

# Garry Oak Meadow

## COLOURING PAGE ACTIVITY

### What to expect

**Ages:** Ideal for students in Grades 1 and up

**Objective:** Learn about the plants found in Garry oak meadows

### Materials needed

- A printer to print off the colouring pages
- Access to a Garry oak meadow, a guidebook or a website to view the colours of these plants
- Pencil crayons or markers

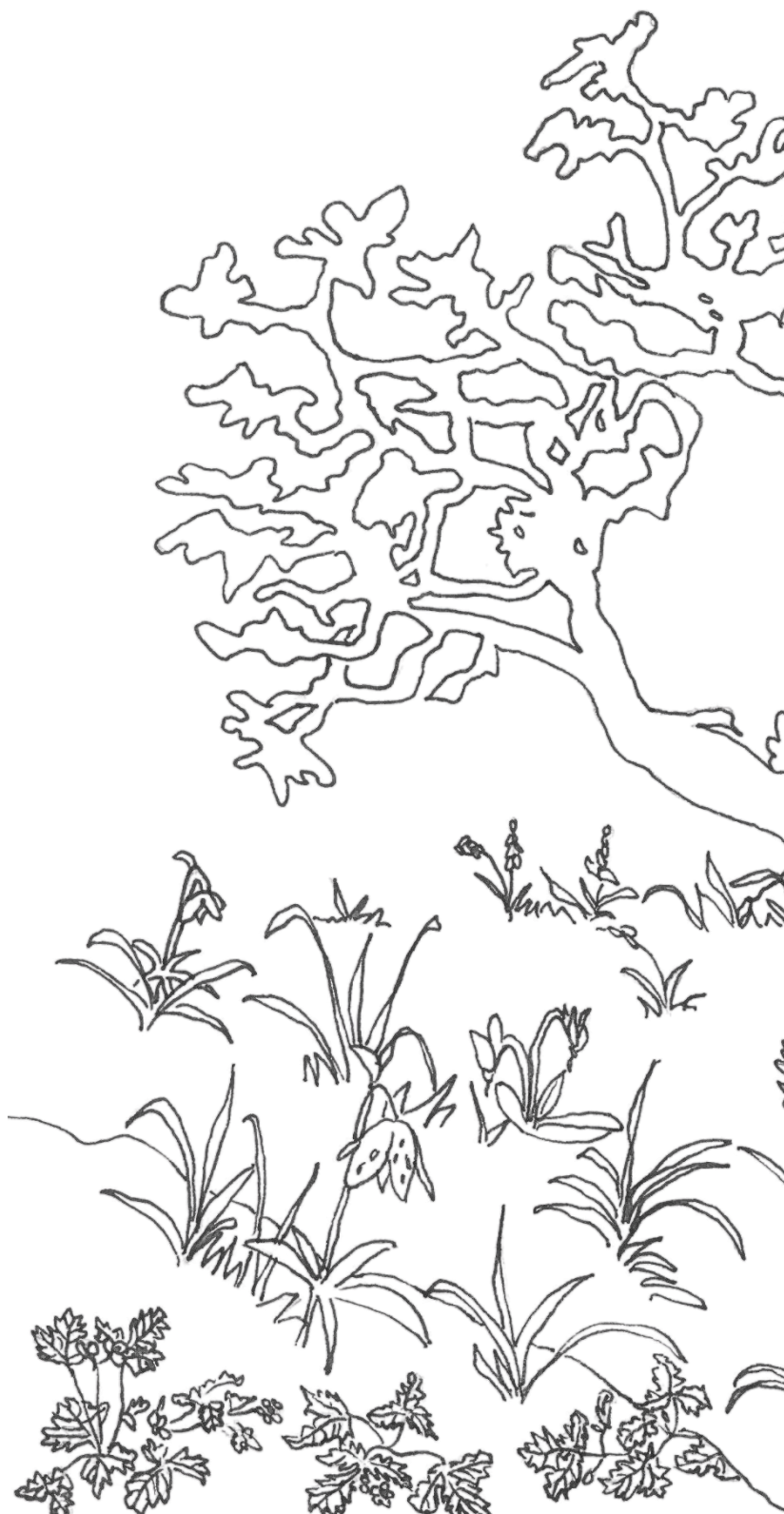
## INTRODUCTION

### About Garry oak ecosystems

Garry oak meadows are one of the most endangered habitats in Canada. Only 5% of the original ecosystem survives in British Columbia today. This steep decline is because of overdevelopment, the introduction of invasive species and fire suppression. These ecosystems extend from the Southern tip of Vancouver Island to California. In the spring, they are filled with a beautiful range of flowers.

### Acknowledgements

The information and artwork for this packet were put together with the care and dedication of Sierra Club BC educators Jochelle Perena and Erika Padley.



# Chocolate lily

## GARRY OAK MEADOW PLANTS

**English:** Chocolate lily

**Latin:** *Fritillaria affinis*

**hul'qum'ínum' (Cowichan language):** st'eleqw', lhasem

Chocolate lily is named for its dark purple-brown petals mottled with green spots. Blooming in the spring, this lily can have 1-5 bell-shaped flowers on each stalk.

Chocolate lily regenerates through tiny "bulbets" that surround the main bulb. These edible bulbets taste like rice when steamed, and chocolate lily is also known as riceroor.



# Fireweed

## GARRY OAK MEADOW PLANTS



**English:** Fireweed

**Latin:** *Chamaenerion angustifolium*

**Kwakwaka'wakw language:** gwagwāltama

Fireweed reaches up to 2.5 metres high with pink-purple clusters of flowers that grow in a spire in the late spring through the summer. Their fluffy white seeds look like smoke and disperse by floating in the wind. Fireweed grows in disturbed areas and is one of the first plants to grow after a forest fire.

Fireweed shares many gifts with us. Its flowers and leaves make a tea and they can also be used as a wash for burns and wounds to speed healing. In early spring, you can peel back the stems of fireweed shoots to eat the sugary soft centres.

# Camas

## GARRY OAK MEADOW PLANTS



**English:** Camas

**Latin:** *Camassia leichtlinii*

**xʷsépsəm ləkʷánən (Lekwungen language):** qʷəłáʔalʔ

**Diitiidʔaaʔtx (Ditidaht language):** ʔa ʔadakqi

**SENĆOŦEN (Saanich language):** KŁO,EL (q-thuh-el)

**hul'qumín'um (Cowichan language):** spe:nxw

Camas grows up to 70 cm tall with stalks of purple-blue, star-shaped flowers, and grass-like leaves. Garry oak meadows covered in spring-blooming camas resemble the sea, with deep blue flowers waving in the breeze.

Camas has been a sacred plant to First Nations people for millenia because it offers the gift of food. Its egg-shaped bulbs can be roasted or steamed and eaten whole, or dried and pounded into flour. When cooked, camas bulbs develop a nutritious sugar called inulin, and taste like baked pear.



# Coastal strawberry

## GARRY OAK MEADOW PLANTS

**English:** Coastal strawberry

**Latin:** *Fragaria chiloensis*

**SENĆOŦEN (Saanich language):** tɬl'əq<sup>w</sup> (dilek)

**hul'qumínum' (Cowichan language):** stsi'yū

**Diitiidʔaaʔtx (Ditidaht language):** tuʔulq

Coastal strawberries can be found low to the ground, with clusters of toothy-edged green leaflets arranged in three. They have runners, which are above-ground shoots that help them spread. Delicate white flowers with golden centers bloom in spring, becoming small, red berries in early summer.

Strawberry shares many gifts with us. Its berries offer delicious and nutritious food. Its leaves can be made into tea to support digestion, or used as an antiseptic wash, or chewed to create a burn poultice.



# White fawn lily

## GARRY OAK MEADOW PLANTS



**English:** White fawn lily

**Latin:** *Erythronium oregonum*

**Diitiid?aa?tx (Ditidaht language):** ca.ca.waʃsc

An early spring flower, white fawn lily blooms with a creamy nodding flower head with petals that open up and back to reveal an orange center. The oblong leaves gave this lily its name — they resemble fawn ears, and the leaves' splotches are like those on a fawn's backside.

White fawn lilies offer the gift of early spring food for pollinators, increasing the biodiversity in Garry oak meadow ecosystems

# Dark throat shooting star

## GARRY OAK MEADOW PLANTS



**English:** Dark throat shooting star

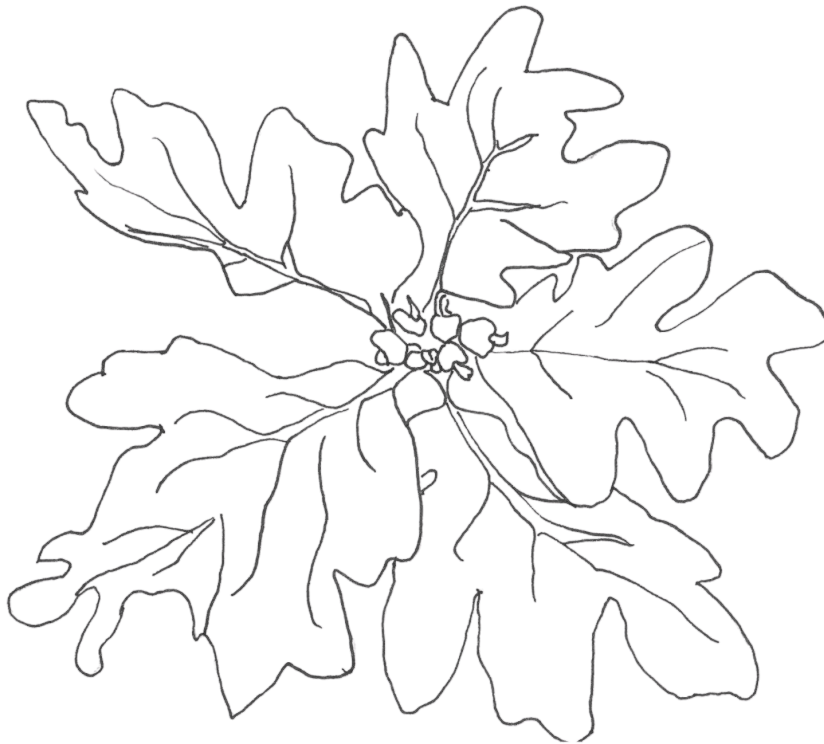
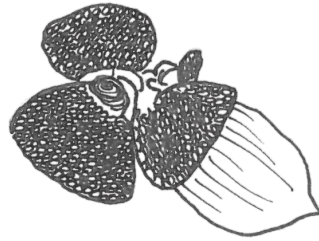
**Latin:** *Dodecatheon pulchellum*

Shooting stars blossom in the spring, with swept-back magenta petals, a white and yellow central collar, and a downward-pointing beak. They look like comets shooting through the meadow.

While it produces no nectar (a sugar-rich liquid produced by many flowering plants to attract pollinators), shooting star's pollen is rich with protein and is a valuable food source for larval bees. Queen bees seek it out when starting their colonies.

# Garry oak

## GARRY OAK MEADOW PLANTS



**English:** Garry oak

**Latin:** *Quercus garryana*

**SENĆOTEN (Saanich language):** ĆEN,ÁŁĆ

**hulqumínum (Cowichan language):** txwulhp

Garry oaks are deciduous trees with twisty branches, furrowed bark, and thick, glossy, lobed leaves. Catkin blossoms appear with new leaves in the spring, and acorns fall in autumn.

Garry oak bestows us with gifts of food and medicine. Its acorns are edible, once roasted or steamed. Its bark, high in antiviral and antibacterial tannins, can be made into a tea for all kinds of ailments.



# Red columbine

## GARRY OAK MEADOW PLANTS



**English:** Red columbine

**Latin:** *Aquilegia formosa*

**hul'qum'ínum (Cowichan language):** LÁMTEN (lame-ten), meaning "something that looks after you and guides you"

Red columbine's jewel-like flowers emerge midspring, with red spurs that unfurl backwards to reveal yellow petals in a star-like formation.

Red columbine is an essential and abundant nectar source for many pollinators, including hummingbirds, butterflies, and long-tongued bees.

# Sea blush

## GARRY OAK MEADOW PLANTS

**English:** Sea blush

**Latin:** *Plectritis congesta*

Sea blush's tiny powder-pink flowers bloom in a globe formation, like a lollipop on a stick. Sea blush grows from 10 to 56 cm, with round leaves clasping the stem.

Sea blush's gift of fragrance, which may not appeal to all humans, attracts many spring pollinators, including the endangered Fender's blue and Taylor's checkerspot butterflies.



# Selfheal

## GARRY OAK MEADOW PLANTS

**English:** Selfheal

**Latin:** *Prunella vulgaris*

Selfheal creeps low with lance- or egg-shaped leaves, growing into compact spikes of purple flowers that bloom in the summer.

Besides being an important food source for summer pollinators, selfheal shares medicinal gifts for all kinds of ailments. As a tea, it can reduce fevers and soothe mouth and eye inflammations. As a poultice, it promotes wound healing.



# A Garry oak meadow in Spring

