

Coastal Douglas-Fir Forests

COLOURING PAGE ACTIVITY

What to expect

Ages: Ideal for students in Grades 1 and up

Objective: Learn about the plants found in Coastal Douglas-fir ecosystems.

Materials needed

- A printer to print off the colouring pages
- Access to a Coastal Douglas-fir forest, a guidebook or a website to view the colours of these plants
- Pencil crayons or markers

INTRODUCTION

About these forests

Coastal Douglas-fir (CDF) ecosystems are among the rarest forest types in Canada, found only in a small area of southeastern Vancouver Island, the Gulf Islands, and parts of the mainland coast. These dry, low-elevation forests are dominated by Douglas-fir trees and support a wide range of unique plants and animals. Some cedar and fir trees in these forests are centuries old, growing as wide as a car and as tall as a 20-storey building! Today, less than 1% of the original old-growth Coastal Douglas-fir (CDF) forests remain. They have been largely lost because of industrial clearcutting. To help protect the last remaining old-growth forests, including ancient, coastal Douglas-Fir ecosystems, visit sierraclub.bc.ca/oldgrowth.

Acknowledgements

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Douglas-Fir

PLANTS IN COASTAL DOUGLAS-FIR FORESTS

English: Douglas-Fir

Latin: *Pseudotsuga menziesii*

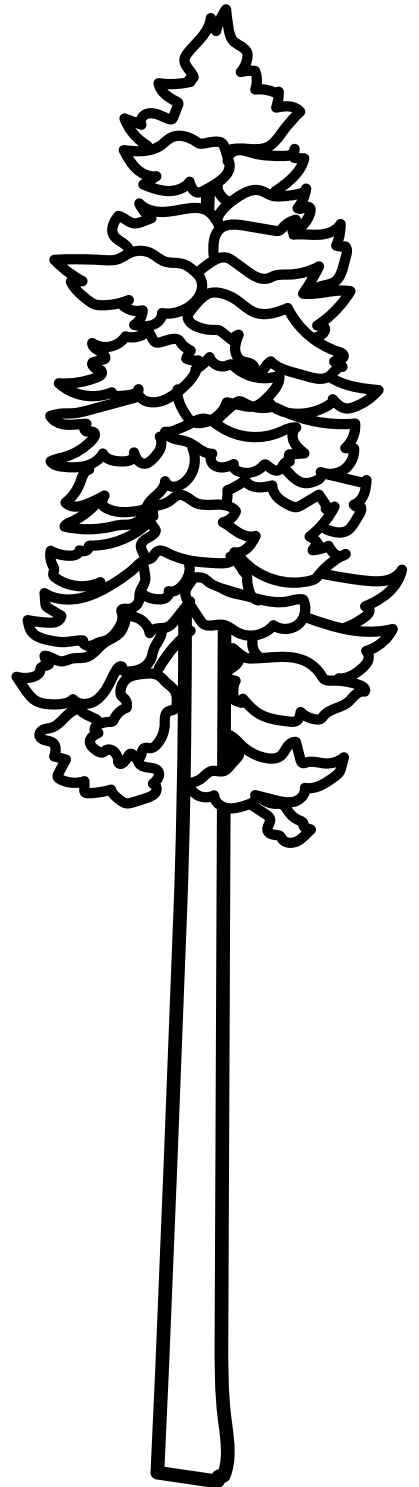
hə́ŋqəmínə́m: ɛ́seyə́tp

Nisga'a: alda

Líl'wat: srap7úl

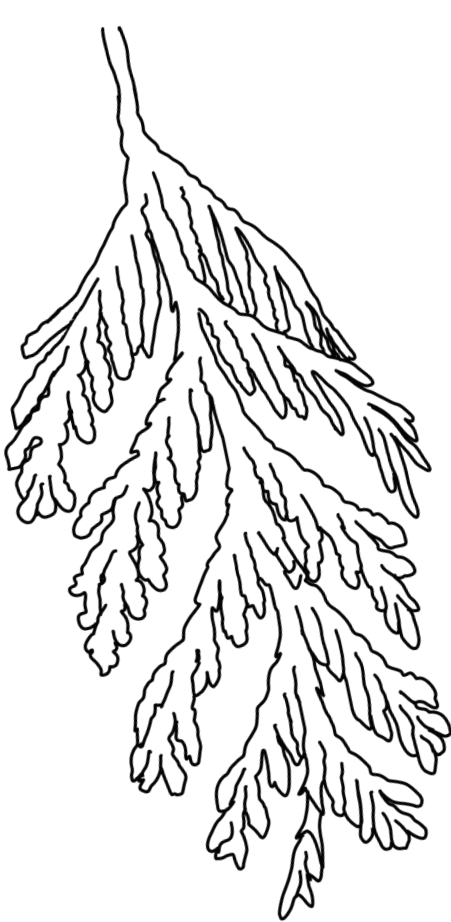
The Douglas-fir is a tall, evergreen conifer with long, flat needles pointed at the tip and distinctive cones with bracts that resemble a mouse's tail. An undisturbed Douglas-fir can live for more than 750 years.

Their needles and fresh spring tips are high in Vitamin C and electrolytes. The resin can be used as glue as well as an herbal salve to soothe wounds and skin irritations. Mice, birds and other beings eat the seeds hidden in the scales of the cones.



Western Red Cedar

PLANTS IN COASTAL DOUGLAS-FIR FORESTS



English: Western Red Cedar

Latin: *Thuja Plicata*

hə́hə́míhə́m: χρεýətp

Witsuwit'en: hēt'il

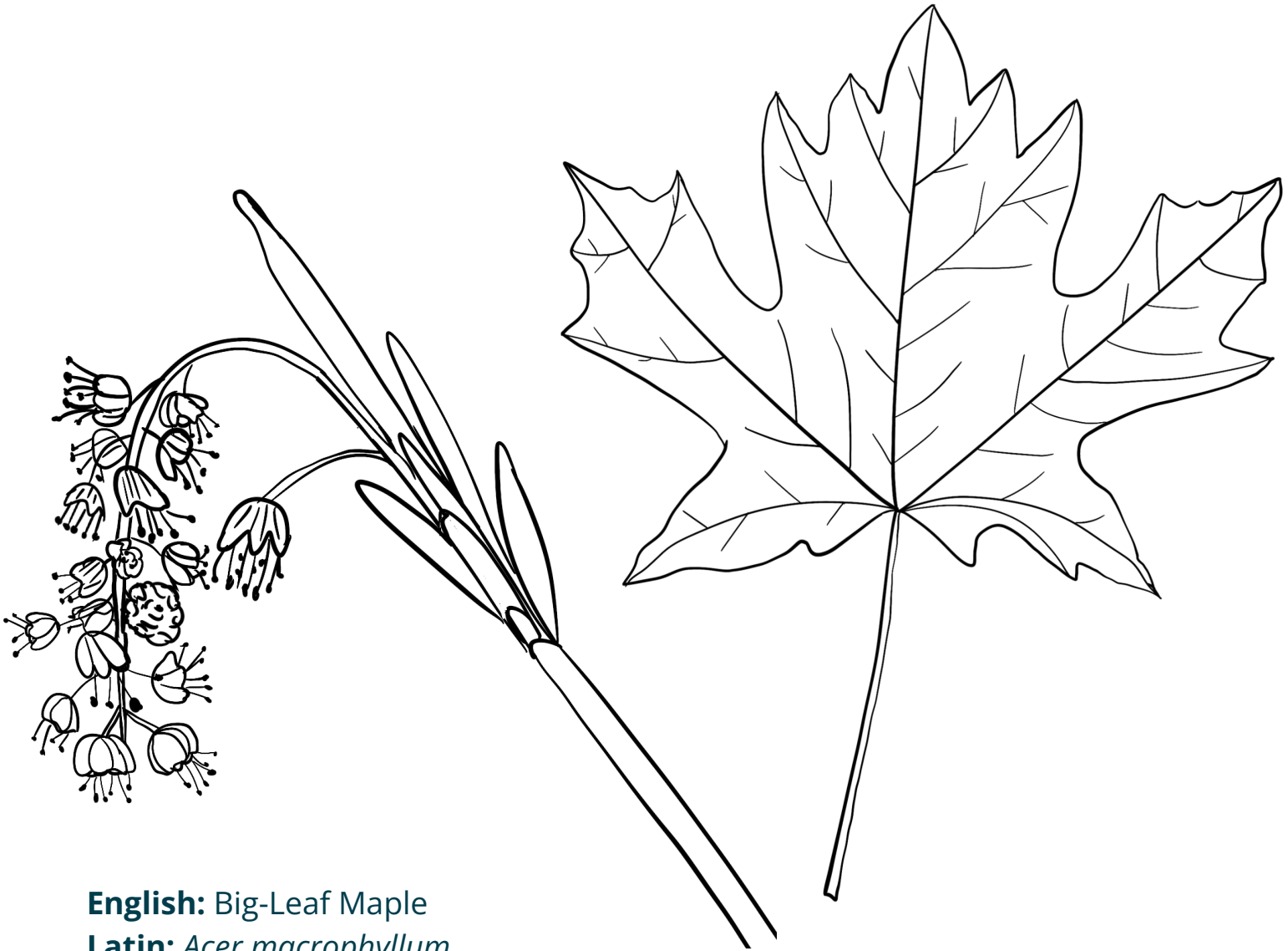
Syilx: ćapaʔǵ

Western Red Cedar is a tall evergreen conifer with scaled leaves, drooping branches, and thin, fibrous, reddish-brown bark. This beautiful being can live more than 1,000 years and can grow to be 60 meters tall. Cedar bark is known for its durability, flexibility and water-resistance.

Known as the provincial tree of B.C. and the Tree of Life to the Coast Salish Peoples, the Western Red Cedar tree has many gifts. The bark can be respectfully harvested to create baskets, mats, and clothing. The wood of the tree is easy to split and carve, creating masks, canoes and paddles. The aromatic oil in the leaves repels insects, molds, fungi, bacteria and viruses.

Big-Leaf Maple

PLANTS IN COASTAL DOUGLAS-FIR FORESTS



English: Big-Leaf Maple

Latin: *Acer macrophyllum*

Hul'q'umi'num' (Island): q'umun'ulhp

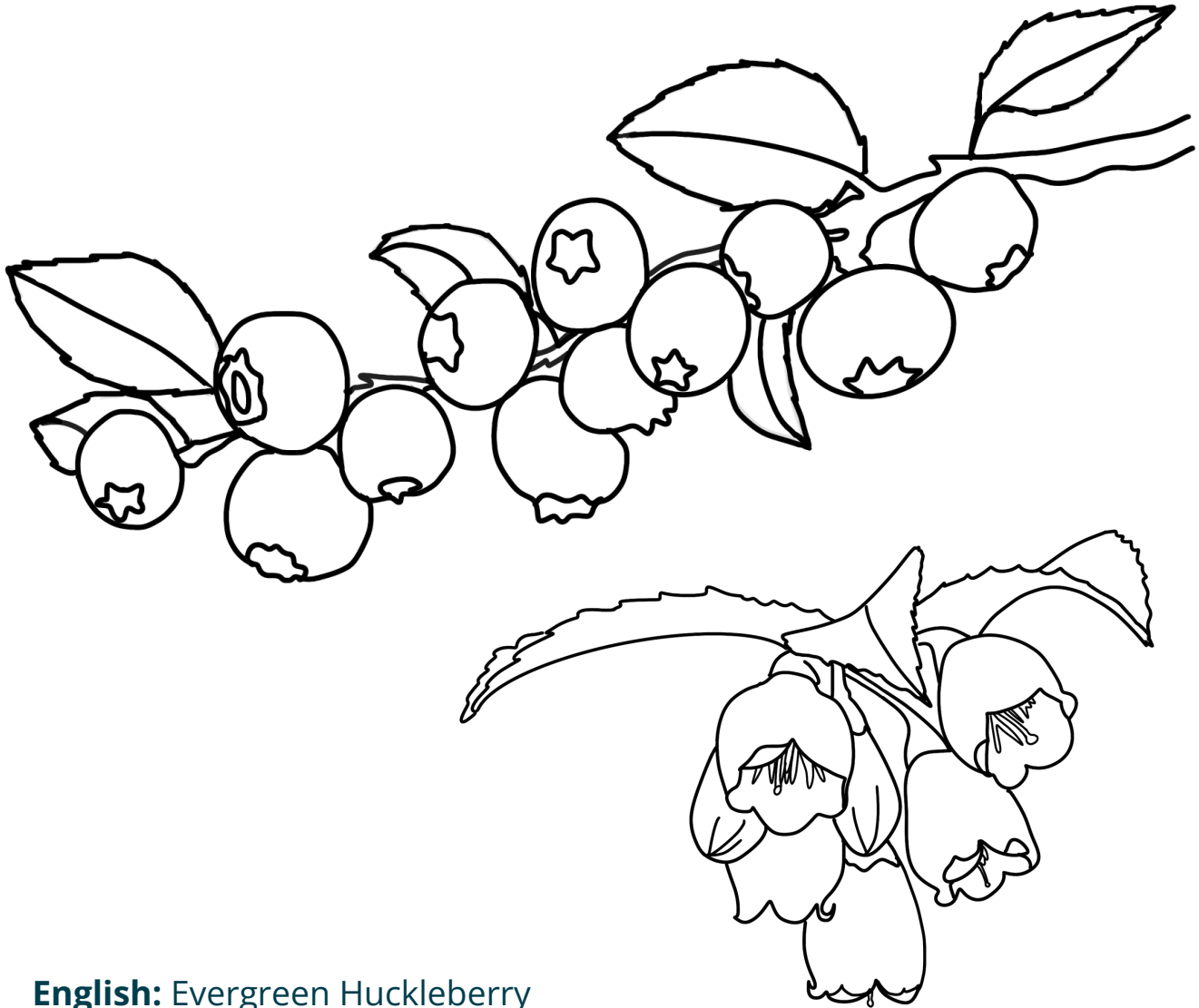
Lílwat: qermláož

Big-Leaf Maples are deciduous trees with the largest leaves of any maple. Greenish-yellow flowers blossom in large, hanging clusters, which mature into winged samaras that fly to the ground like helicopters.

The Big-Leaf Maple produces seeds, buds and flowers which have many medicinal and cultural uses. The shoots and flowers are edible. The flowers also provide nectar for pollinators. Some Coast Salish communities infuse the bark to treat sore throats. The wood is also great for carving and can be used to make utensils, paddles and other tools.

Evergreen Huckleberry

PLANTS IN COASTAL DOUGLAS-FIR FORESTS



English: Evergreen Huckleberry

Latin: *Vaccinium ovatum*

ʔaʔuuk^{wi}ʔath: sinimaxsyic

Evergreen Huckleberry is a shiny evergreen shrub with glossy leaves and pinkish-white bell-shaped flowers that produce deep purple berries.

Animals such as chipmunks, black bears, mice, thrushes, deer and rabbits enjoy the berries. Huckleberry leaves can also be crushed and made into a tea that lowers blood sugar levels.

Nootka Rose

PLANTS IN COASTAL DOUGLAS-FIR FORESTS



English: Nootka Rose

Latin: *Rosa nutkana*

hən̓q̓əmi̓nəm̓: qel'qəṭp (bush)

Saik'uz Dakelh: whus

Nootka rose, or wild rose, is a perennial shrub with prickly stems and toothed-edged light-green leaves. The flowers are light to dark-pink and have a strong, enjoyable scent.

The fruit of the plant, called rose hips, are full of vitamin A, C and E, and can be made into jam or jelly. While roses are known as deer candy, the fruit of the Nootka rose is also enjoyed by elk, moose, caribou, bears, beavers and porcupines.

Sword Fern

PLANTS IN COASTAL DOUGLAS-FIR FORESTS

English: Sword fern

Latin: *Polystichum munitum*

hə́ŋqəmíhə́m: sθx̣eləm

Skw̓xwú7mesh: Tsx̣álem

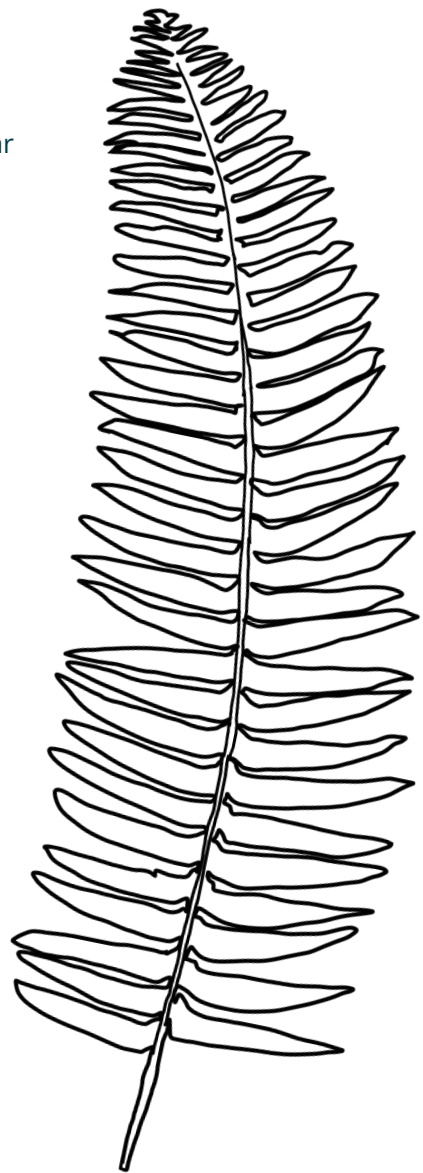
Island Halkomelem: sthxhelum

Upriver Halq'eméylem: sthxá:lem

SENĆOŦEN: S,ṼXÁLEM

Sword fern is named for its dagger-shaped leaflets with a base similar to a sword hilt. The long, dark-green fronds, or leaves, that extend from the crown contain rows of spores, the reproductive system of the plant.

The fronds of the sword fern have a non-stick quality and thus are useful in lining food storage boxes, drying racks and cooking pits. It also offers shade and shelter for insects, small animals and other forest creatures.



Red Alder

PLANTS IN COASTAL DOUGLAS-FIR FORESTS

English: Red Alder

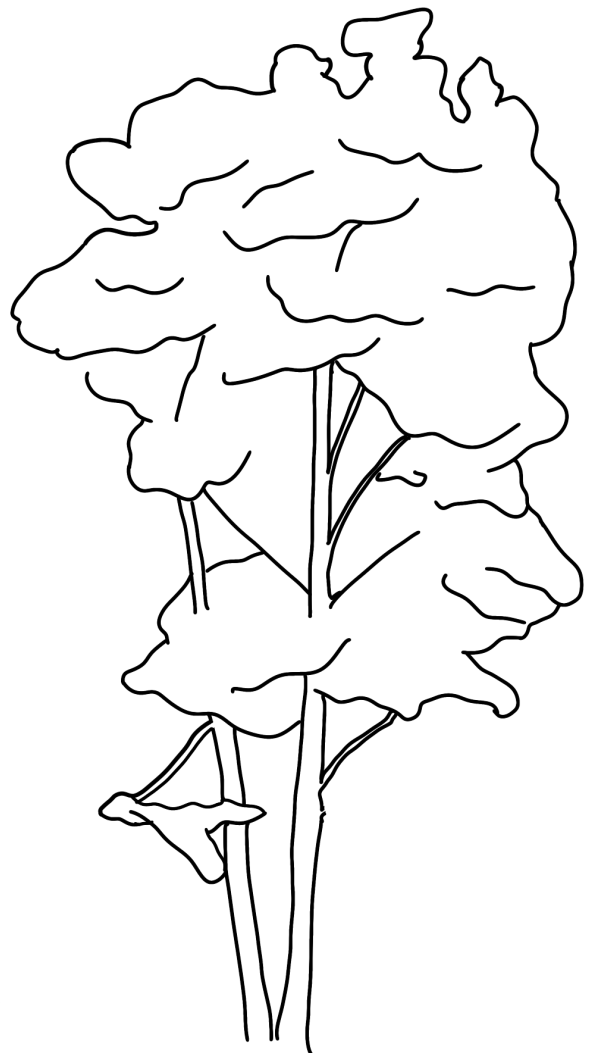
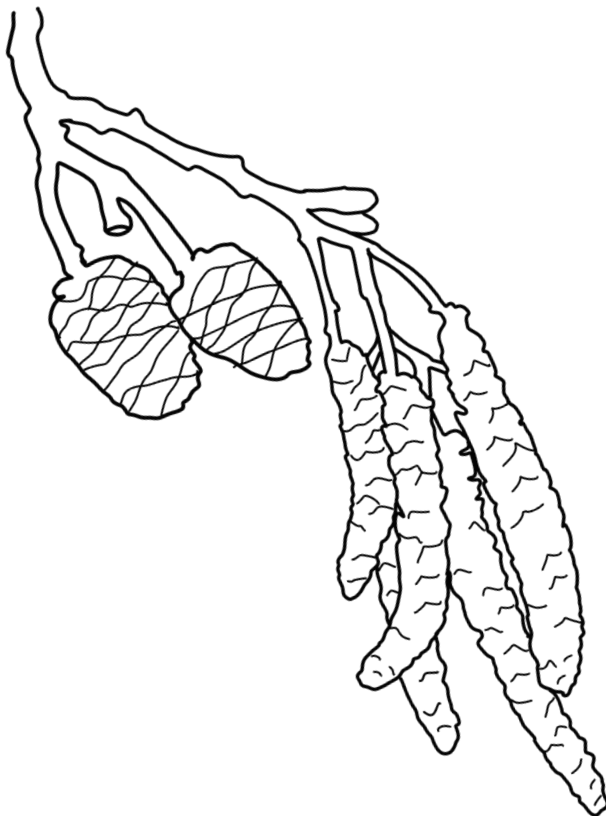
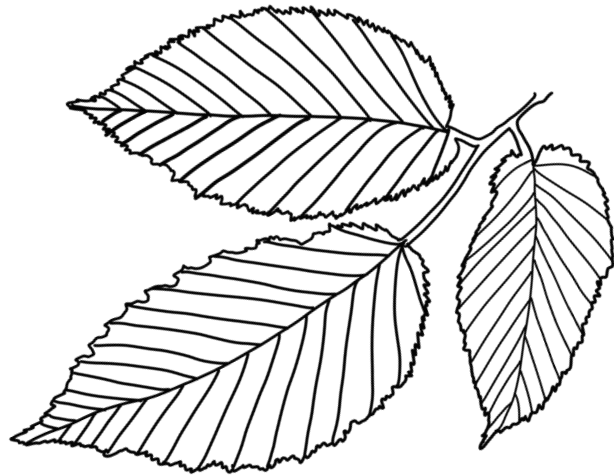
Latin: *Alnus rubra*

hə́ŋqəmínə́m: kʷəxʷsi:ɬp (tree)

n̓təʔkepmxcin: kʷýéɬps

The red alder tree is known for its smooth, light gray bark, oval toothed leaves and small cone-like fruits. The bark turns a bright rusty red colour when bruised or scraped, which gives the being its name!

Red alder's roots fix nitrogen in the soil, making it incredibly important in ecological restoration. Red dye can be created from the bark, cones and catkins. Beavers enjoy the bark of the red alder and use the stems for building dams and lodges.



Salal

PLANTS IN COASTAL DOUGLAS-FIR FORESTS

English: Salal

Latin: *Gaultheria shallon*

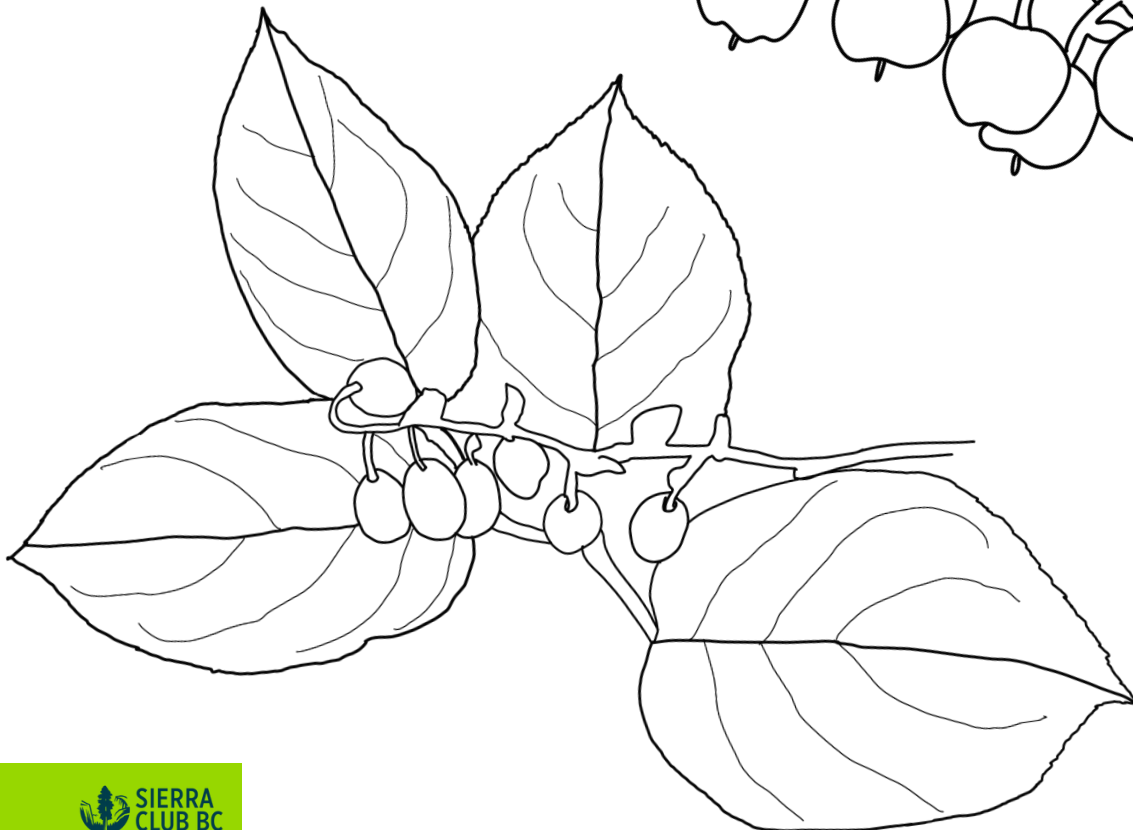
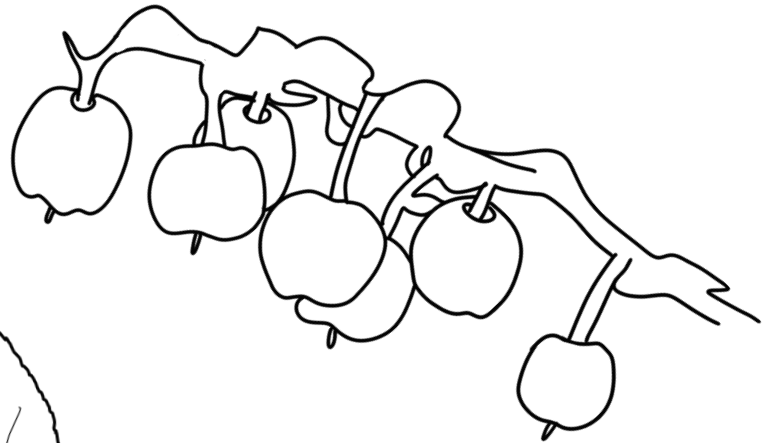
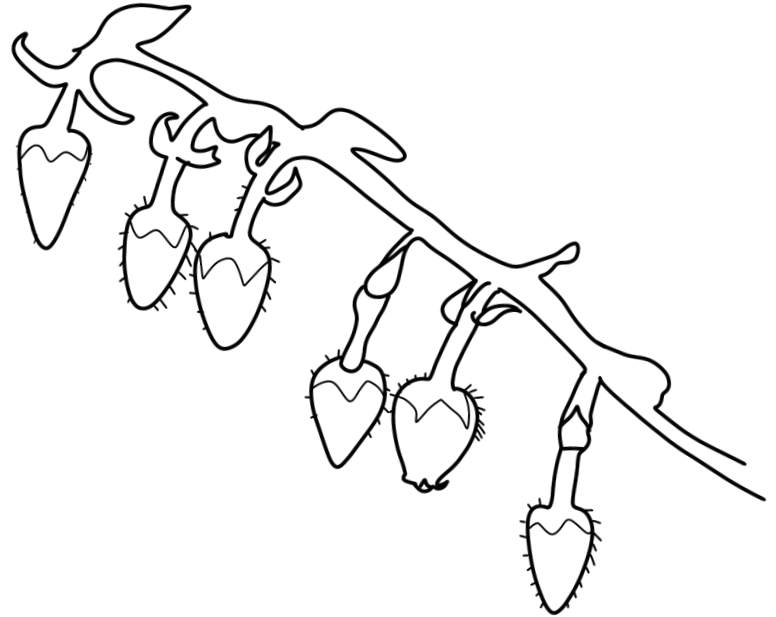
hə́ŋqəmiṇə́m: t̬eqeʔ (fruit)

hə́ŋqəmiṇə́m: t̬eqeʔəʔp (bush)

SENĆOŦEN: DAKE

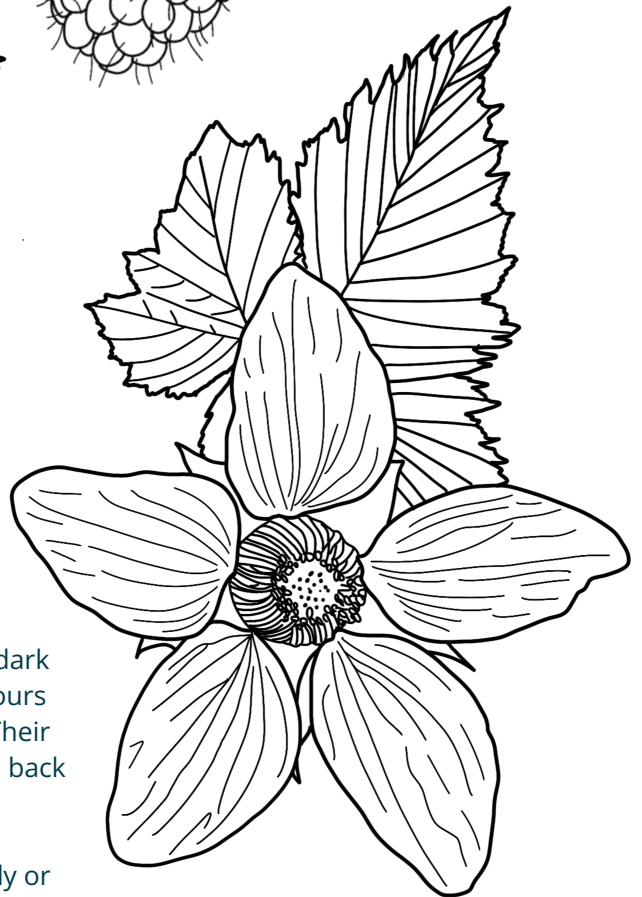
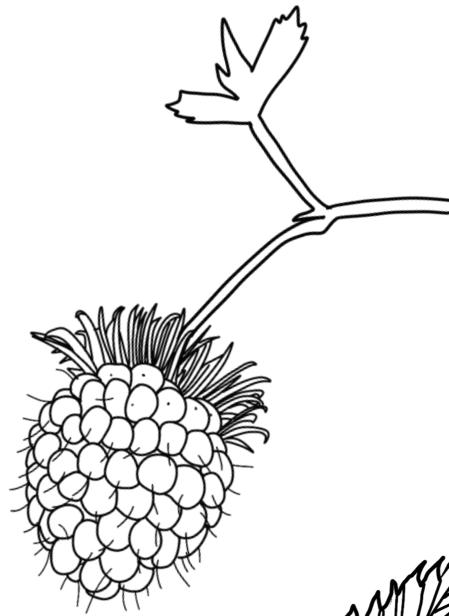
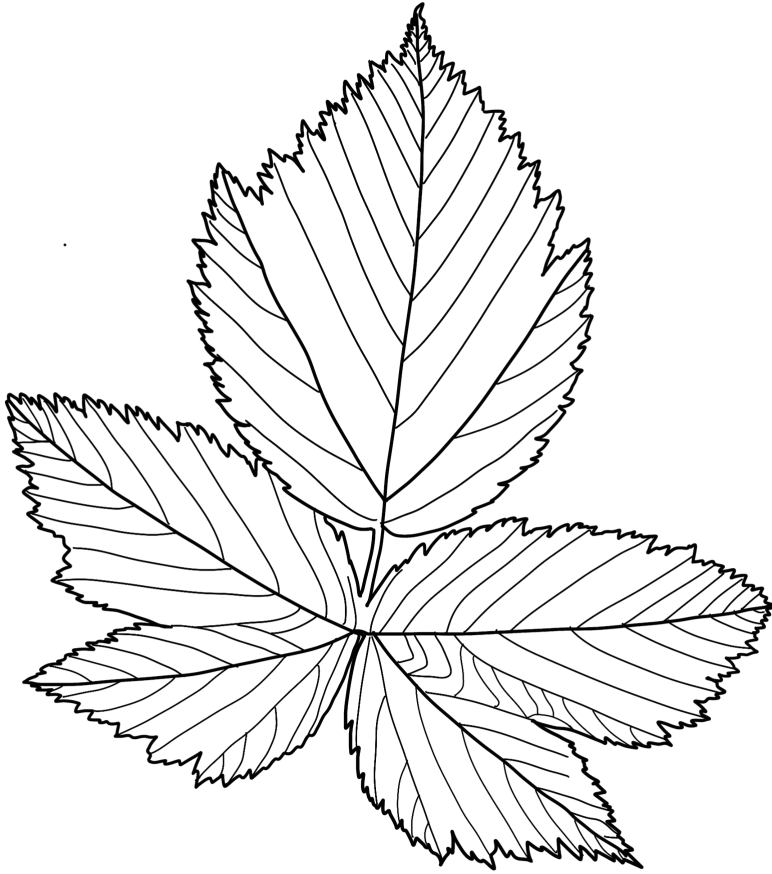
Salal is easily recognized in the understory with its thick, leathery, dark green leaves. White-to-pink bell-shaped flowers appear in early spring and mature into dark blue-to-purple berries in the summer and fall.

Salal leaves and berries are edible. The berries contain many health benefits including vitamins, minerals, protein, fats and sugars. Salal leaves can be used to heal wounds and stop bleeding, or be made into tea to ease sore throats and coughs.



Salmonberry

PLANTS IN COASTAL DOUGLAS-FIR FORESTS



English: Salmonberry

Latin: *Rubus spectabilis*

hənqəminəm: lile? (fruit)

hənqəminəm: lileʔətp (bush)

Nisga'a: miik'ookst

Salmonberry flowers in early spring, dazzling us with their dark pink petals. Salmonberries are glossy, round, and their colours range from yellow to orange-red, resembling salmon roe. Their toothed leaflets are clustered in groups of three. If you pull back the middle leaf, the bottom two look like butterfly wings.

Young shoots can be peeled back and snacked on like candy or cooked like asparagus. The berries are edible and delicious. Rufous hummingbirds drink the nectar as they migrate North.

