

Western Red Cedar

This trees wood is resistant to rotting. Has been used to build boats, houses, saunas, and fences.

Size: tree

See: wood

Use: building

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Wild Strawberry

This is a small but flavourful red berry plant.

Size: small

See: 3 leaves, red berries

Use: tasty fruit!

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Salal

Related to the blueberry plant, this native forest shrub has stiff leaves, and blue edible berries.

Size: bush

See: waxy leaves, blue berries.

Use: tasty fruit!

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Licorice Fern

This feathery looking plant grows on trees. It gets its name because the roots, when chewed taste like licorice.

Size: small

See: fan-like leaves.

Use: tasty roots!

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Stinging Nettle

This plant has long, thin, dangling flowers, and its hairs will sting you if you touch it, but if cooked, the pointy leaves are very nutritious.

Size: medium

See: veins on leaves, small spikes.

Use: healthy leaves.

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Blackberry

This plant has big juicy berries for everyone to enjoy. Watch out for its thorns!

Size: bush

See: thorns, black berries.

Use: tasty fruit!

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Chickweed

This small, skinny plant can be eaten like spinach. It has very small white flowers in spring.

Size: small

See: tiny leaves, and tiny white flowers.

Use: healthy leaves.

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Dandelion

One of the most common weeds, the leaves and yellow flowers of this plant are nutritious and edible.

Size: small

See: yellow flower, bunched green leaves.

Use: healthy leaves.

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Yarrow

The feathery leaves of this plant have traditionally been used to stop a cut from bleeding.

Size: medium

See: feathery leaves, white flowers
grouped like umbrella.

Use: leaves stop bleeding.

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