

# NATIVE PLANTS & PEOPLE

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*Students examine native plants in Fauntleroy Park that the First People would have harvested for various uses.*

## THEMES

Biodiversity  
Watershed  
Native Plants  
Native Americans

## LEARNING OBJECTIVES

- Gain a basic understanding of the importance of native plants and their sustainable harvest to native people of the Pacific Northwest.
  - Employ sight, smell, and touch to gain information.
- Cultivate an interest in learning more.

## GRADES

3 - 5

## TIME

15-20 minutes

## WHAT TO DO

- 1) Copy the worksheet (one per student or one per team) and review with students.
- 2) Bring enough worksheets and pencils for each student or team. If you copy on cover-weight paper, students won't need clipboards.
- 3) Send one adult down each of three trails near the big bridge in Fauntleroy Park to be a "stopper" beyond which students are not to go (see map with this lesson plan).
- 4) Encourage students to read about the plants, not simply find them.
- 5) Signal when the activity is over with a bell, whistle, drum beat, or hearty yell to rally students back at the big bridge.

## OPTIONS

- Look for other points of interest (nurse logs, snags, seeds) along the way, as well as the plants on the worksheet. Also pay attention to sounds and smells.
- Use this activity to stimulate students to think about what they would like to learn more about.

## SUPPORT FOR YOUR FIELD TRIP

- *Plants & People* worksheet
- A trail map (with this lesson plan)
- "Tips and Tricks for Taking Kids Outside" (elsewhere on this website)
- A watershed volunteer to lead or co-lead your field trip

## SPECIAL MENTION

- All the plants on the worksheet can be found in the vicinity of the big bridge.
- Because some native plants are hard to spot when dormant, we suggest doing this activity between April or October.
- The park is a highly stimulating environment where even the most disciplined students can have difficulty staying on task. A few minutes of general look-around time first may help them focus.
- Ordinary Seattle rain should not require postponing your visit. Heavy rain, however, may create swift, high water that's not safe for small children to be near. In the event of a major rainstorm on your day, call your watershed volunteer early in the morning to strategize what to do. A strong wind will require postponing your visit to the park.
- Remind students not to venture beyond ear shot and assign adults to teams as needed.

# NATIVE PEOPLE'S USE OF NATIVE PLANTS

SPECIES FOUND IN UPPER FAUNTLEROY CREEK (FAUNTLEROY PARK)

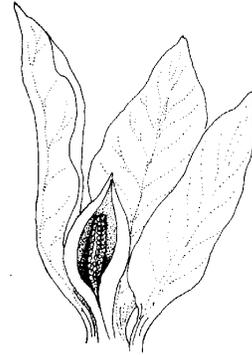
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## RED ELDERBERRY BUSH

Although poisonous when raw, cooked berries were an important food. After boiling, seeds and stems were strained out to make a tasty sauce.

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## SKUNK CABBAGE

Leaves were used to line berry baskets, drying racks, and pit ovens. Its early spring flowers were cooked and eaten only as "famine food."

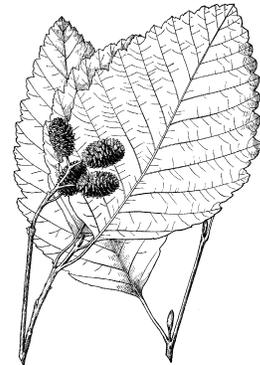
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## INDIAN PLUM BUSH

Ripe berries were eaten fresh or cooked and dried for the winter. Chewed twigs were applied to sores. Bark tea was used for healing.

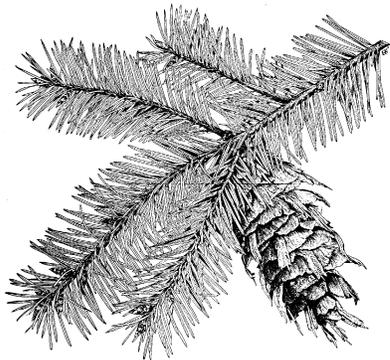
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## RED ALDER TREE

The inner bark was valued as a medicine and also used to make a red or orange dye. The wood continues to be prized for smoking salmon.

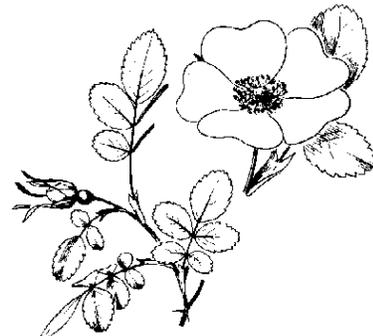
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## DOUGLAS FIR TREE

The versatile wood had many uses, from harpoon shafts to spoons and caskets. Pitch was used for sealing canoes and as a salve for wounds.

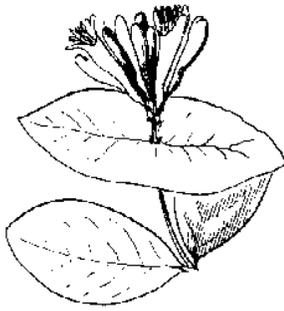
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## NOOTKA ROSE BUSH

Branches, bark, and seed were used for medicines. Mashed leaves were applied to bee stings and skin sores. Leaves were layered with food in cooking baskets to add flavor and prevent burning.

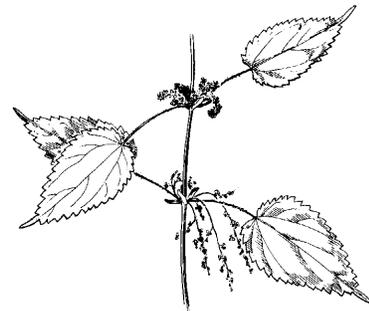
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**ORANGE HONEYSUCKLE VINE**

When stripped of leaves, the long stems were used for weaving and tying. The orange and gold berries were known to be poisonous.

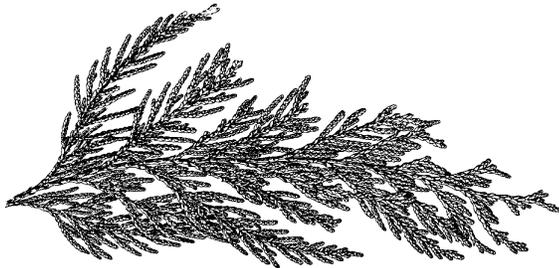
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**STINGING NETTLE**

Young leaves and stems were eaten as spring greens. Stems were an important source of fiber for such things as fishing nets and snares.

✓ \_\_\_\_\_



**WESTERN RED CEDAR TREE**

Native people throughout the region relied on this "tree of life" for canoes, houses, cradles, clothing, dishes, medicines, and many other things. They harvested fallen trees or parts of live ones so that they didn't have to kill a tree in order to use it.

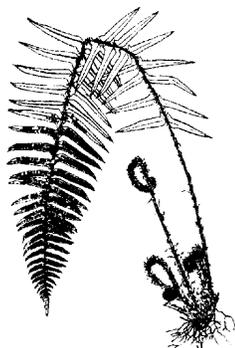
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**RED HUCKLEBERRY BUSH**

Berries were eaten fresh, dried like raisins, mashed and dried into cakes, or stored for winter in grease or oil. Single berries were used as fish bait. The juice, leaves, and bark were used as medicines.

✓ \_\_\_\_\_



**SWORD FERN**

Leaves were used to protect food cooking in pit ovens, as racks for drying berries, and as floor mats and bedding. Large "runners" were eaten only as "famine food." Rubbing tender leaves on the skin still keeps stinging netting from stinging.

✓ \_\_\_\_\_



**SALMONBERRY BUSH**

Young shoots were eaten in the spring as a green vegetable. The early berries were greatly enjoyed after a winter without fresh fruit. Families or individuals could own patches of salmonberry and harvest all they needed before sharing.

97th Avenue  
SW  
Entrance

SW  
Cambridge  
Street  
Entrance

Forest  
Court SW  
Entrance

Church  
YMCA  
Entrance

SW  
Barton  
Street  
Entrance

BIG BRIDGE

# EXPLORATION LIMITS IN FAUNTLEROY PARK

SUGGESTED  STOPPING POINTS

