



# Native Vascular Plants of Protection Island *Part II. Herbaceous Plants*

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this with friends.





# Acknowledgements

- Thank you to the Snuneymuxw First Nation, in whose traditional territory we are located and whose ancestors have cared for this place for many generations
- Thanks to Bob Turner (who took many of the photos), to all our friends on Protection Island, and to all the hard working people who contribute to the richness and beauty of Protection Island in so many ways.





Protection Island is situated within the Coastal Douglas-fir Biogeoclimatic zone – a very limited ecosystem in Canada, with many species restricted to this zone and found nowhere else in the country

Map from: Peter Arcece Lab;  
<http://arcese.forestry.ubc.ca/research/>



# Protection Island Habitats

- Intertidal
- Sandy and gravelly shoreline
- coastal bluffs and prairies
- Douglas-fir woodlands
- Forest edges & roadsides
- Ponds and wetlands
- Disturbed sites



[https://maps.gosur.com/map/canada/?gclid=EAlaIQobChMI2reKx5iv6QIVoZSnCh0p4wdTEAEYASAAEgJDx\\_D\\_BwE&ll=49.17742571717682,-123.92915621079283&z=13.773485981127259&t=satellite](https://maps.gosur.com/map/canada/?gclid=EAlaIQobChMI2reKx5iv6QIVoZSnCh0p4wdTEAEYASAAEgJDx_D_BwE&ll=49.17742571717682,-123.92915621079283&z=13.773485981127259&t=satellite)



These habits are all home to many different birds, mammals & other vertebrates, insects & other invertebrates; All these are part of the web of life on our island



Douglas-fir and white-crowned sparrow; comma butterfly, green tree frog, Northwestern garter snake



# Mosses, lichens, fungi...



Oregon feather moss, fork moss and cat's-tail moss; field mushroom; and lung lichen



There are also many mosses, liverworts, lichens and fungi that are part of the Protection Island ecosystems, but they are not covered here.





Note: This is the second part of two presentations on native plants of Protection Island



Seablush (*Plectritis congesta*)  
at Smuggler's Park

- Herbaceous, or non-woody plants include Ferns, Horsetails, and flowering plants of many kinds. Please let me know if you see species growing on the island that are not included in these presentations; we will add them in future editions. A few of the plants have not actually been seen on Protection Island, but are assumed to occur here, or to have occurred in the past, since they are found in nearby locales.

# General note:

- Here, in general, the plants are listed in alphabetical order of their scientific names;
- The Grasses, sedges and rushes are not complete, and only a few examples are listed; Ferns and Horsetails are listed at the end





# Yarrow (*Achillea millefolium*); Aster Family (Asteraceae)



- Feathery fern-like leaves; aromatic when crushed; an important medicinal plant worldwide; used for many purposes in healing, from treating wounds to alleviating coughs



# Vanilla leaf (*Achlys triphylla*); Barberry Family (Berberidaceae)



Whitish “pipe-cleaner” flowerheads;  
three-parted leaves; gives off vanilla-  
scent when wilted; also known as  
“sweet-after-death”; in same family  
as Oregon-grapes; patch-forming





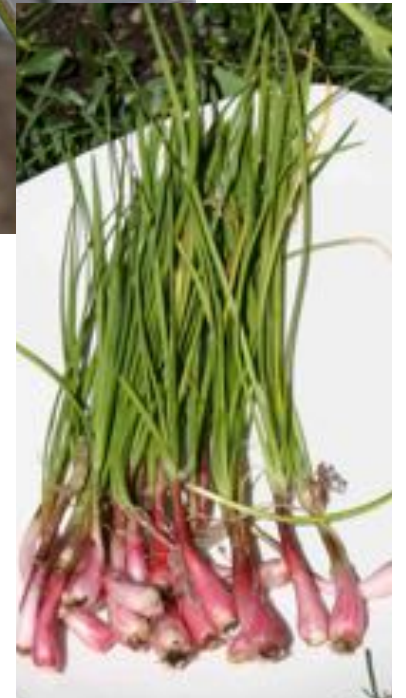
# Silvergreen, or pathfinder (*Adenocaulon bicolor*); Aster Family (Asteraceae)

Undersides of leaves covered with silvery hairs; small inconspicuous flowers and glandular sticky fruits





# Taper-tip onion (*Allium acuminatum*) and nodding onion (*Allium cernuum*); Lily family (Amaryllidaceae)



Both have edible bulbs; taper-tip onions are small and spherical; nodding onion bulbs are pinkish-skinned and elongated; haven't seen these growing wild on PI, but likely here



# Beach wormwood or silver burweed (*Ambrosia chamissonis*); Aster Family (Asteraceae)



Grows on sandy or gravelly beach, such as at Gallows Point



# Pearly everlasting (*Anaphalis margaritacea*); Aster Family (Asteraceae)



White “straw”  
flowers; whitish  
leaves covered with  
hairs, giving them a  
wooly appearance;  
not seen on PI but  
should be here



Woodland Tarweed (*Anisocarpus madioides*);  
Aster Family (Asteraceae)



Grows in open  
woods; ray  
flowers with  
deeply scalloped  
edges

[http://linnet.geog.  
.ubc.ca/Atlas/Atla  
s.aspx?sciname=  
Anisocarpus+mad  
ioides](http://linnet.geog.ubc.ca/Atlas/Atlas.aspx?sciname=Anisocarpus+madioides)

# Lyall's anemone (*Anemone lyallii*); Buttercup Family (Ranunculaceae)



Small white woodland flower; haven't see specifically on PI, but should be here



# Red Columbine (*Aquilegia formosa*); Buttercup Family (Ranunculaceae)



Favourite  
hummingbird  
flowers;  
compound  
leaves;  
herbaceous  
perennial

# Orache (*Atriplex patula*); Amaranth family (Amaranthaceae)

Originally from Eurasia; “beach greens” – a great spinach substitute! Grow on Smugglers’ beach





Crown brodiaea (*Brodiaea coronaria*);  
Lily/asparagus family (Asparagaceae; Liliaceae)



A few growing  
along the rocky  
area at  
Smugglers'  
Beach





# Sea rocket (*Cakile edentula*); Mustard family (Brassicaceae)



May grow on some PI upper beaches



# Calypso orchid (*Calypso bulbosa*); Orchid Family (Orchidaceae)



Beautiful spring orchid; said to grow on Newcastle Island; possibly also on PI

Giant camas (*Camassia leichtlinii*);  
Lily or Asparagus family (Liliaceae,  
or Asparagaceae)



Bulbs a staple food for Vancouver  
Island First Nations – the main  
camas species seen so far on  
Protection Island; common camas  
(*C. quamash*) may also grow here;  
don't confuse with death camas  
(*Zigadenus*)





Common camas (*Camassia quamash*); Lily or Asparagus family (Liliaceae, or Asparagaceae)

Shown here  
with western  
buttercup  
(*Ranunculus  
occidentalis*)

Camas (*Camassia quamash*), a  
staple food of Coast Salish First  
Nations; edible bulbs, pit-cooked



# Scouler's harebell (*Campanula scouleri*); Campanula family (Campanulaceae)

Grows in open woods; small pink bell-shaped flowers  
And pointed leaves





Blue harebell (*Campanula rotundifolia*);  
Campanula family (Campanulaceae)



Showy blue flowers in small clusters;  
grows on rocky bluffs often near the ocean





Toothwort  
(*Cardamine  
nuttallii*); Mustard  
family (Brassicaceae)

Spring flower of  
woodlands; four mauve  
petals; quite common in  
Smuggler's Park



# Little Western Bittercress (*Cardamine oligosperma*); Mustard family (Brassicaceae)



Small, white-flowered cress with edible, peppery leaves; common around garden areas, but native to our region

# Slough sedge (*Carex obnupta*); Sedge family (Cyperaceae)



Important basket material for Nuu-chah-nulth and other First Nations; especially for wrapped twined trinket baskets (pictured here); lots at Antler Swamp



# Paintbrush (*Castilleja hispida*); Broom-rape family (Orobanchaceae)



Bright orangey-red to scarlet flowers, mostly showy bracts; an important hummingbird plant; partially parasitic on other plants; leaves generally lobed; grows on Rocky bluffs and openings

Photo by Jim MacQuarrie

# Enchanter's nightshade (*Circaea alpina*); Evening Primrose family (Onagraceae)



Small plant of path  
edges and open  
forests; can see  
along the trail in  
Smuggler's, past  
the bridge towards  
the north





# Miner's lettuce (*Claytonia perfoliata*); Purslane Family (Portulacaceae)



Edible springtime plant; leaves form a cup shape around clusters of small white flowers

# Siberian miner's lettuce (*Claytonia sibirica*); Purslane Family (Portulacaceae)

Opposite leaves in pairs; flowers with notched petals and mostly whitish pink with red-stripes





# Yerba buena (*Clinopodium douglasii*); Mint family (Lamiaceae)

A mint, with opposite leaves; creeping on the ground in woodlands; good for fragrant tea



# Blue-eyed Mary (*Collinsia parviflora*); Figwort family (Scrophulariaceae)

- Tiny springtime annual with snapdragon-like flowers of two-toned blue; grows on open rocky bluffs





# Spotted coralroot orchid (*Corallorhiza maculata*); Orchid family (Orchidaceae)

Red-stemmed and flowered orchid without any green leaves; saprophytic herb growing from coral-like rhizomes; grows in mossy woodlands; possibly grows on Protection Island



Wild bleedingheart (*Dicentra formosa*);  
Poppy family (Papaveraceae)



Spring flower  
(shaded forest  
floor); blooming  
time: April-May



# Shooting star, or Peacocks (*Dodecatheon hendersonii*); Primrose family (Primulaceae)

Spring flowering plant;  
grows with camas and  
garry oak trees; leaves  
basal, rounded, flower  
stems about 15 cm high





Fireweed (*Epilobium angustifolium*); Evening Primrose family (Onagraceae)

Tall plant with attractive flowers that bloom in succession over the course of a month; excellent honeybee plant; edible young shoots in the spring



# Woolly sunflower (*Eriophyllum lanatum*); Aster family (Asteraceae)

Small yellow daisy-like  
flowers and whitish leaves  
covered with fuzzy; grows in  
open meadows and on  
rocky bluffs



# Easter lily or white fawn lily (*Erythronium oreganum*); Lily family (Liliaceae)



Common spring-flowering lily of open woods and meadows; we are lucky to have so many on Protection Island. They take several years to grow from seed to flowering.





Wild strawberries: field strawberry (*Fragaria vesca*)  
and blueleaf strawberry (*F. virginiana*); Rose family (Rosaceae)



Field strawberry, above left, is the most common; blueleaf strawberry, lower left, should also grow here, but I haven't seen it; both species are in photo above; fruit of both are delicious, and fragrant (*Fragaria* means fragrant)



Chocolate lily, or riceroot (*Fritillaria affinis*); Lily family (Liliaceae)



Distinctive spring-blooming lily of meadows and forest edges; lots on Protection I. seed capsules are distinctively winged; bulbs with rice-like bulblets around them.





# Common bedstraw (*Galium aparine*); Coffee family (Rubiaceae)



“sticky” leaves and stems; roasted burs make good coffee substitute



# Sweet-scented bedstraw (*Galium triflorum*); Coffee family (Rubiaceae)



Shaded forest floor; dried plants give off a pleasant, sweet vanilla fragrance from coumarin





# Large-leaved avens (*Geum macrophyllum*): Rose Family (Rosaceae)

Yellow buttercup like flowers ,  
with rounded lobed leaves;  
fruits have tiny hooks on  
them; grows in open woods





# Rattlesnake plantain orchid (*Goodyera oblongifolia*); Orchid family (Orchidaceae)



Spreads by underground rhizomes; white flowers in dense spike; plants die after flowering; leaves used as a poultice for cuts, and for other medicinal purposes



# Gumweed (*Grindelia integrifolia* ); Aster family (Asteraceae)



Yellow daisy-like flowers with whitish gummy latex exuding from the flower buds; grows at the upper beach, for example at south end of Protection Island

# Cow-parsnip (*Heracleum maximum*); Celery family (Apiaceae)



Large flowering plant with distinctive “umbrella-shaped” flat-topped flower heads. Young budstalks and leafstalks are edible when peeled; but the skin and mature plant has phototoxic properties; can cause blistering and redness in the presence of ultraviolet light. Some look-alike plants are highly toxic.



# Alumroot (*Heuchera micrantha*); Saxifrage family (Saxifragaceae)



A plant of woods and rocky bluffs with rosette of oval, scalloped leaves and sprays of tiny white flowers on reddish stalks; relatively common on Protection Island

# White hawkweed (*Hieracium albiflorum*); Aster family (Asteraceae)

- Small white flowerheads like miniature dandelions; hairy leaves; white milky latex from broken stems





# Common rush (*Juncus effusus*); Rush family (Juncaceae)



Grows in wet areas; clumps of cylindrical stems with pithy centres; flower clusters borne near the stem tips; brown and inconspicuous



# Beach pea (*Lathyrus japonicus*); Pea/Legume family (Fabaceae)

Grows in sandy areas by the ocean  
(e.g., at S end of PI; Related to sweet  
pea; peas are not edible)





Purple pea (*Lathyrus nevadensis*);  
Pea/Legume family (Fabaceae)



Grows along pathways and shaded edges of woods; compound leaves with leaflets larger than those of vetches

# American Dunegrass (*Leymus mollis*); Grass family (Poaceae)



Large grass with bluish green leaves; forms patches on sw side of Protection Island



Tiger lily (*Lilium columbianum*); Lily family (Liliaceae)



Beautiful orange-coloured lily with recurving petals; not common, but present on Protection Island; First Peoples used to eat the bulbs when cooked.



# Twinflower (*Linnaea borealis*); Honeysuckle family (Caprifoliaceae)



semiwoody herb or subshrub; Pairs of tiny pink, fragrant flowers; shiny pairs of leaves; ground cover in mossy woods; Linnaeus' favourite Flower



# “Indian celery” or barestem lomatium (*Lomatium nudicaule*); Celery family (Apiaceae)

Seeds have a strong celery flavour; used as an incense in First Salmon Ceremony, and also as a medicine for coughs, colds and tuberculosis



Young greens in spring are edible, raw or cooked; high in vitamin C; grows along the rocky coastal bluffs of Protection Island

# Spring gold (*Lomatium utriculatum*); Celery family (Apiaceae)



Also in the carrot/celery family; one of the first flowers to bloom in the early spring; golden “umbel” flowers; haven’t seen it on Protection Island, but it may grow here, or did at one time





# Yellow Skunk Cabbage (*Lysichiton americanus*); Arum family (Araceae)



Sometimes called “swamp lantern”; leaves are NOT edible but were used by First Nations for drying berries on, wrapping food, etc.; grows in swampy places; brilliant golden flower sheaths and club-like flower spikes appear before the leaves in early spring



Wild Lily-of-the-valley (*Maianthemum dilatatum*);  
Lily/Asparagus family (Asparagaceae)



Heart-shaped leaves; plants patch-forming in shaded moist areas; small white flowers in a spike; fruits round and pea-like; leaves used as a poultice for burns; may not grow on PI



False Solomon's-seal (*Maianthemum racemosum*);  
Lily/Asparagus family (Asparagaceae)



Grows in shaded woods;  
sporadic on PI; white  
clustered flowers; small  
red berries

# Alaska Oniongrass (*Melica subulata*); Grass family (Poaceae)



Attractive grass with slender, somewhat curved flowering heads and shiny bright-green leaves; common along the trails at Smuggler's Park; has small bulblets



Baby monkeyflower (*Erythranthe alsinoides*; formerly *Mimulus alsinoides*); Figwort family (Scrophulariaceae)



Grows in seepage areas on  
rock faces; possibly grows  
on Protection I. photo by  
John Harvey:  
[www.JohnHarveyPhoto.com](http://www.JohnHarveyPhoto.com)

# Common monkeyflower (*Mimulus guttatus*); Figwort family (Scrophulariaceae)

Grows in moist seepage areas and mossy ledges;  
(photo by Genevieve Singleton)





Sandwort (*Moehringia macrophylla*); pink family  
(Caryophyllaceae)



Small white flowers; plants  
form loose patches in  
woodland areas

# Indian-pipe (*Monotropa uniflora*); Heather Family (Ericaceae)

Flowering plants but lacking green leaves; parasitic on mycorrhizal fungi associated with trees; found sporadically on Protection I. Stems and flowers white, turning black and upright when fruiting





# Small-flowered Forget-me-not (*Myosotis laxa*); Borage family (Boraginaceae)



Small, baby-blue flowers with yellow centres; grows in wet areas



Small-flowered nemophila (*Nemophila parviflora*);  
Waterleaf family (Hydrophyllaceae)



- Small woodland flower; white, somewhat creeping; may occur on Protection Island



# Yellow pond-lily (*Nuphar polysepalum*); waterlily family (Nymphaeaceae)



Native water-lily, herbaceous perennial; large leaves; grows in standing water, such as the pond at Smugglers' Park



# Water-parsley (*Oenanthe sarmentosa*); Celery family (Apiaceae)



Grows in wetlands;  
compound leaves with  
pointed leaflets; hollow  
stalks; white flowers in  
umbrella-shaped  
clusters (umbels); grows  
from tuberous  
rootstock; **not edible;**  
**potentially toxic**



# Sweet cicely (*Osmorhiza berteroi*); Celery family (Apiaceae)



Grows in woodlands;  
compound leaves with  
pointed leaflets; small  
inconspicuous flowers, but  
these ripen to sharp fruits  
that can catch themselves  
in pet fur or clothing





# Wild caraway, or yampah (*Perideridia gairdneri*); celery family (Apiaceae)

Compound leaves  
with narrow grass-  
like leaflets; carrot  
like flowers; edible  
tuberous roots





# Elegant rein orchid (*Piperia elegans*); Orchid family (Orchidaceae)



- Beautiful spike of small white flowers; grows on the rocky bluffs by the ocean

Alaska rein orchid (*Piperia unalascensis*); Orchid family (Orchidaceae)

- Need to check this one again; may be the elegant rein orchid, but this species should also occur on Protection Island.





# Broad-leaved plantain (*Plantago major*); Plantain family (Plantaginaceae)

Oval leaves with prominent parallel veins form a basal rosette; grows on roadsides and lawns; said to have been introduced; but has been here for over a century; leaves crushed and used as a poultice for stings, bites, cuts



# Seaside plantain (*Plantago maritima*); Plantain family (Plantaginaceae)

- Fleshy slender leaves; grows in clumps on rocky seacoast; probably on Protection Island; leaves edible





# Sea Blush (*Plectritis congesta*); Valerian family (Valerianaceae)

- Bright pink flowers; annual commonly growing in groups on rocky bluffs and meadows by the ocean





Self-heal or Heal-all  
(*Prunella vulgaris*); Mint  
family (Lamiaceae)

- Purple flowers in a dense spike;  
opposite leaves; used as a  
poultice for cuts and wounds





# Pacific silverweed (*Potentilla egedii*); Rose Family (Rosaceae)

- Yellow buttercup-like flowers; pinnately compound leaves; spreads by strawberry-like runners
- Grows on dunes, shorelines and wet meadows
- Edible roots; cultivated in tidal marsh root gardens by coastal First Nations





# Pinedrops (*Pterospora andromedea*); Heather Family (Ericaceae)



A parasitic plant  
growing on  
mycorrhizal  
fungi associated  
with trees; very  
occasional on  
Protection  
Island



# Western buttercup (*Ranunculus occidentalis*); Buttercup family (Ranunculaceae)

Leaves with somewhat pointed lobes; bright yellow flowers on long stems; not to be confused with the invasive creeping buttercup (*R. repens*), which is introduced. Western buttercup often grows together with camas; usually 5-petalled, sometimes 6 or more



# Least buttercup (*Ranunculus uncinatus*); Buttercup family (Ranunculaceae)

- Tiny yellow flowers in clusters on tall stems; leaves with pointed lobes





Sanicle (*Sanicula crassicaulis*);  
Celery family (Apiaceae)



Has basal  
rosettes of  
palmately  
lobed leaves;  
tight yellows  
or purplish  
flower  
heads, and  
very  
annoying  
burs that  
catch in  
clothing and  
pet fur;  
common on  
Protection I.



# Glasswort, or sea asparagus (*Sarcocornia pacifica*); Amaranth family (Amaranthaceae)

Fleshy antler-like  
stems; plants  
growing in clumps  
on upper beach;  
stems are edible  
and sometimes sold  
in seafood stores





Early saxifrage (*Saxifraga integrifolia*); Saxifrage family (Saxifragaceae)

Spring blooming; often grows with camas; basal rosette of oval shaped leaves; cluster of small white flowers at the top of a slightly red-fuzzy stalk



# Stonecrop (*Sedum spathulifolium*); Orpine family (Crassulaceae)

Succulent plant with  
bluish-green, sometimes  
reddish rounded swollen  
leaves and yellow flowers  
in flat-topped clusters;  
grows on rocky area





# Lady's tresses orchid (*Spiranthes romanzoffiana*); Orchid family (Orchidaceae)



- Beautiful white orchid flowers arranged in a spiral; open meadows; probably grows on Protection Island (photo by Brian Klinkenberg; E-floraBC)

# Purple hedge nettle (*Stachys cooleyae*); Mint family (Menthaceae)



Leaves look like stinging nettle, but purple flowers at the top will identify it; had opposite leaves with serrated edges; grows in wet places; probably occurs on Protection Island



# Foamflower (*Tiarella trifoliata*); Saxifrage family (Saxifragaceae)



Three-parted  
leaves; small  
white flowers in  
loose clusters

few-flowered clover (*Trifolium oliganthum*); Pea family (Fabaceae)



- One of our few native clovers; tiny flowerheads with white and purple flowers; relatively few per head; grows with dwarf owl's clover at Smuggler's Park



sand clover (*Trifolium willdenovii*); Pea family (Fabaceae)



Small annual clover;  
leaves with three  
pointed leaflets; grows  
in meadows with camas  
and other clovers; found  
at Smuggler's Park

# Western trillium (*Trillium ovatum*); Lily Family (Liliaceae)

- Three-parted leaves, petals and sepals; flowers white, turning pinkish or purplish with age; we have Trillium Trail on Protection Island; this plant is protected by law





Dwarf owl-clover (*Triphysaria pusilla*); Broom-race family (Orobanchaceae)

Small annual with reddish leaves; looks like a miniature paintbrush; grows in open meadows with camas



False onion, or fool's onion (*Triteleia hyacinthina*);  
Asparagus family (Asparagaceae)



Attractive white flowers in rounded clusters; slender onion-like leaves; grows in rocky bluffs and meadows; occasional on Protection Island





Tall fringecup (*Tellima grandiflora*); Saxifrage family (Saxifragaceae)

Likes moist, open woods;  
white to pinkish flowers  
with fringed petals,  
arranged in a tall spike



# Starflower (*Trientalis latifolia*); Primrose family (Primulaceae)



Pinkish-white  
“star” flowers on  
slender stalks,  
with spreading  
elliptical leaves;  
form patches on  
forest floor



# Cattail (*Typha latifolia*); Cattail family (Typhaceae)



Grows in wetlands; long narrow, spongy leaves used for making mats and baskets; fruiting heads are the brown cat-tail; young shoots, rhizomes, and young flower spikes are edible





# Stinging nettle (*Urtica dioica*); Nettle family (Urticaceae)

Leaves opposite and jagged edged, somewhat heart-shaped; leaves and stems covered with stinging hairs, but young plants edible when cooked; mature stalks an important source of fibre for nets and fishing line





# American brookline (*Veronica americana*); Figwort family (Scrophulariaceae)

Small blue flowers;  
opposite pointed,  
slightly toothed leaves;  
grows in wet areas, like  
around the Smuggler's  
pond



# American vetch (*Vicia americana*); Pea family (Fabaceae)



Native vetch with compound leaves and flowers in small clusters





# Giant vetch (*Vicia nigricans*); Pea family (Fabaceae)



Grows in dense patches on upper beaches; reddish-purple pea-like flowers in clusters; pea-like fruits, turning black at maturity



Blue violet (*Viola adunca*); Violet family (Violaceae)



Beautiful purple woodland violet;  
possibly grows on Protection Island



Yellow violet (*Viola glabella*); Violet family (Violaceae)



Beautiful patch-forming  
yellow flowered woodland  
violets; probably grow in  
Protection Island

# Death camas (*Zigadenus venenosus*); Lily/Melanthus family (Melanthiaceae)



Very poisonous plant; all parts are toxic and potentially deadly; sometimes grows with edible blue camas; occasional on Protection Island





# Eelgrass (*Zostera marina*); Eelgrass family (Zosteraceae)

One of the few marine flowering plants; grows in intertidal and subtidal zone; rhizomes are edible when young and fresh; important wildlife habitat; we also have the invasive Japanese eelgrass, which has finer leaves





# Common horsetail (*Equisetum arvense*); Horsetail family (Equisetaceae)

Similar to giant horsetail but smaller; has similar spore-bearing strobili in spring, separate from the vegetative plants; likes to grow in damp areas like ditches; has a scratchy feel to it because of silicon in its cells





# Scouring rush (*Equisetum hiemale*); Horsetail family (*Equisetaceae*)

Segmented stalks, rough and scratchy to the touch, due to the presence of silicon in the cells; grows in wet places such as the creek at Pirates Park; a medicinal plant, and also used as “sandpaper” for smoothing wood carvings



# Giant horsetail (*Equisetum telmateia*); Horsetail family (Equisetaceae)

Used as an abrasive, like sandpaper; young shoots edible in spring, but not the mature green plants; grows in damp areas, often forming patches





# Lady fern (*Athyrium filix-femina*): Wood Fern family (Dryopteridaceae)

A delicate fern growing in clumps in swampy areas, often with skunk-cabbage





# Deer fern (*Blechnum spicant*); Chain Fern family (Blechnaceae)

Haven't seen on Protection Island but may grow here in moist forest; has distinctive spore-bearing fronds that stand upright in the centre; pinnately compound fronds that taper at both ends





# Licorice fern (*Polypodium glycyrrhiza*); Polypody family (Polypodiaceae)



Small fern that grows in patches with moss on tree trunks or rock faces; rhizomes have a strong, sweet licorice flavour; used as a mouth freshener or to sweeten tea or medicine



# Sword fern (*Polystichum munitum*); Wood Fern family (Dryopteridaceae)

Beautiful fern with large, feather-like fronds; very decorative and important to First Nations as a ceremonial plant





# Bracken fern (*Pteridium aquilinum*); Bracken family (Denstaedtiaceae)

Tall, beautiful fern growing in patches; common on Protection Island; rhizomes formerly roasted and eaten by First Peoples



# Concluding thoughts

- Many of these plants are valuable for their fruits and other edible parts
- They are also used as materials and medicines
- Many of our native flowers and flowering plants are not as common as they used to be; they and their habitats need protection
- Flowers attract pollinators, and pollinators attract songbirds
- They are an important part of our heritage and our environment



Salmonberry blossom and berry; Swainson's thrush "salmonberry bird" (Glenn Bartley photo)



# Restoration of natural areas

Working together, we can restore many of the natural areas of Protection Island that have been impacted by invasive species; there are restoration projects at Antler Swamp, next to the Community garden, and at Smuggler's Park waterfront, among other areas.



Thimbleberries and Young Pacific crabapple tree and yellow monkeyflower at Antler Swamp; lower lft: harsh paintbrush (Larry Wolfe photo)

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