



Nuts'a'maat'
Foraging
Guide

*Please come in and
explore the Nuts'a'maat'
Forage Forest*

In the Hul'qumi'num language, nuts'a'maat' means *'working together with one heart, one mind'*.

This forest is a collaborative eco-cultural restoration project that arose out of conversations between the Galiano Conservancy and Penelakut Elders Augie Sylvester, Karen Charlie, and Richard Charlie. It was established with the help of Access to Media Education Society (AMES) and numerous community members, and continues to be tended by GCA staff and volunteers.

The Nuts'a'maat forage forest was once a towering old growth forest. In the early 2000s it was logged by the previous landowner not only removing nearly all of the vegetation, but also compacting the soil and creating a new place for weedy invasive plants to grow.

We collectively saw this space as an excellent opportunity to combine restoration, community, education and food!





What is a Forage Forest?



Foraging is commonly defined as the act of finding and collecting food from the environment, unlike **harvesting**, where the food that is collected has been specifically grown or cultivated.

The purpose of the Nuts'a'maat' Forage Forest is to cultivate **traditional food and medicine plants** within a restored and regenerating ecosystem.

This forest is an invitation to forage, but also reminder that the lines between foraging and harvesting have always been blurred. Great care has always gone into maintaining and promoting these ecosystems by indigenous people **since time immemorial**.

Collaborative Art Installations

As an ongoing project, Richard Charlie, Richie Smith and Kenna Fair have partnered up with the GCA to produce art installations for the Nuts'a'maat' Forage Forest. Keep your eyes open for the **Twin Herons**, the first of three collaborative pieces.



Responsible Foraging

Think before you pick

Some questions to ask yourself before foraging here, or anywhere.

Where am I? Consider whose territory you are on; people have been harvesting these plants for thousands of years and continue to do so.

Is this a public space or private? Is foraging allowed here? Is it safe to forage here? Could pollution be a problem?



How much is ok to take? Ask yourself how much you need and take a good look at how much is available. *Never take more than 25% of what is available.*



Am I sure this is safe to eat? It is especially important to know which plants you are looking at and what is safe to eat. *If you are not positive what it is, please DON'T EAT IT.*



Will this effect the space around me? Will collecting food plants here damage the ecosystem? Please be mindful of any disturbance you could be creating.



How can I give back? Is there anything you can do for the ecosystem or territory you are collecting food from? How can you help in a way that allows others to harvest now and in the future? Start by fostering a relationship of reciprocity with your local Indigenous Nations.

Nuts'a'maat' Foraging Guide

*** Disclaimer: This map is intended to aid you in finding and identifying **some** of our wonderful edible native plants. The Forage Forest is filled with **many** other species and each plant that is illustrated here can be found at the location on the map, but in several other places in the forage forest as well. ***

Summer

Summer is the season of ripe juicy berries. They are wonderful fresh off the plant but also make excellent pies and preserves to save for winter. Here you can find some of Galiano (and coastal BC's) signature native berries.

Spring

Spring is the perfect time for harvesting new shoots, young bright green leaves and edible flower heads. We have many options for this, but these are our favorite and most abundant species for harvesting.

Blackcap Raspberry • tsulqama • *Rubus leucodermis*

Young shoots can be peeled, eaten raw or cooked. Produces berries in **late summer**, which are highly pigmented and can be used for purple dyes. Leaves can also be harvested in **spring** for tea.

Salal • t'eqe' • *Gaultheria shallon*

Clusters of dark blue berries ripen **mid-to-late summer**.

Salmonberry • lila-ulhp • *Rubus spectabilis*

After peeling bark, new shoots can be cooked and eaten in the **spring**. Berries ripen **late spring to mid-summer**.

Saskatoon Berry • tushnets • *Amelanchier alnifolia*

Though more prolific in the North, these Purple berries can be collected in the **early summer** and are very tasty fresh or cooked.

Springbank Clover • tkwla'i'shen • *Trifolium wormskjoldii*

The long, spaghetti-like rhizomes can be harvested **year round** and eaten like bean sprouts.

Soopolallie • sxwesum • *Shepherdia canadensis*

Bittersweet berries ripen in **July** and should be eaten in moderation.

Year Round

The plants that keep on giving.... Just make sure to give a little back. Reciprocity is important especially in what is thought of as nature. This can look like pulling an invasive plant here and there, collecting any garbage that you see or even by donating to local environmental programs.

Kinnikinnick • Bearberry *Arctostaphylos uva-ursi*

Harvest and dry the bright green leaves in the **spring**, these can be stored and later steeped to make an astringent medicinal tea.

Tall Oregon Grape • luluts'ulhp • *Berberis aquifolium*

Collect the tart but tasty grey-ish blue berries from **early to mid-summer**.

Dull Oregon Grape • sunii'ulhp • *Berberis nervosa*

Similarly to their tall sibling, these berries can be harvested **early to mid summer**.

Baldhip Rose • qel'qulhp • *Rosa gymnocarpa*

Springtime blossoms can be used in honeys and syrups. Harvest hips between **September and November** when bright orange or red. Sweetest if harvested after a frost and are excellent in tea.

Pacific Crabapple • qwa'upulhp • *Malus fusca*

Crabapples are ready to harvest in late **summer**. The crabapples are tart raw, and tasty cooked into jams, sauces, and pies.

Thimbleberry • tushnets • *Amelanchier alnifolia*

Soft red berries ripen continuously from mid-to-late **summer**.

Evergreen Huckleberry • ayum sqw'iil'muhw • *Vaccinium ovatum*

Harvest small, blackish-blue berries in late **summer and early fall**.

Wild Gooseberry • T'em'hw • *Ribes divaricatum*

The berries ripen **mid-summer** and are tasty and tart, more akin to black currants than gooseberries.

Trailing Blackberry • sqw'iil'muhw • *Rubus ursinus*

Harvest leaves year round. They can be brewed into an astringent and mineral rich tea. Harvest fruit when berries are plump, juicy and black.

Nodding Onion • q'wuxwi'uc • *Allium cernuum*

Bulbs are delicious roasted and can be harvested **year round**. Spicy flower heads are harvested in the **spring** and the strap like leaves in the late spring through to **fall**.

Coastal Sagewort • Mugwort • *Artemisia suksdorfii*

Harvest mature leaves throughout **spring and summer**. Can be used as herbs in cooking or for a fragrant tea. Seeds can be harvested from late summer to **early fall** and are excellent for seasoning.

Barestem Desert Parsley • q'uxmin • *Lomatium nudicaule*

The young leaves can be harvested in **spring** and the seeds can be harvested in the **fall** and used as a spice in cooking or chewed to soothe a sore throat.

Great Camas • speenhw • *Camassia leichtlini*

Harvest mature corms when the seed pods are dry. To harvest, it's best to **grow it yourself** for several years until it is ready.

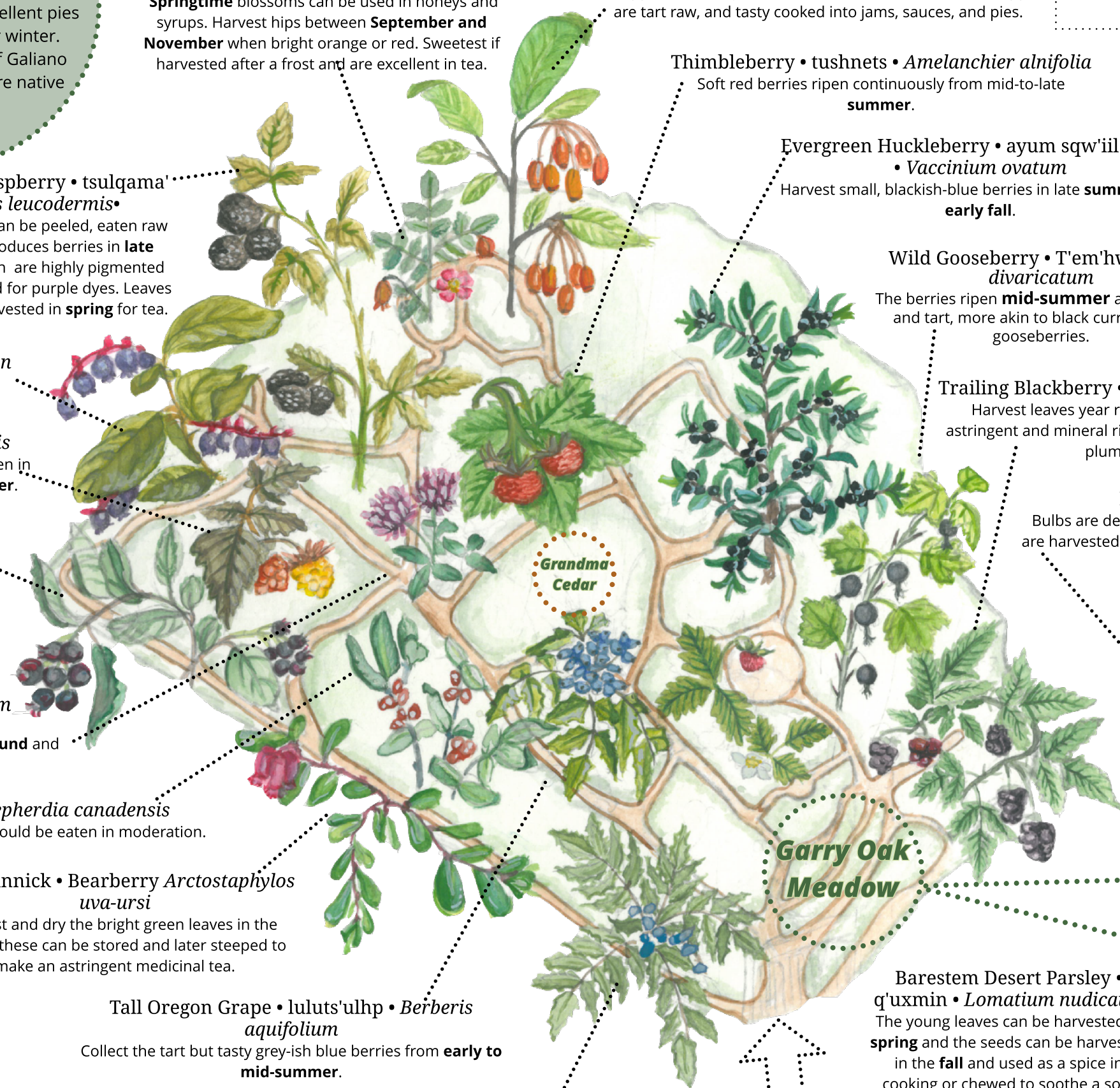
Fall

Root vegetable and seed collecting time! It's the season of starches, but the wonderful thing about root vegetables is that they usually have more than just roots to offer during different seasons, check out the year round plants!

Grandma Cedar

Garry Oak Meadow

Start here!



Keep in mind!

Plants can look very different by season!
Unfold this brochure and see our
seasonal foraging guide, with what to
harvest and when.



Other Resources



Salish Harvest

"Salish Harvest has grown out of a series of gatherings that have brought together elders and youth from the neighbouring Islands of Penelakut (formerly Kuper) and Galiano to share their knowledge of wild and traditional foods and medicines."

salishharvest.com

First Voices

A site dedicated to support Indigenous people engaged in language archiving, teaching and learning. At the website below you can access the Hul'q'umi'num First Voices page where you can search, hear, and learn some of the original names for the plants you see around you.

www.firstvoices.com

iNaturalist

Use the search bar to look up plants you know the name of but are not sure about. If you decide to sign up, this app can act as a virtual ID guide. Just take a photo of your plant, bird, bug etc. and iNaturalist will help you identify what you're looking at. Your observations will then be verified by scientists and used for research!

www.inaturalist.org/



Galiano
Conservancy
ASSOCIATION

Find out more about us, our partners
and the Nuts'a'maat' Forage Forest at
our website!

galianoconservancy.ca



Find more about our partner Access to
Media Education Society (AMES) and all
the wonderful work they do at

accesstomedia.org



This project lives within the ceded territory of
the Tsawwassen First Nation and the unceded,
shared and asserted territory of the Penelakut,
Lelum Sar Augh Ta Naogh, Hwlitsum,
Stz'uminus and the other Hul'qumi'num
speaking peoples.

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