

Native Plants for Health and Wellness

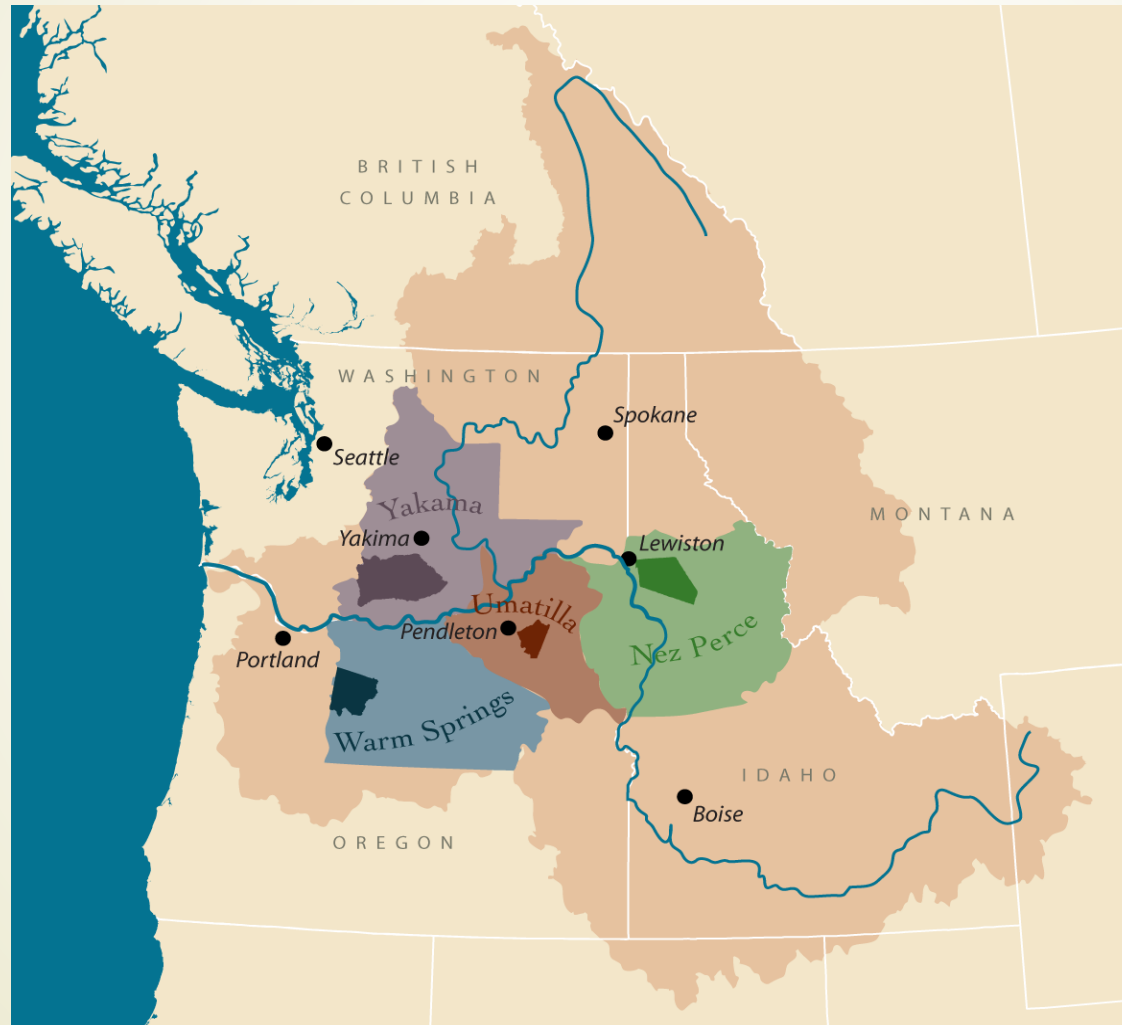
Elaine Harvey

Kahmiltpa Band & Willawitspum Bands - maternal

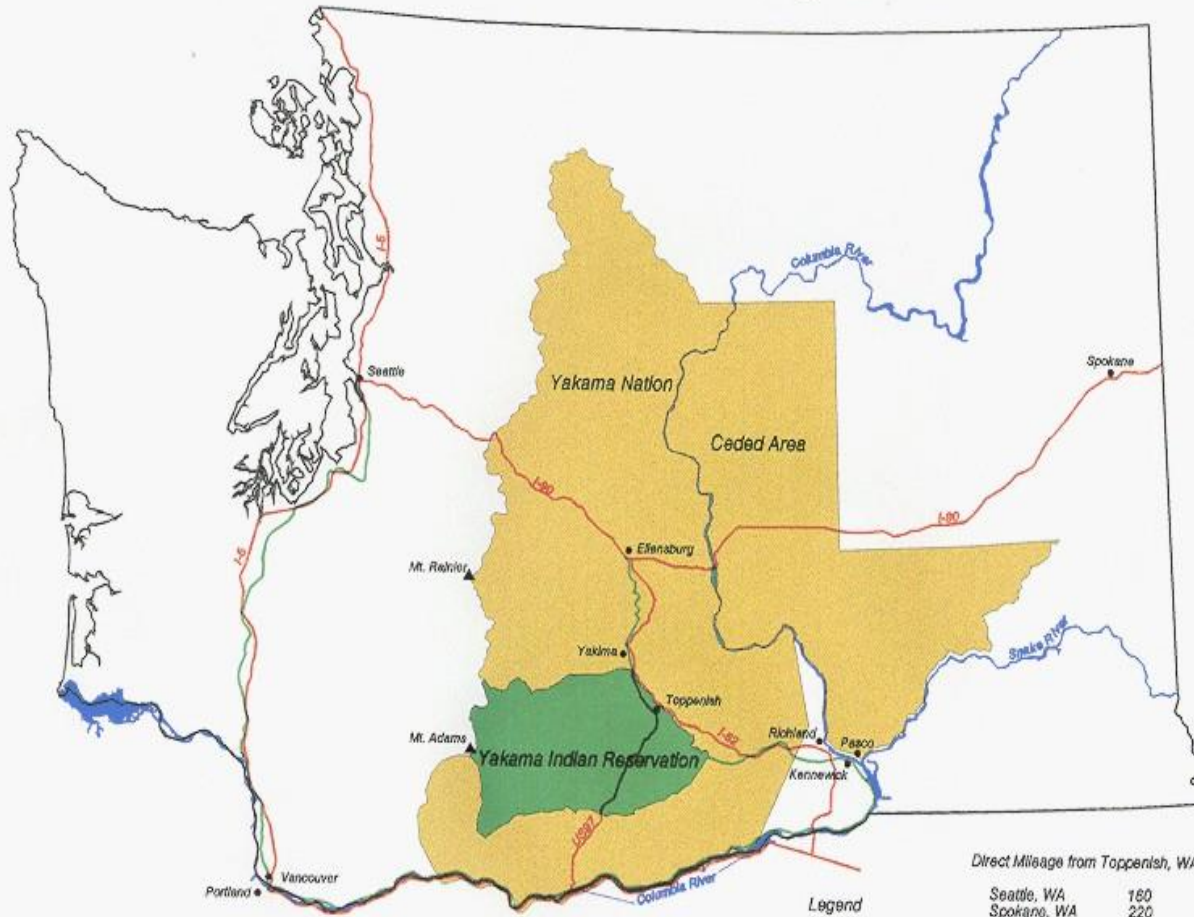
Towtnuk Ti-chum - paternal



Confederated Tribes and Bands of the Yakama Nation

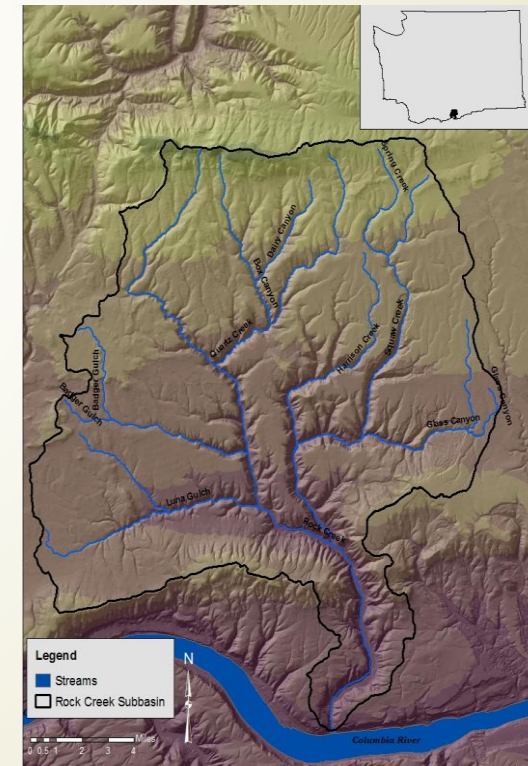


State of Washington



Direct Mileage from Toppenish, WA to:

Seattle, WA	180
Spokane, WA	220
Boise, ID	385
Portland, OR	160
Billings, MT	750
Salt Lake City, UT	735
San Francisco, CA	700





1855 Yakama Nation Treaty with US Government

In 1855, the Yakama Nation signed treaty that ceded over **35 million acres** of the Columbia River Basin to the United States in exchange for...

“The *exclusive right of taking fish in the streams running through and bordering said reservation* is hereby secured to said Indians; and **at all other usual and accustomed stations**, in common with citizens of the United States, and of erecting suitable houses for curing the same; **also the privilege of hunting, gathering roots and berries**, and pasturing their stock **on unclaimed lands**, in common with citizens, is secured to them.”



THE PLATEAU SEASONAL ROUND





Everything has a purpose and everything is connected on mother earth





Plants Utilized by Tribes For Health & Wellness



- ▶ Medicinal purposes
- ▶ Aroma therapy
- ▶ Food
- ▶ Dye
- ▶ Fibers for basketry



Plant fibers and uses for the Yakama



WASHINGTON STATE HISTORICAL SOCIETY



Tribes have always been Resource and Harvest Managers

- ▶ Fire was a land management tool utilized in the forests, meadows, and shrub-steppe environments to renew the soil and rid of diseases in plants
- ▶ The most famous method was the burning of forests for huckleberry renewal
- ▶ First food feasts were required before harvesting. Over harvest was not allowed. Foods were not harvested prior to being ripe.
- ▶ After the roots were cleaned, the stems and root peelings are returned to the same location to spread the seeds out




Native Vegetation Restoration in Streams and Meadows





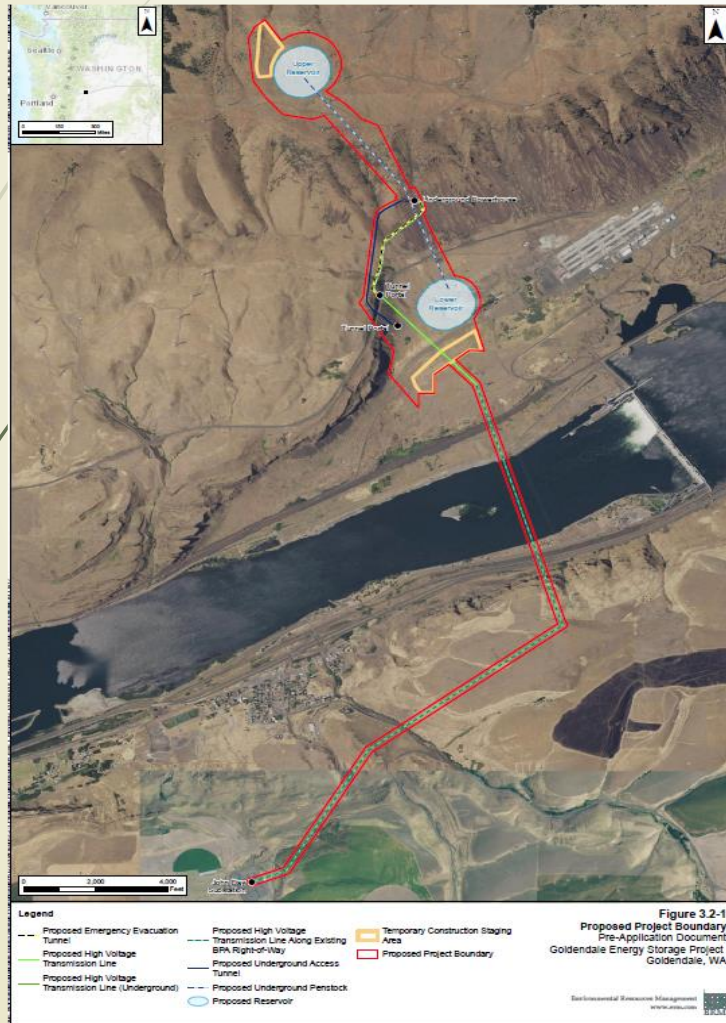


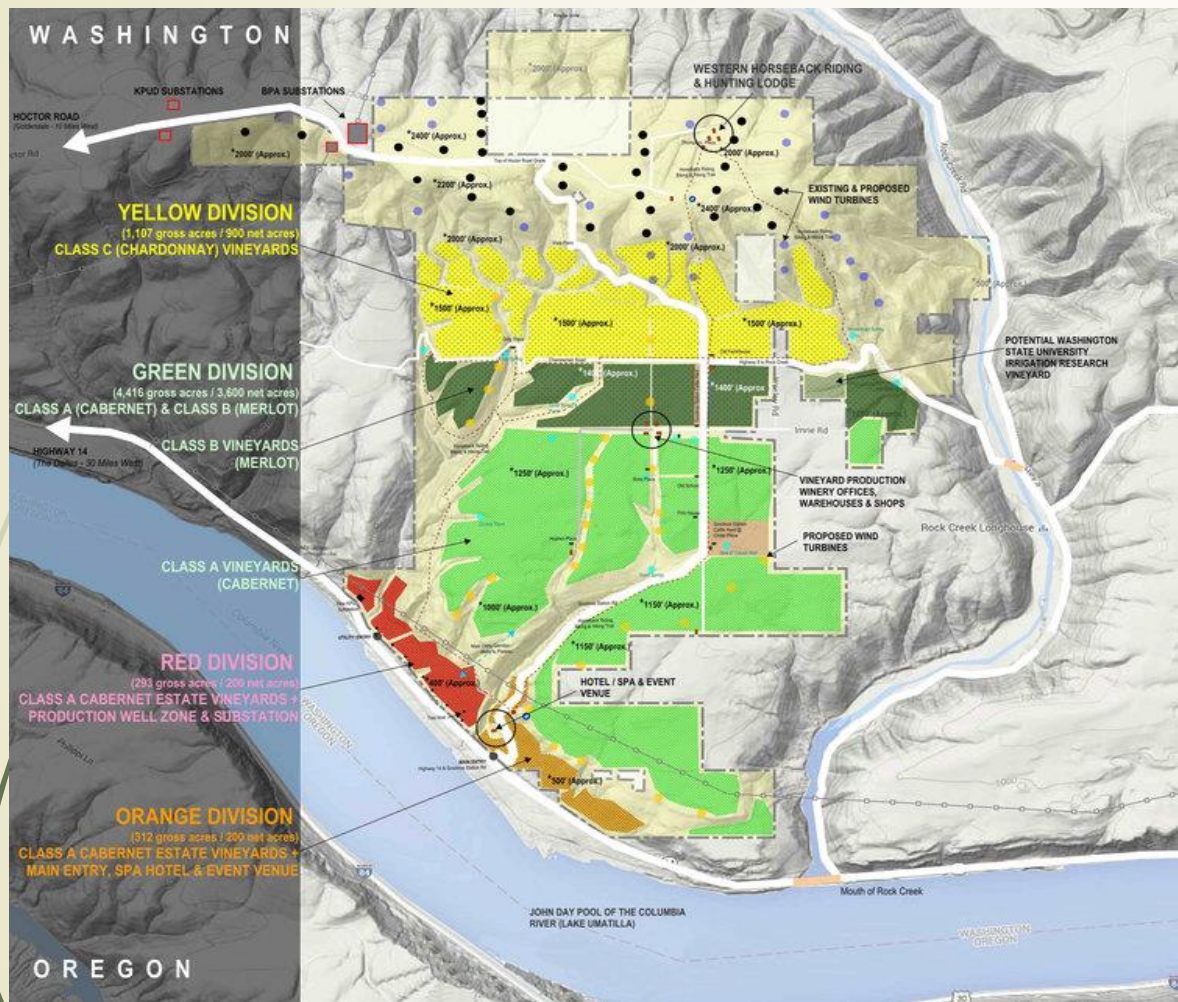
Traditional Ecological Knowledge

- ▶ Members of Yakama Nation or a local Tribe nearest you can assist with planning of restoration projects
 - ▶ Local Tribal members know the area and know what species of plants or wildlife should be there
 - ▶ Working with Tribes is beneficial prior to large development projects or even starting research projects
 - ▶ Tribal Elders hold the knowledge of the land and often give advice
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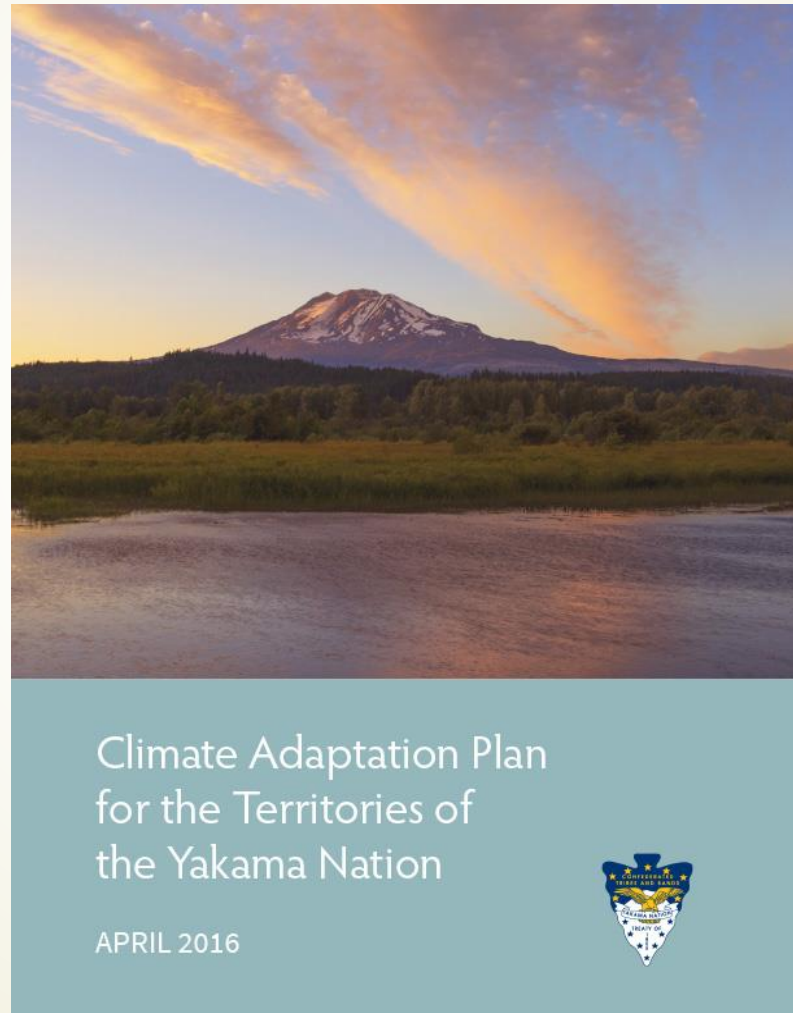
Threats to Native Plants of this Region

- ▶ “Green Energy Projects”: Water-pump Storage Project, Wind, & Solar
- ▶ Urbanization & parcelization of large properties





Climate Change and Impacts to Traditional Plants



Sharing the Traditional Knowledge with our Children



Education and Outreach



Education & Outreach Resources for more information on Native Foods



- ▶ [Native Knowledge 360](https://americanindian.si.edu/nk360/pnw-history-culture#sq3)

<https://americanindian.si.edu/nk360/pnw-history-culture#sq3>

- ▶ [Celilo Curriculum ~ Since Time Immemorial](https://www.k12.wa.us/student-success/resources-subject-area/time-immemorial-tribal-sovereignty-washington-state)

<https://www.k12.wa.us/student-success/resources-subject-area/time-immemorial-tribal-sovereignty-washington-state>



Bringing Back & Harvesting Lost Traditional Foods to our People

- [Bridgelip Suckers](#)
- [Wapato – Indian potato](#)
- <https://youtu.be/LNnR3w3N0WI>

