries? There are many types of huckleberries in the Northwest, ranging from the coast to the high mountains. Huckleberries come in many sizes, and berry colors range from orangeish-red to purple to deep blue-black.

Huckleberries are one of the most important traditional foods and also one of the healthiest. They may be one of the reasons that many Coast Salish Elders lived to be over 100 years old. They are considered an anti-aging food that prevents inflammation and increases tissue strength. Blueberries and huckleberries do not raise blood sugar and are an important food for people with heart disease, diabetes and other insulin resistant disorders. They can be eaten fresh off the bush, frozen for later use, canned and cooked in recipes.

# Wild Berry Crisp

Topping:

½ cup all purpose flour
1 ½ cups rolled oats
½ cup chopped walnuts
½ cup chopped hazelnuts
2 tablespoons butter
½ cup honey, maple or rice syrup
⅛ teaspoon sea salt

Filling:

6–8 cups wild berries
½ cup honey, maple or rice syrup
2 T. corn starch or ¼ cup all-purpose flour
1 teaspoon lemon zest or 2 teaspoons lemon juice
*optional: 1 tsp. cinnamon, 1 tsp. vanilla extract

## Preparation

Preheat oven to 375 degrees. Mix the filling ingredients and spread evenly in a 9 x 12" baking pan. Roast flour, oats and chopped nuts by stirring them in a dry skillet over medium heat until they are heated through and are just beginning to brown. Remove from heat and place in a bowl. Heat butter and honey, then pour over the dry mix. Add salt and cinnamon. Mix well and drop evenly over the berries. Bake for 30–40 minutes or until the berries bubble and the topping is crisp.

Prep time: 1 hour. Serves 6–8.

Recipe by Elise Krohn

# Salal

Salal (*Gaultheria shallon*) is a common understory plant that thrives in coastal areas and lowland forests. The leaves are thick, waxy and evergreen. White bell-shaped flowers mature into deep blue berries. They have a velvety look and are ripe in July through August. Salal berries can be eaten straight, cooked, or preserved for later use. They are exceptionally high in vitamin C, antioxidants, fiber, protein and even omega 3 fatty acids. The leaves are dried and made into an astringent tea to reduce inflammation and ease sore throats.

Northwest Coastal Native People commonly mashed salal berries and shaped them into cakes that were dried by the fire or in the sun. These cakes were stored in bentwood boxes so they could be enjoyed throughout the year and were often dipped in oil or cooked in hot water. Salal is mixed with dried meat, fish and other berries to make pemmican. This high-energy food is a native version of the "Power Bar" and was used during physically demanding times including traveling, hunting or whaling. To make your own pemmican, mix equal parts dried berries, finely chopped salmon, deer or elk jerky, chopped nuts and a nut butter (peanut, almond or sunflower). Roll into one-inch balls and store in a cool place.

# Salal Fruit Leather

*Salal is loaded with nutrients that provide sustained energy. This fruit leather has a long shelf life and makes a great "fruit roll up" snack. You can mix salal with other berries including strawberry, raspberry and blueberry.*

## Ingredients

3 quarts of berries, cleaned
2–4 tablespoons honey
3 Tablespoons lemon juice

Recipe by Elise Krohn

## Preparation

Place all ingredients in a **blender** and **blend** well. Fit parchment paper over a cookie sheet with sides. Pour blended berries onto the sheet and use a spatula to smooth to an even consistency of about a quarter inch. Place in the oven (or food dehydrator) on the lowest temperature (usually about 170°). If you are using the oven, leave the door cracked so that water can evaporate off the berries. When the fruit leather is mostly dry (6–8 hours), place another piece of wax paper over the top and flip it over. Carefully peel off the wax paper and continue drying. If you have to leave, simply turn your oven off and place the berries in a warm spot and cover with cheesecloth or paper towels. Continue drying as needed. Store in plastic bags for up to a year.

# Wild Strawberry

Wild strawberries are creeping perennials that grow in mats in woodlands, open fields and on grassy beaches. Flowers are white with five petals and many stamens. Leaves are toothed and are grouped in 3's. The fruit is orange to red colored and about ½ inch across. Several kinds of wild strawberries grow in our region, including woodland strawberry (*Fragaria vesca*), Virginia or blue-leafed strawberry (*Fragaria virginiana*) and coastal or beach strawberry (*Fragaria chiloensis*).

Wild strawberries are a lot of work to gather but the results are always worth it. One of these little berries the size of the tip of your pinky finger has more flavor than the huge strawberries sold in markets now. They remind us that some of the most sensational flavors are only found in the wild.

Strawberry leaves can be dried and made into a delicious mineral-rich tea. They have a pleasant mild flavor and the tea will gently tighten inflamed tissue including puffy gums, sore throats, upset stomach and diarrhea. It is an excellent tonic for women's health.

# Strawberry Sauce for the Love of Summer

*This delectable sauce captures the sweetness and warmth of summer. It can be enjoyed in countless ways including adding it to drinks like lemonade, mixing it into salad dressing, pouring it over pancakes and of course, for making the classic summer dessert—strawberry shortcake. If you freeze or can some, you can enjoy their sweet taste in the middle of winter.*

## Ingredients

3 cups wild strawberries
1 tablespoon lemon juice
½ cup honey, brown rice syrup or sugar
*Optional – 2 teaspoons rosewater, ¼ teaspoon vanilla

## Preparation

Place strawberries and lemon juice in a small pot and gently heat, mashing the berries with a spoon until they are soft. Add honey and blend thoroughly. Serve immediately or pour into a glass jar and store in the refrigerator for 1–2 weeks.

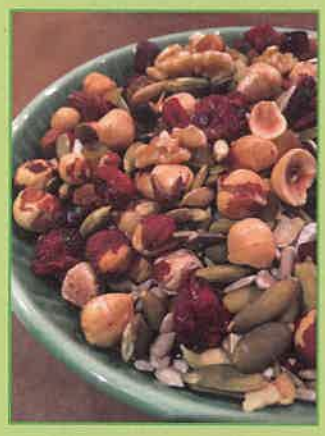
Recipe by Elise Krohn

# Hazelnut

Hazelnut trees (*Corylus cornuta*) grow 10 to 15 feet tall with multiple branches that radiate out from the same root. A long protruding husk wraps around each nut, making it look like a long-beaked bird, hence the common name "beaked hazelnut." When hazelnuts are ripe in July through September, trees are bustling with the sound of busy squirrels. This is the perfect indicator to harvest quickly before they are all gone! Their sweet meat is filling and flavorful, but is protected by a sharp-haired husk and stout shell. The prickly husks were traditionally removed by burying the nuts in damp ground. After a couple weeks, the husks would rot away and the shells could be easily cracked to remove the hearty nutmeat.

Hazelnuts were an important late winter food for Northwest Coastal Native People. They were stored in bags buried in the mud or under water, then were dug up during the harshest months of winter when the spring greens are not yet up and the spring salmon have not yet returned. Sustaining nutrients in hazelnuts, including protein and good quality fats, helped people to survive. European hazelnuts have naturalized in our region and are commonly called filberts. The nuts can be readily found in supermarkets. The Pacific Northwest is one of the few places where they are grown commercially, and they are prized around the world for their unique flavor.

# Salish Snack Mix



*In order to stay strong and keep our energy high, we need foods that are rich in diverse nutrients including vitamins, minerals, protein, carbohydrates and good quality fats. This snack mix is similar to pemmican, a food that is eaten during physically demanding times including traveling, hunting or gathering. You don't need to eat much to feel satiated—about ¼ cup is a nice portion size. Many of these ingredients can be purchased in bulk, and you can customize the recipe to fit your own preferences. Nuts are healthier when they are eaten raw, but their unique flavor is enhanced when they are roasted.*

## Ingredients

Dried Fruit: blueberries, cranberries, salal, currants, plums, raisins
Nuts: hazelnuts, walnuts, almonds
Seeds: pumpkin seeds, sunflower seeds

Recipe by Vanessa Cooper, Lummi

## Preparation

If you choose to roast your nuts, place them on a cookie sheet in the oven at 300 degrees. Watch them carefully and remove them once they start to brown and smell roasted. Blend all ingredients together. Store in a cool dry place. You can also sprinkle this mix on salad or add it to hot cereal.

# Water

*Water is one of our most important spiritual medicines. The morning dew from the sword fern, the rain, and even the water we drink every day can purify and cleanse us. Water is precious and you have to ask for its healing.*

—Kimberly Miller, Skokomish Tribe

Water is life. Cultures around the world equate water with healing and energy. People travel great distances to drink or bathe in water from mountains, wells and springs that are imbued with special energy. Many people believe that water has the ability to absorb prayers, cleanse unwanted energy and bestow good medicine.

Water is the most important thing we can drink. It makes up 60–85% of our body weight and plays many essential roles including carrying nutrients, removing waste, cooling us when we are overheated, digesting food and cushioning our organs and joints. When we are fully hydrated we feel more energized and experience less pain. Clean water is increasingly hard for people around the world to access, and many are standing up to protect it.

WATER IS CALLED THE UNIVERSAL SOLVENT. The hydrogen and oxygen bonds that make up water eagerly react with and bind to almost everything on earth. Given time, water will break down metal, dissolve rock and move mountains. Water is the perfect medium for extracting nutrients, medicinal properties and flavors from plants. Examples include:

**Flavored waters** – Try adding sliced fruit, vegetables and aromatic herbs in your water bottle. Examples include lemon, lime, orange, melon, cucumber, fresh or frozen berries, fir or spruce tips, mint, rosemary, lavender and lemon balm. Add fresh ingredients each day and enjoy eating the fruit after you drink your infused water!

**Teas** – There are many ways to make tea, including boiling plant parts in water (decoctions) and soaking herbs in water of varying temperatures (infusions). Tea can be drunk hot or cold and will last up to 3 days in the refrigerator.

**Broths** – You can make vegetable and bone broth and add them as a base to soups or drink them as a nourishing beverage. Minerals from the vegetables or bones dissolve into the water and become readily available for us to digest.

**Smoothies** – Smoothies make an excellent meal or snack. Use water, milk, nut milk or juice that is low in sugar as a base with fresh or frozen fruit, veggies and protein including nut butter or yogurt. Spices including cinnamon, vanilla, ginger or cocoa powder can boost flavor and medicinal qualities.

# Flavored Waters

Many flavored waters on the market contain sugar, artificial sweeteners and artificial flavors. Try making your own delicious refreshing drink by adding fruits, vegetables and herbs to your water or sparkling water. The longer the plants sit in the water, the more flavor and nutrients will be extracted. You can keep adding water to your glass or bottle throughout the day.

**Sliced fruit:** lemon, lime, orange, melon, apple, cucumber, plum, kiwi, jalapeno, cayenne
**Berries:** They can be fresh or frozen. Slice large berries.
**Fruit concentrate:** lemon, lime or tart cherry
**Aromatic herbs:** basil, lemon balm, mint, rosemary, sage
**Fragrant edible flowers:** rose, lavender, chamomile, violet
**Fresh spices:** Make long thin slices of ginger and turmeric
**Tips of evergreen branches:** Douglas fir, grand fir, spruce, hemlock

Tasty combinations:

- Cucumber mint
- Strawberry Douglas fir
- Blueberry, lemon, ginger
- Orange, lemon balm, lavender
- Raspberry rose with tart cherry concentrate

# EVERGREEN TREE TIP TEA

*Douglas fir, hemlock & spruce tips all have a lemony flavor, are high in vitamin C and electrolytes, and are sometimes called Nature's Gatorade.*

## Harvesting Tips

Harvest young tips when they are limey green and tender, usually April-June. They can be eaten straight as a trail snack, put into salads, or made into tea. Tips can be preserved in the fridge for several days or in the freezer for several months. You can also dry them in a basket or a food dehydrator.

### Sun Tea

Add a large handful of evergreen tree tips per quart of water to a glass container with a lid. Cover and let sit in the sun several hours to overnight. Strain and serve chilled.

### Hot Tea

Use the same amount of tips to water, but pour boiled water over them in a pot, cover with a lid, and let them steep for 15 minutes. Strain and serve hot. This tea tastes stronger and is more astringent than sun tea.

### Tree Tip Lemonade

Place 1–2 cups of tips in a large jar or pitcher with 6 cups of water. Cover and let steep in the sun or a warm place for 4–6 hours. Strain. Add the juice of 3 lemons or about ¼ cup of lemon juice, and 2–3 tablespoons of honey. Mix and serve over ice.

# Infusions

You do not need fancy equipment to make great tea—just quality herbs, a non-aluminum pot with a lid and a strainer will do. Dried herbs are usually used for tea. The plants you harvest yourself will likely be better quality than what you can buy in the store. To harvest your own tea:

- *Gather herbs from a clean area on a dry day*
- *Hang herbs in bundles or place them in baskets or paper bags in a place with good air ventilation and out of direct sunlight*
- *Once the plants are dry, remove stems and brown leaves*
- *Store tea in a cool dark place*

If you buy herbal teas at the store, consider loose-leaf tea that has not been ground into a fine powder (these teas are not in bags). The more herbs are ground up, the more they lose their medicinal value over time. Well-dried herbs should look and smell something like the fresh plant. Herbal teas last about 1 year when they are dried.

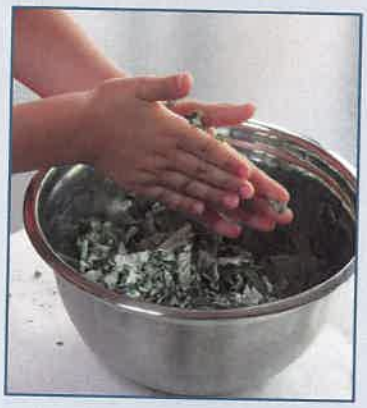
The aerial parts of plants (leaves, flowers, soft fruits, and aromatic seeds or roots) are usually infused, meaning soaked in boiled water. To make an infusion, gently crush the dried herb between your fingers if it is not already ground. Use about 1 tablespoon of herb per cup of hot water. Place the herb in a container such as a pot, Mason jar or teapot and cover with boiling water. Cover with a lid, allow the tea to steep for 10 to 20 minutes, and then pour through a strainer. Tannin-rich herbs such as black and green tea should steep for less time because they will turn bitter. Mineral-rich herbs such as nettle are best when steeped several hours or overnight.

# PEPPY NETTLE TEA

*Equal parts dried nettle leaf and peppermint leaf*

Harvest nettles and mint in the springtime before they flower. Use gloves to harvest and process nettles. This tea is both refreshing and energizing. Nettles are packed with nutrients, and also assist our body in eliminating waste products. Peppermint cools inflammation, clears congestion and eases indigestion. Try drinking this tea on a regular basis to improve energy and reduce seasonal allergies. Use 1 tablespoon per cup and steep 20 minutes to several hours. Drink 1–3 cups per day.

# WILD BERRY TEA



*One part each huckleberry leaf, hawthorn leaf and flower, hawthorn berry, rose hips, and strawberry leaf (or salmonberry, thimbleberry, raspberry or blackberry leaf can also be used); ½ part hibiscus and orange peel*

This antioxidant-rich tea is a delicious daily beverage for strengthening our heart and blood vessels. Huckleberry leaf also helps to balance blood sugar. Rosehips, hibiscus and orange peel are high in Vitamin C, which supports immune function. Use 1 tablespoon of tea per cup of hot water and steep for 20 minutes.
Drink 1–3 cups a day as a tonic.

# Decoctions

Roots, bark and tough fruits and seeds are usually decocted, meaning that they are simmered in water. To make a decoction, place about 1 teaspoon of dried herb per cup of water in a pot. Bring to a boil on the stovetop, reduce heat, cover the pot with a lid and simmer 10–20 minutes before straining. Teas can be stored in the refrigerator for up to three days.

# DANDELION ROOT LATTE


Dried and roasted dandelion root, milk, honey

When dried dandelion root is roasted it becomes sweet and reminiscent of coffee. Place chopped dried dandelion roots on a cookie sheet and roast in an oven for about 30 minutes at 200 degrees. When the roots turn golden brown and begin to smell sweet and toasted, they are done. Place 1 teaspoon of root per cup of water in a pan, bring to a boil and turn down to simmer for 10 minutes with the pot covered. Serve hot with milk and honey.

Recipe by Elise Krohn

# Bone Broth

*Bone broth is an example of how our thrifty Ancestors honored wild game and seafood by using every part of them. Preparing your own bone broth is a great way to boost your health and immunity. It contains minerals like calcium and magnesium, which are anti-arthritic, anti-diabetic and great for nourishing and treating folks with conditions like cancer, anemia, muscular dystrophy and the flu.*

## Ingredients

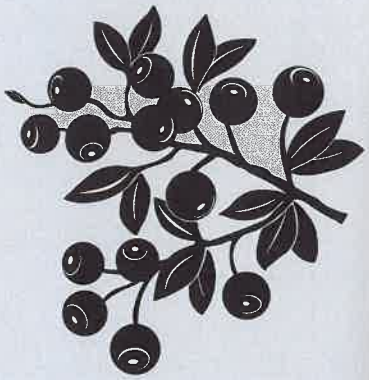
**Bones:** from poultry, fish, shellfish, wild game, beef. *This could include raw bones (preferably the spine and femurs), whole carcass, shellfish shells and whole fish carcasses.
**Cold Water:** enough to cover the bones
**Vinegar:** a splash, or 2 tablespoons per quart of water
**Vegetables:** onions, garlic, carrots and celery are tasty additions
**Herbs:** bay leaf, peppercorns and parsley add great flavor

Recipe by Valerie Segrest, Muckleshoot

## Preparation

Combine all ingredients in a large stockpot, ensuring everything is completely submerged under water, and bring to a boil. Reduce to a simmer and cook for up to 12 hours. Strain the bones and remnants out of the stock using a colander or sieve lined with cheesecloth. Allow to cool to room temperature and then store in the freezer for up to three months, or in the refrigerator for up to five days. Use your prepared broth as a base for soups or gravy, or as a cooking liquid to replace water. You can also warm it up and drink it like a tea.

# HUCKLEBERRY SMOOTHIE



*Making smoothies can be a fun and creative adventure. Try adding wild berries, tender greens, herbs and spices for added excitement. Choose water, milk, nut milk or low-sugar juice as a base. Adding a little protein like nut butter or yogurt can transform smoothies into a satisfying and sustaining snack.*

## In a blender place:

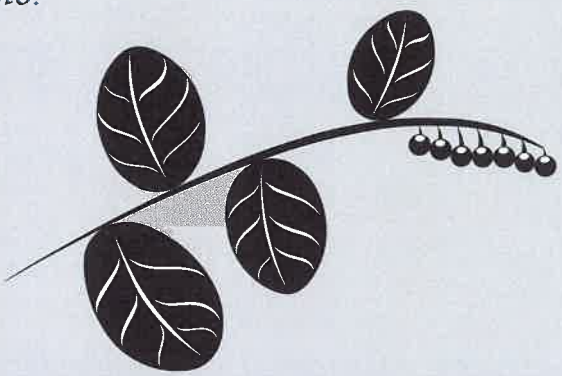
1 banana
1 cup frozen blueberries or huckleberries
2 cups water
½ cup yogurt (optional)
¼ to ½ teaspoon cinnamon
A few drops vanilla extract

## Preparation

Blend until smooth and pour in glasses. Serves two. Cinnamon and blueberries are especially helpful for diabetes prevention and treatment.

*Our family gathered particular foods and medicines throughout the seasons. It was a way of life. Bruce harvested for Gram, and he always brought us all with him. There was always a pack of kids along--this was his way of teaching. We harvested cedar bark, nettles, camas bulbs and fiddleheads in the spring, berries in the summer, and rosehips and nettle fiber in the fall...*
*We take what we need and do not waste.*
*We use what we kill. The foods are gifts and we honor them.*

--Kimberly Miller, Skokomish
*Feeding the People, Feeding the Spirit*



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