



CASCADIA
CONSERVATION DISTRICT

Enhancing our Lives and Landscape by Cultivating Native Plants for Personal Use

Alex Harwell

Native Planting 101

Land Acknowledgement

The land I now live is the
ancestral homelands of the *ṣ̌ṇp̣ə̣ṣ̌q̣ʷạ́p̣ṣə̣x̣ʷ*
(p'squosa or Wenatchi) people.

Their ancestral territory extends from the Cascade Ridge throughout what is now known as the
Wenatchee valley. They are still here living and caring for the land today.

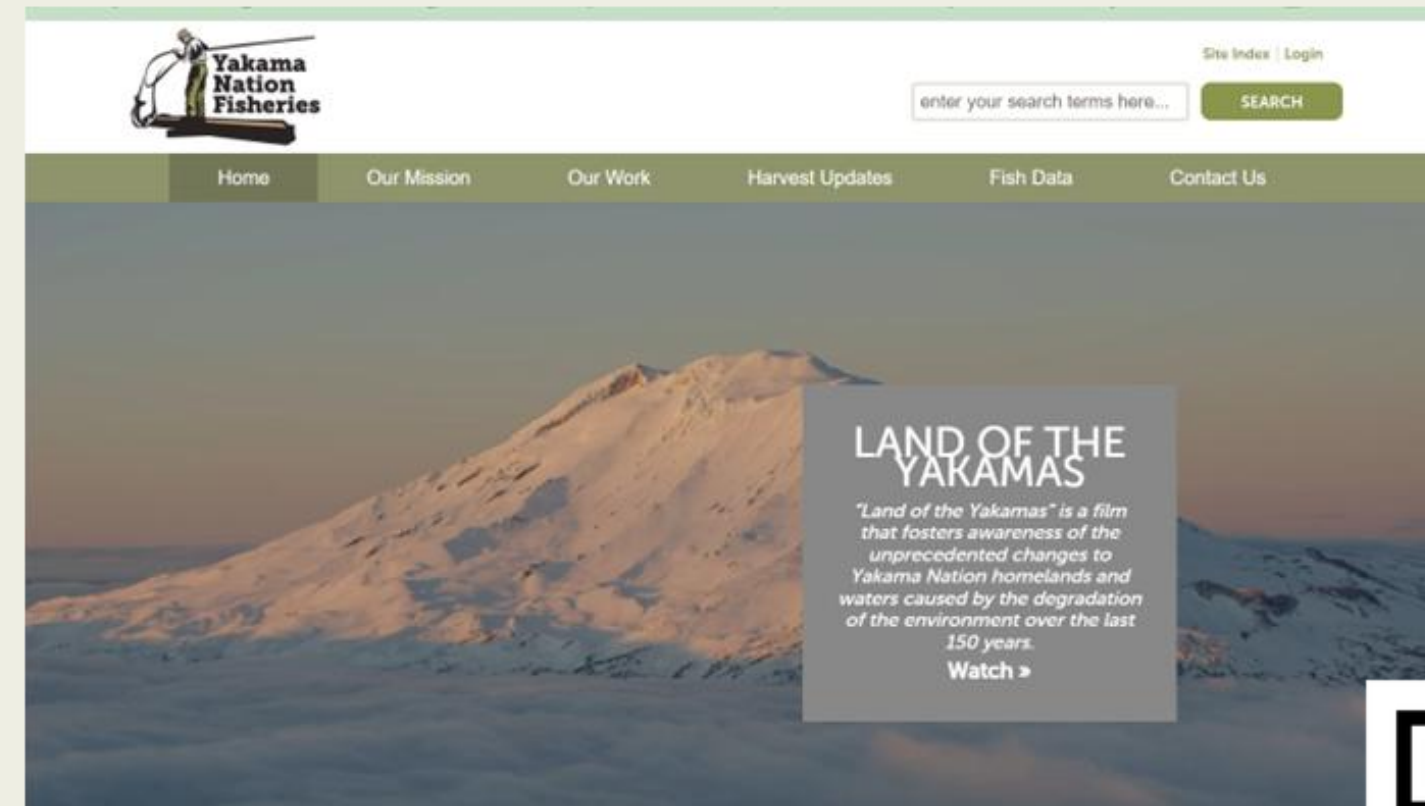


CCT and YN Natural Resource Departments

FISH & WILDLIFE



Mission Statement The Fish and Wildlife Department's overall goal is to maintain and protect viable populations of native and desired non-native species of fish and wildlife, and their supporting habitats, while providing sufficient numbers to meet the cultural, subsistence, recreational and economic needs of the tribal membership.



Great Northern RR 1892



*Camp Cr. and Switchbacks,
W. Portal Stamped Paper.*

Great Northern Railroad Construction Near Peshastin, 1927



Laying Track

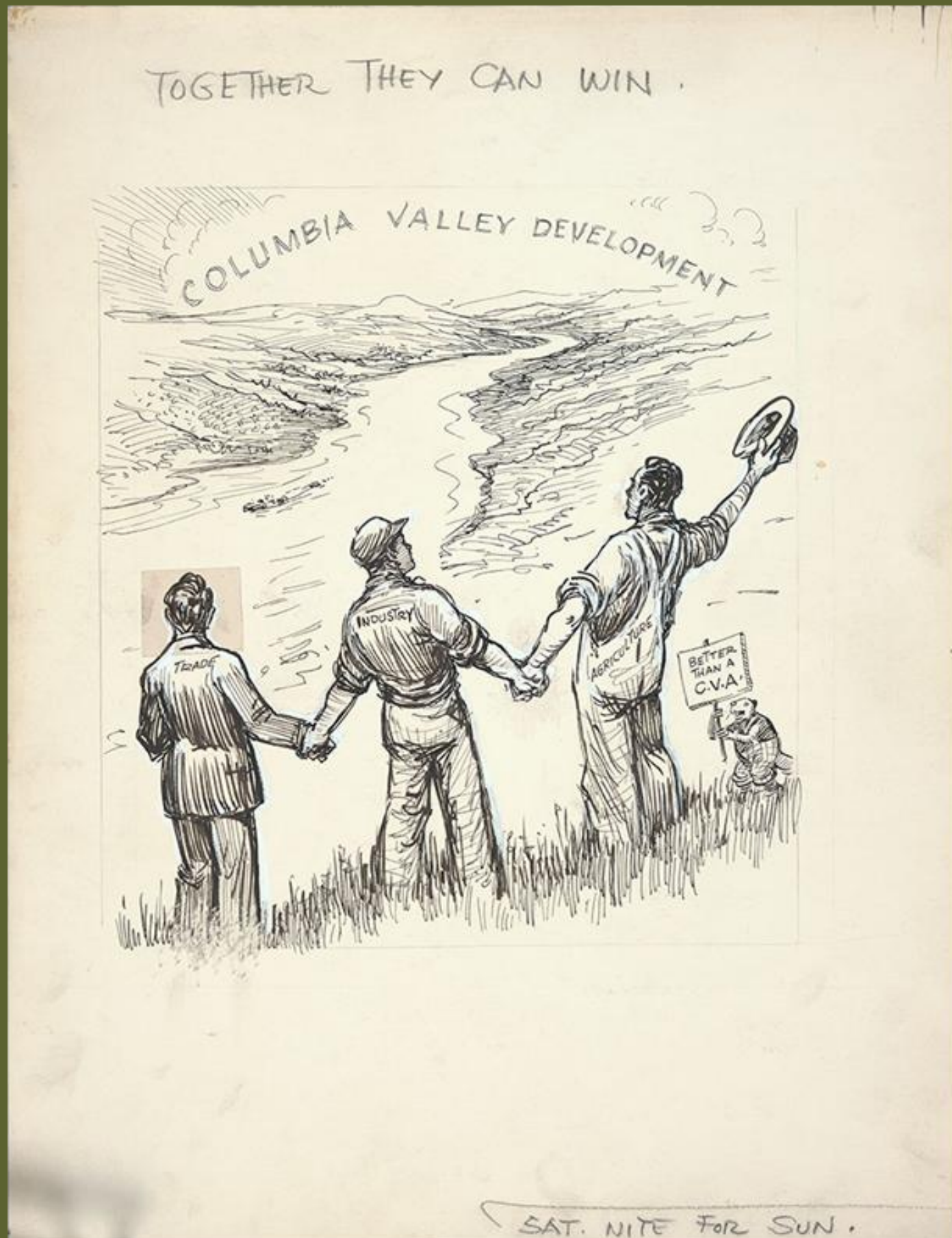


Trestle being back filled

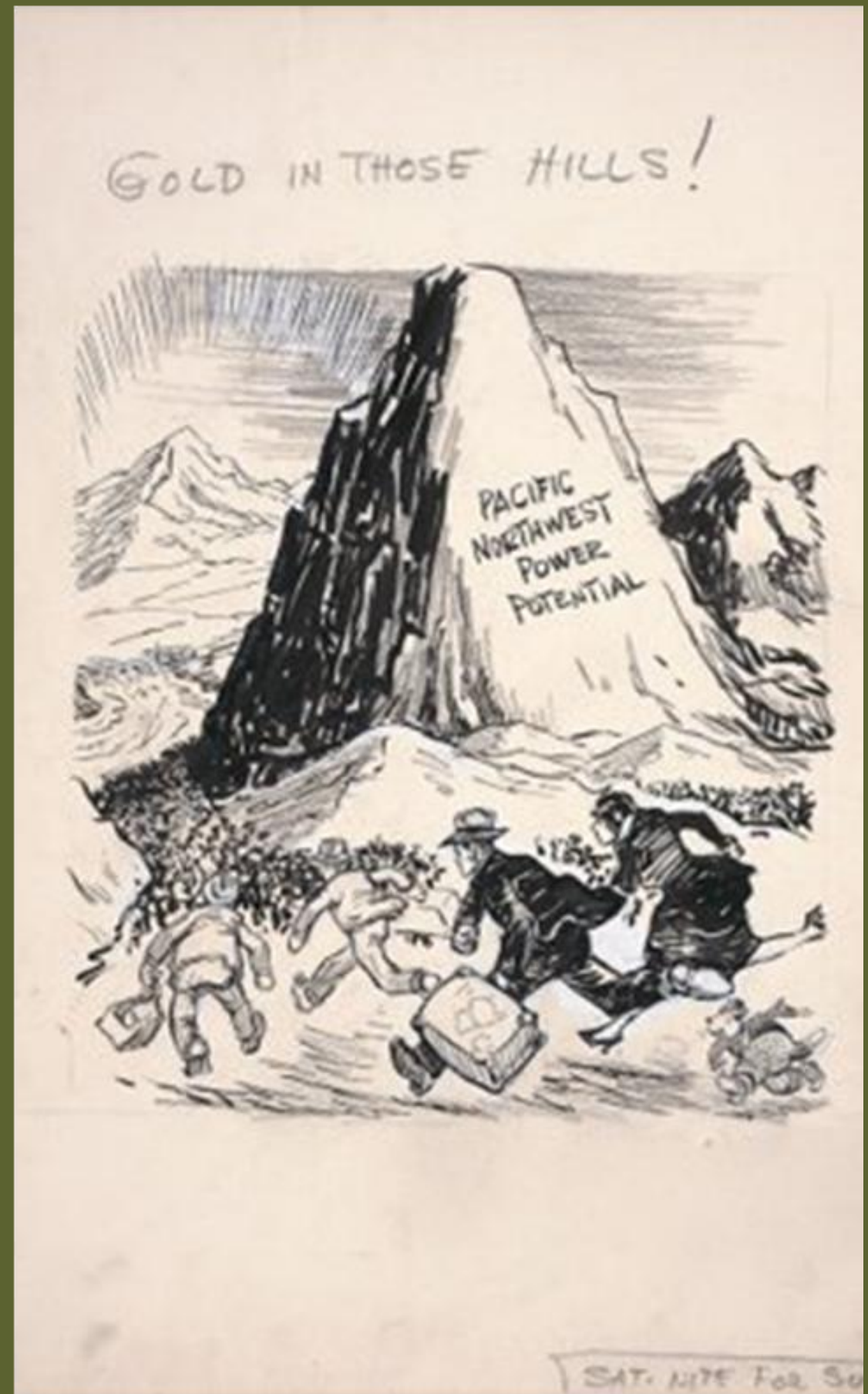


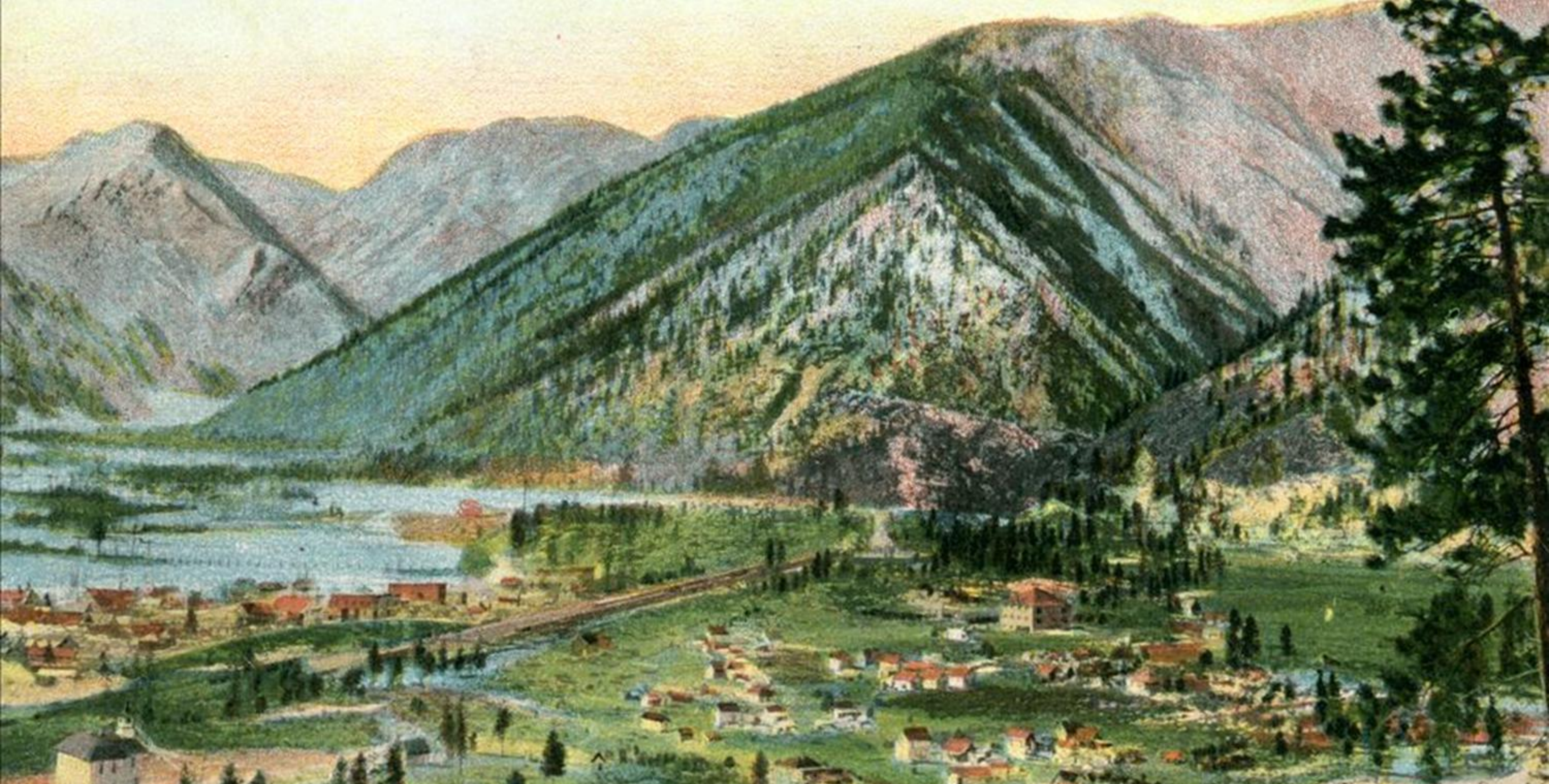
Trestle being back filled

1940s



WSHS





Postcard, "Birds Eye View of Leavenworth," Washington, 1910 Published by J.D. Wheeler, courtesy The Spokane Public Library

Why Native Plants?

- Adapted to our region
- Evolved with local wildlife
- Important for people place connection





Culturally significant plants have
been cultivated by people for
thousands of years

Why grow plants if you can wildharvest?

- Understand the inputs
- Focus on sustainable harvesting—certain plants should remain untouched
- Increase resources available for wildlife
- ****Reciprocity of Restoration****





Reciprocity in Restoration

Reciprocity

Reciprocity is a relationship of gratitude acknowledging the inherent knowledge and role of all our relatives and *sx^watix^wtədčəł* (our land/earth/world).

▶ 00:04 / 00:04

sx^watix^wtədčəł. Lushootseed pronunciation

The Potlatch is one example of reciprocity in our culture today. The potlatch is an important social event where a large feast is held for important occasions and gifts are given out to the guests.

“

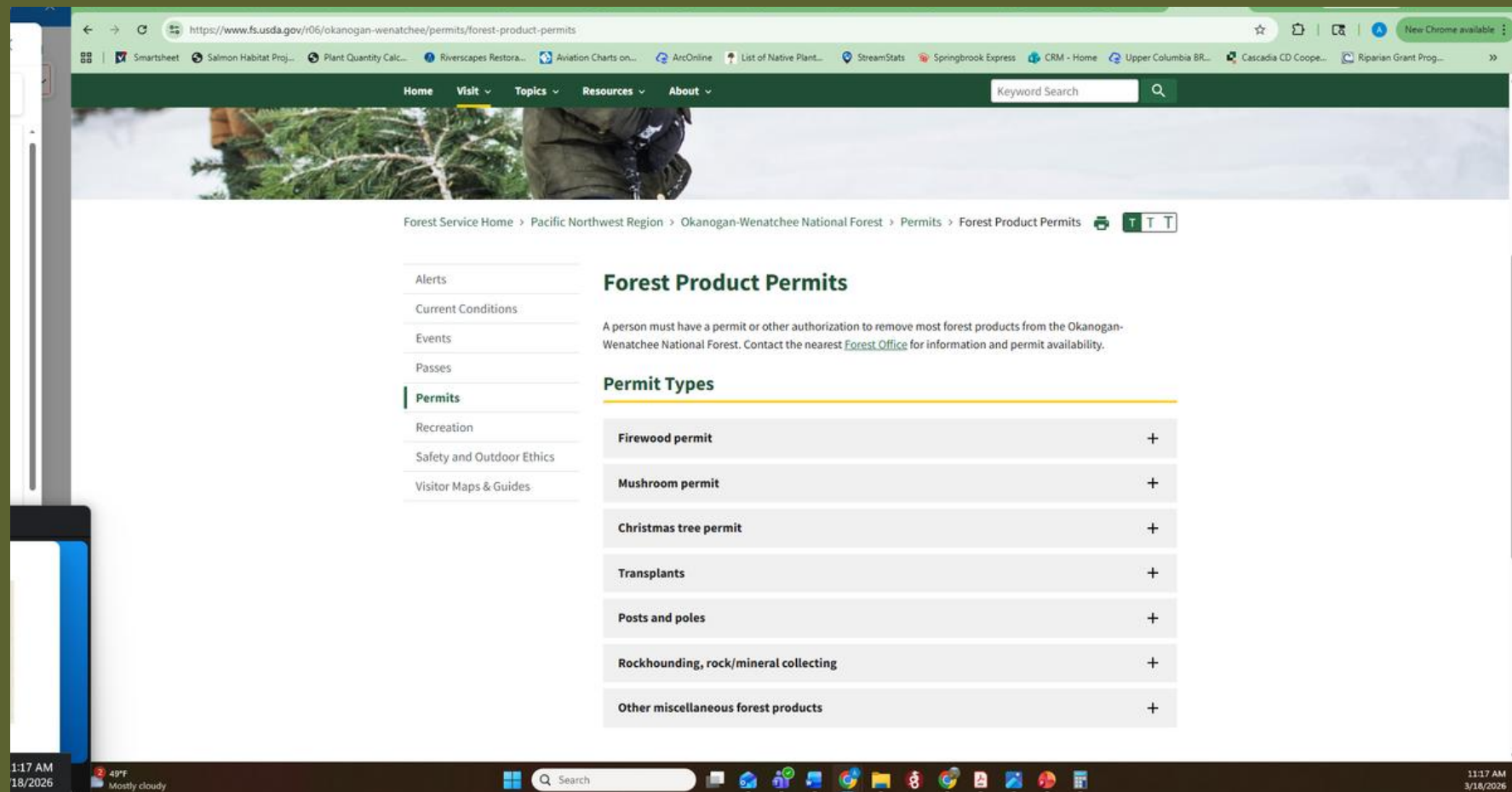
When we have a successful harvest a potlach is still held to this day. When we have gathered and prepared an animal or plants for food or medicine we share it and at times don't keep any of it but offer it to those who we know will benefit from the gifts from *sx^watix^wtədčəł* (our land/earth/world).





How do I get access to Native Plant stock?

- Native Plant Nurseries
- Collecting seed and growing out
- Transplanting



Plant

- Growing requirements
- Uses
- Other tid bits



Blue Elder *Sambucus cerulea*

**Full sun, can tolerate part shade
likes well-draining, moist soil**



**Harvest tip: only harvest what you can reach
Processing tip: Freeze before garbling the berries**



**My favorite
uses**

peach-elder pie

elderberry/elderflower syrup

elderflower syrup



Wild Rose *Rosa spp.*



Nootka Rose *Rosa*

Nutkana

- **wetter requirements**
- **gets tall/spreads**
- **large hips**



Woods Rose *Rosa woodsii*

- **upland/dry species**
- **smaller**

Can be propagated by cuttings

Full sun to part shade

tolerates a variety of soils

Harvest tip for flowers:

**leave at least 1 petal for
pollinators**



Rose Jelly

Use hip or
flower



Red Tail Land Conservancy

Nettle *Urtica dioica*

Full sun to part shade

Moist soil

spreads vigorously by rhizomes

**Important to know what is going
on around this plant ****





SHaron Kalis



Nettle Tea (dried nettle)

Replace spinach in any recipe-good raw too!

Excellent fiber- harvest in late summer to

fall

Fireweed *Chamerion angustifolium*

Full sun
Moist, well-drained soil

Can spread rapidly by rhizomes





Jennifer Jade Juniper



Fireweed Seed

Fireweed Tea

Ivan chai (Russian fermented tea)

Great fiber plant- harvest in fall after stems turn brown

Fireweed miel -roughly 2T of powdered plant material into ¼ c. of honey-YUM!

Willow *Salix spp.*

**Wet Sites : Sitka willow, coyote willow,
peachleaf willow**

Dier/Upland Sites: Scouler's willow

Full Sun, wide variety of soils

**If you are growing for height (basketry use), you might
need to irrigate annually.**

Can start from cuttings! Very easy to propagate!





Joybelee Farm



**So many
uses!**



Serviceberry/Saskatoon *Amelanchier alnifolia*

Full sun to part shade

Hardy

Can tolerate a range of conditions

prefer well drained soils

Delicious edible berries, good dried too!

**Wood is hard, straight, and flexible,
making it great for tools.**

Lots of different native varieties.

Can propagate by cuttings.



Camas *Camassia quamash*

- full sun to part shade
- seasonally moist soil
- easy to staff from seed (sow in fall)
- Needs to cook for a long time (crockpot)

Needs people and fire to thrive

“The quawmash is now in blume and from the colour ... at a short distance it resembles lakes of fine clear water, so complete is this deseption that on first sight I could have sworn it was water.” Meriwether Lewis, June 12, 1806





Blooms to Bees



- **Full sun**
- **Can spread aggressively**
- **Tolerates a wide range of soil**

Dogbane Hemp *Apocynum cannabinum*



Dogbane and stinging nettle long nets, Chewaucan Cave, southeast Oregon, 470-320 years old.
[Courtesy Museum of Natural and Cultural History, University of Oregon, No. 1-31283a](#)



Cylindrical twined bag, Columbia Plateau, dogbane, cotton, raffia, willow bark, wool, 19th century.

Courtesy Museum of Natural and Cultural History, University of Oregon, No. 1-14747

Great Fiber!

Harvest late fall/early winter after natural retting of the stalks



Photo © Ron Bockelman

Oregon Grape *Mahonia spp.*

- Evergreen plant
- Spreads via rhizomes

**Mahonia aquifolium -
can tolerate drier
soils**

**Mahonia nervosa- prefers shade and
moist well drained soils**

**Mahonia repens- can do well in
full sun and dry conditions**



James Ellingboe, 2007. All rights reserved.





OneSmallStitch

- **Tart berries—delicious jam!**
- **Medicinal roots**
- **Dye Plant**



ARanchMo
m

Wapato *Sagittaria latifolia*

- needs shallow water
- can grow in a pond or bucket
- collecting seed can be hard
- propagate rhizomally
- Full sun



Wapato returns to Yakama Nation
after
being dormant for 70 years



Forager
Chef

This plant used to be abundant and now is rarely seen-
anyone know of a local population?



River REfuge
Seed

Contact Us!



509-312-3105



alexh@cascadiacd.org



[/CascadiaCD](https://www.instagram.com/CascadiaCD)



cascadiacd.org



1350 McKittrick Street, Wenatchee, WA 98801

Thank You!



CASCADIA
CONSERVATION DISTRICT

Working with you to take care of our beautiful
natural resources.