

**NISQUALLY**  
COMMUNITY GARDEN  
Sx<sup>w</sup>da?dəb



# Nisqually sx<sup>w</sup>da?dəb Traditional Food & Medicine Garden

These plants have been used for generations in the Northwest, and all over the world. Many have multiple uses and are both food and medicine, and don't fit into just one category. They are grouped here based on where they are in the garden.

## Traditional Berries

*These berries are all native, and most have many parts that can be used in addition to these delicious berries.*

- Blue Elderberry
- Coastal Strawberry
- Evergreen Huckleberry
- Highbush Cranberry
- Salmonberry
- Thimbleberry
- Trailing Blackberry

## Kitchen Herbs

*These are great for cooking, teas, and medicines too!*

- Anise Hyssop (Licorice Mint)
- Borage
- Chives
- Lavender
- Lemon Balm
- Lemon Thyme
- Oregano
- Mint (multiple varieties)
- Rosemary
- Sage
- Thyme
- Pineapple Sage

## Boarders

*Beautiful and abundant, with food & medicine for people and all the animals.*

- Beaked Hazelnut
- Nootka Rose
- Pacific Crabapple
- Tall Oregon Grape
- Red Flowering Currant
- Wood Rose

## Prairie Plants

*We grow prairie plants in the garden to honor some of the first plants & gardens, tended for generations by ancestors. Some of them we use for food and medicine, and some for their beauty and connection to history.*

- Common Camas
- Early Blue violet
- Prairie Strawberry
- Yarrow

## Medicine Circle

*Most of these plants have many uses, and you may respond to them differently than other people. Learn how they work for you by spending time harvesting, preparing, and using their medicine in small doses.*

### First Aid

- Calendula
- Plantain
- Wormwood
- Arnica

### Nervous System (Emotional) Support

- California Poppy
- Calendula
- Valerian

### Diabetes and Digestive

- Dandelion
- Yellow Dock

### Immune Support

- Echinacea
- Elecampane
- Marshmallow