

# 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](http://sierraclub.bc.ca/oldgrowth).

### 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.



# Douglas-Fir

## PLANTS IN COASTAL DOUGLAS-FIR FORESTS

**English:** Douglas-Fir

**Latin:** *Pseudotsuga menziesii*

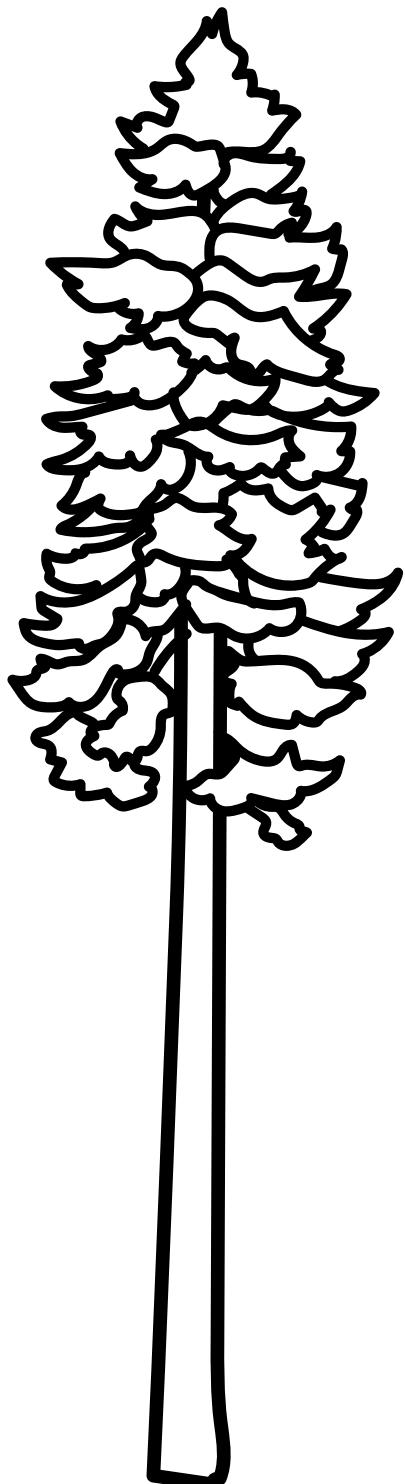
**hə́nqəmíhə́m:** čseyət̪p

**Nisga'a:** alda

**Lílwat:** srapt̪úl

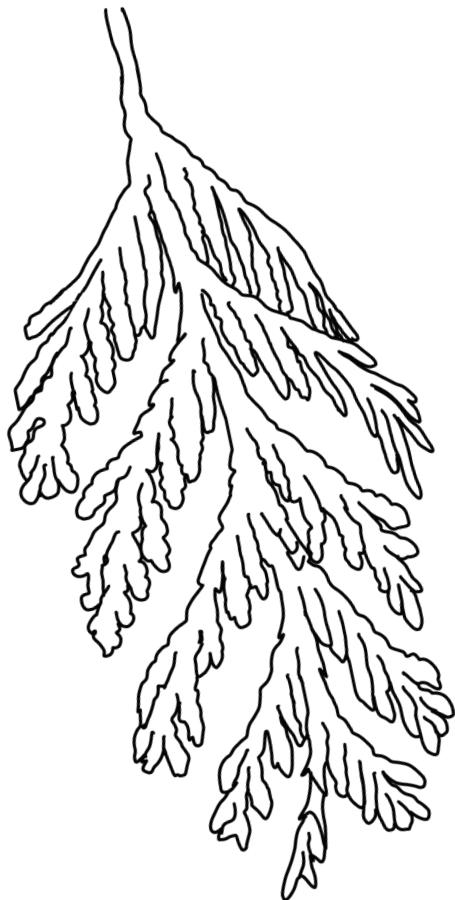
The Douglas-fir is a tall, evergreen conifer with long, flat needles pointed at the tip and distinctive cones with bracts that resemble a mouse's tail. An undisturbed Douglas-fir can live for more than 750 years.

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*

**hə́ñqəmíñə́m̍:** x̣peýəṭp̣

**Witsuwit'en:** hët'il

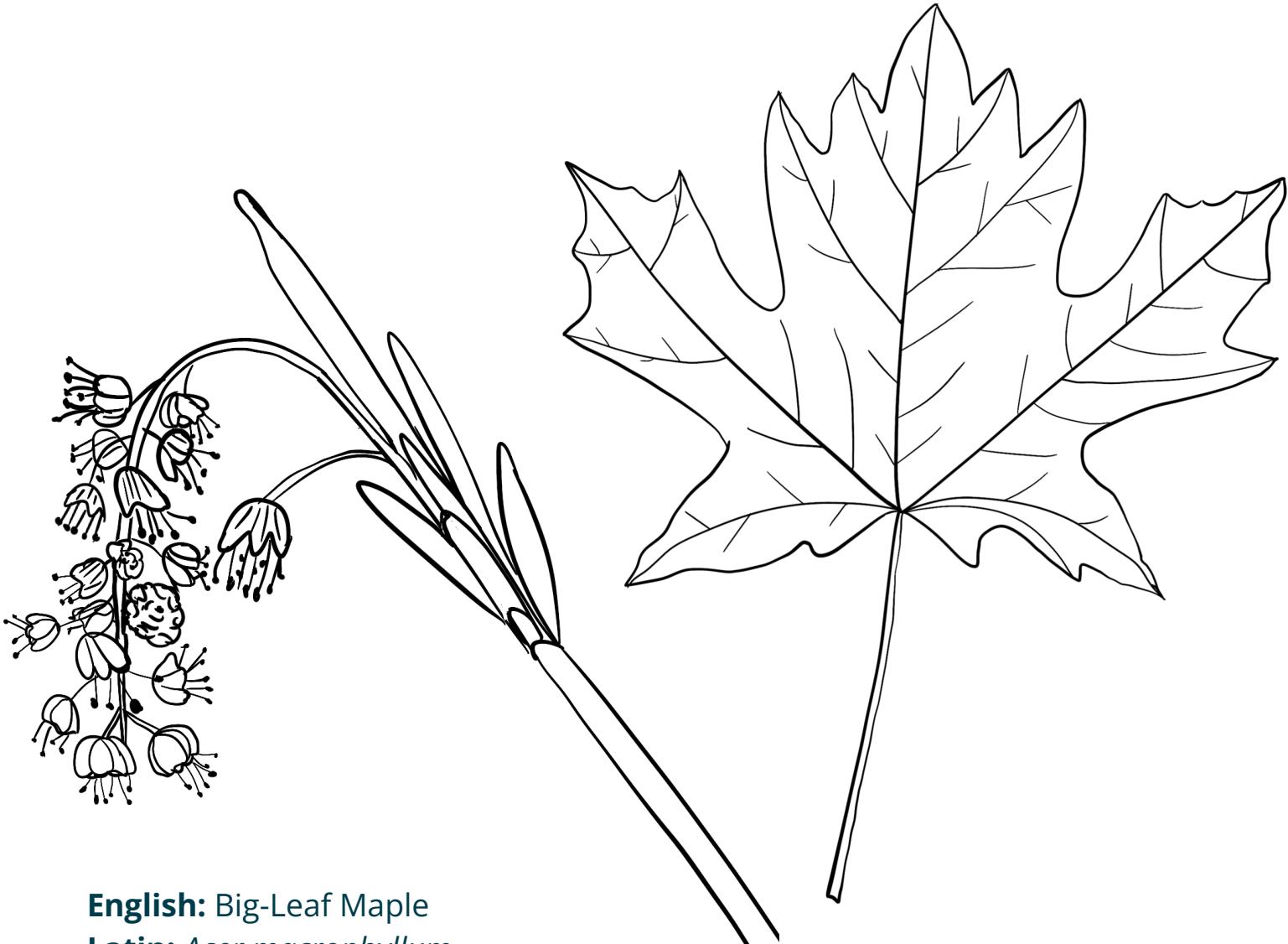
**Sylix:** c̣ápa?x̣

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

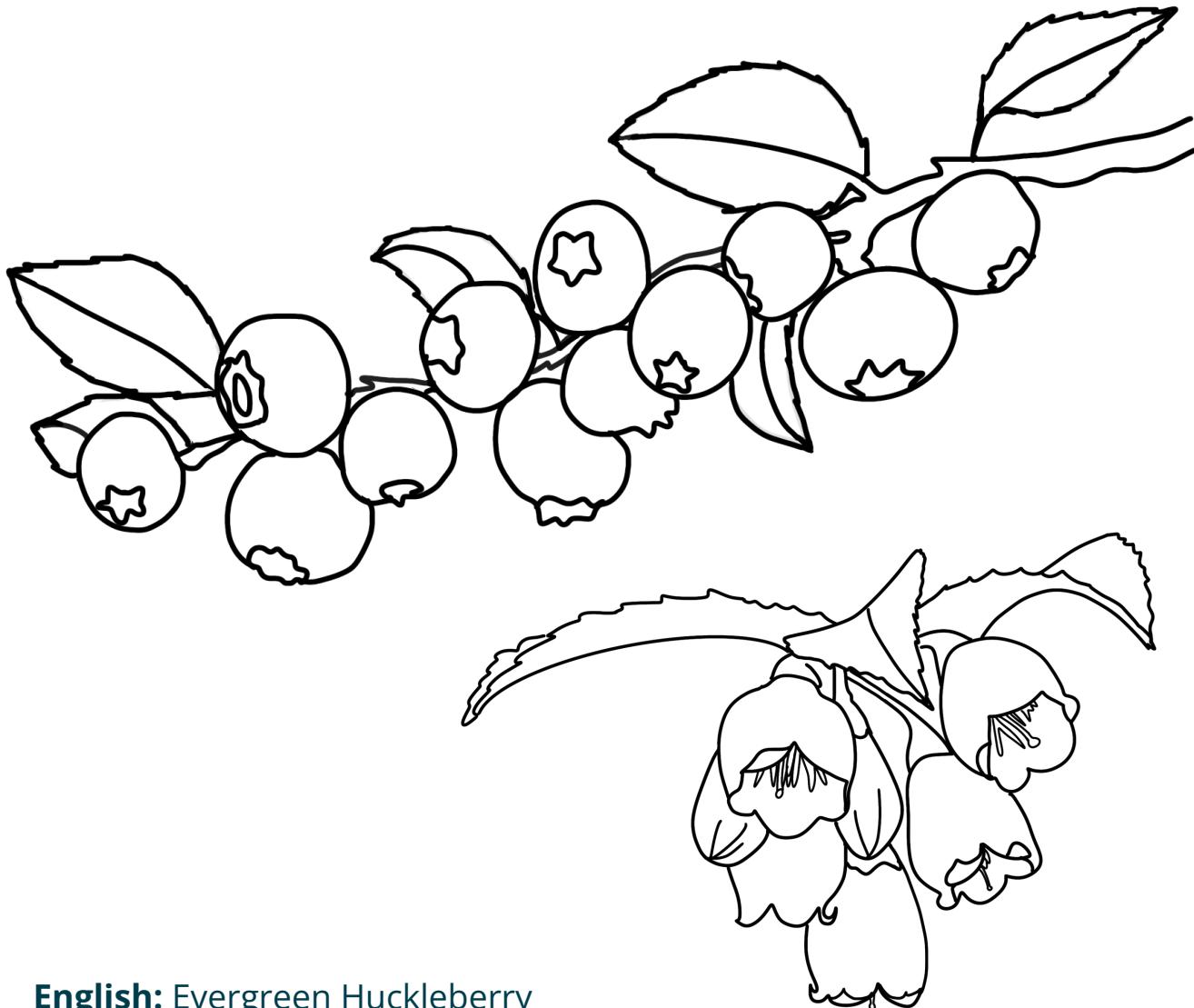
**Líwat:** qemláóz

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*

**λaʔuukʷiʔatḥ:** sinimaxsýic

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*

**hə́ñqəmíñə́m:** qel'qət̪p (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*

**hə́ñqəmíñə́m:** sθχeləm

**S̕kw̕xwú7mesh:** Tsxálem

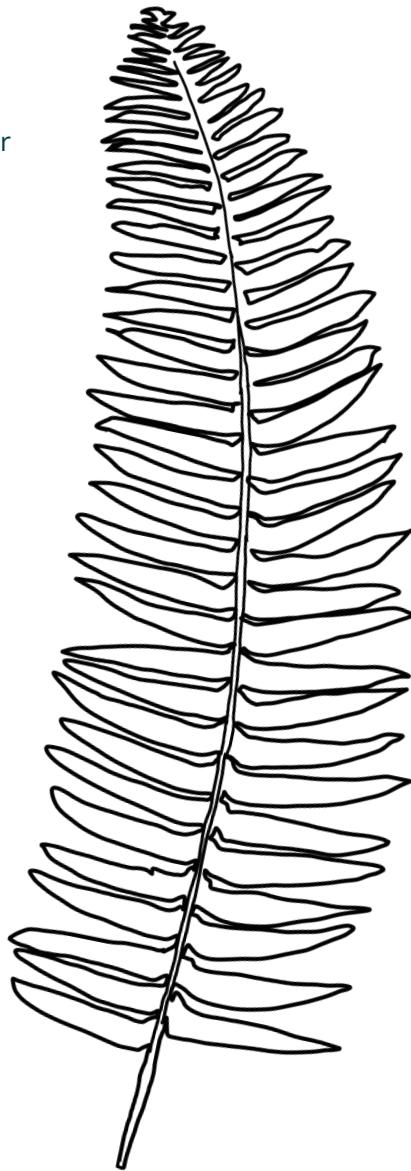
**Island Halkomelem:** sthxhelum

**Upriver Halq'emeylem:** sthxá:lem

**SENĆOTEN:** S, TXÁLEM

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

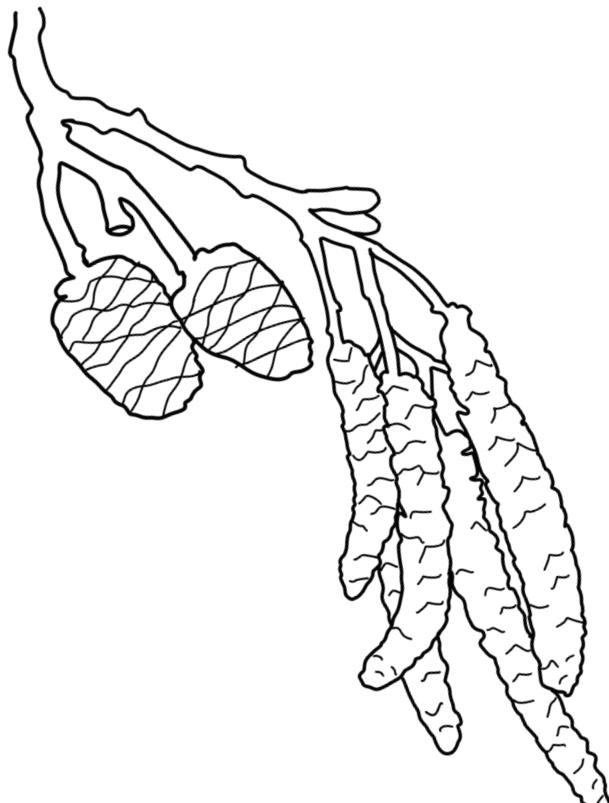
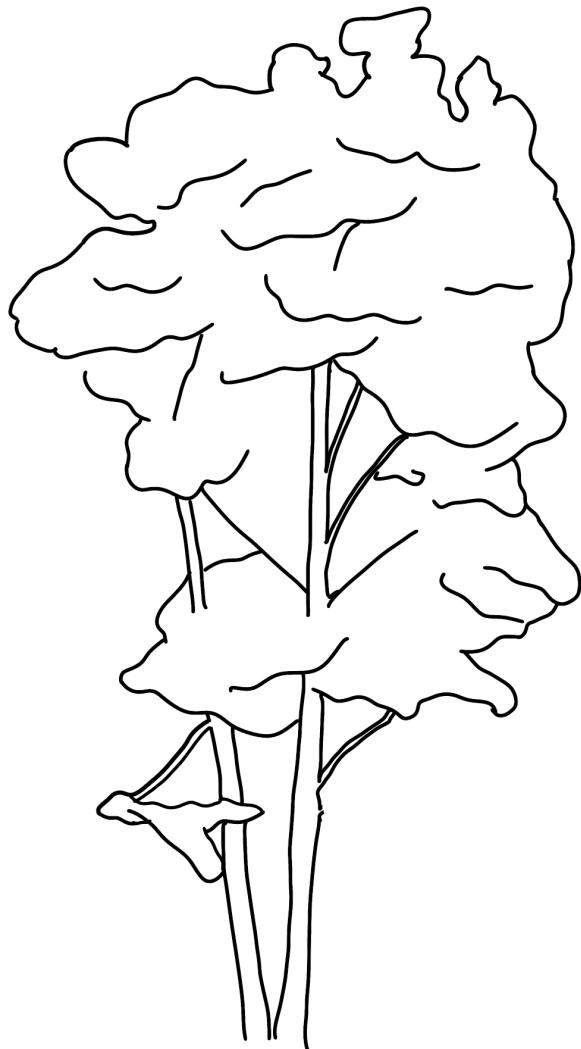
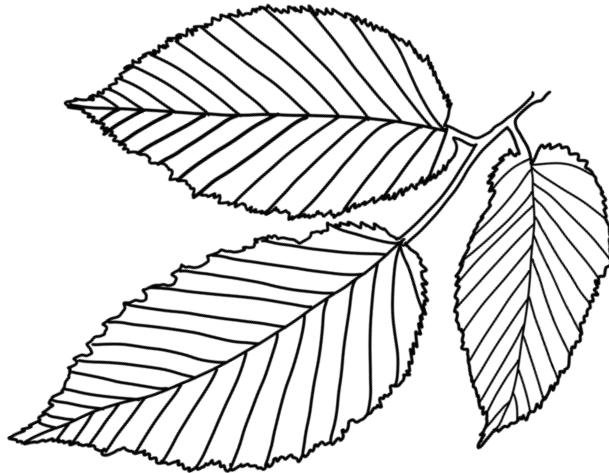
**Latin:** *Alnus rubra*

**hə́ñqəmíñə́m:** kwəxwsi:t̪p (tree)

**n̪te?kepmxcin:** kw'yé:t̪ps

The red alder tree is known for it's 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*

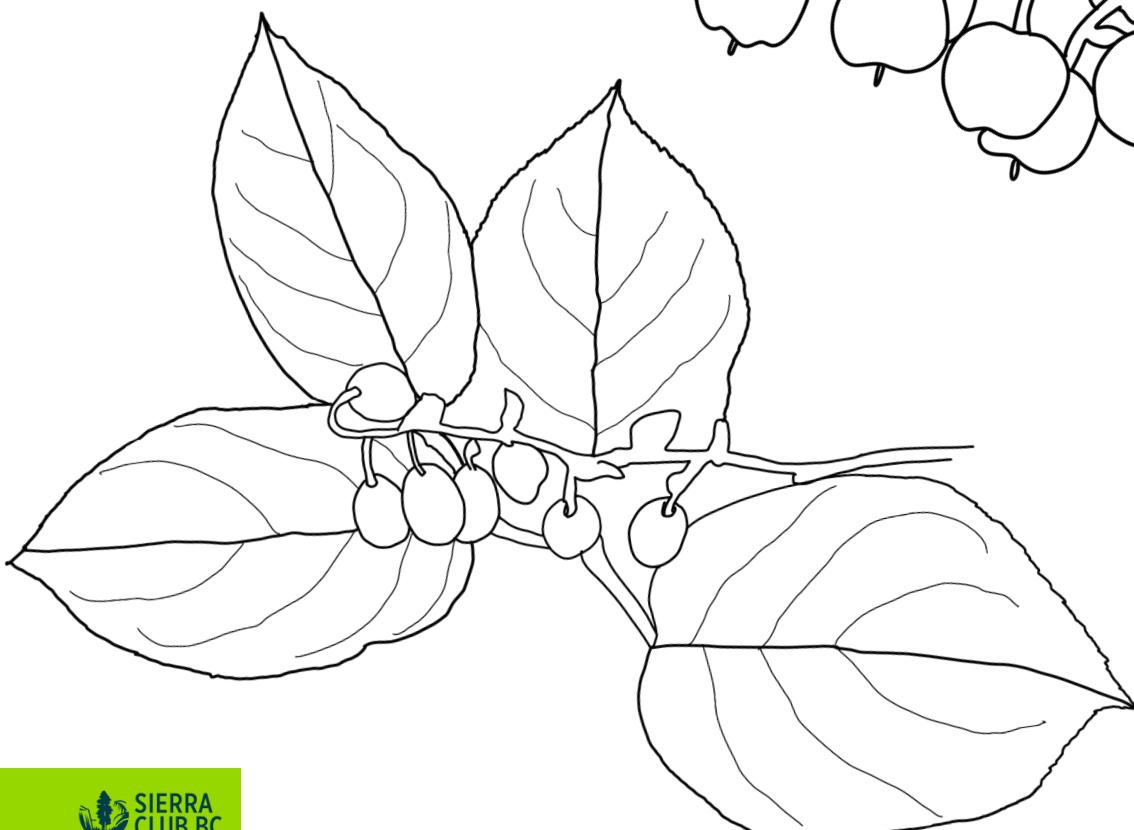
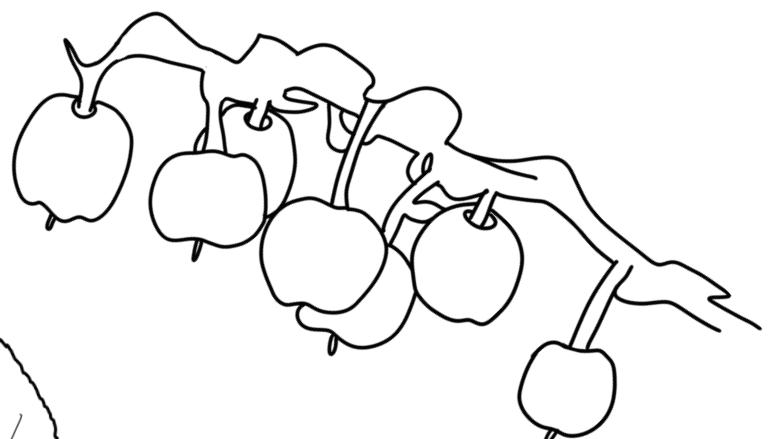
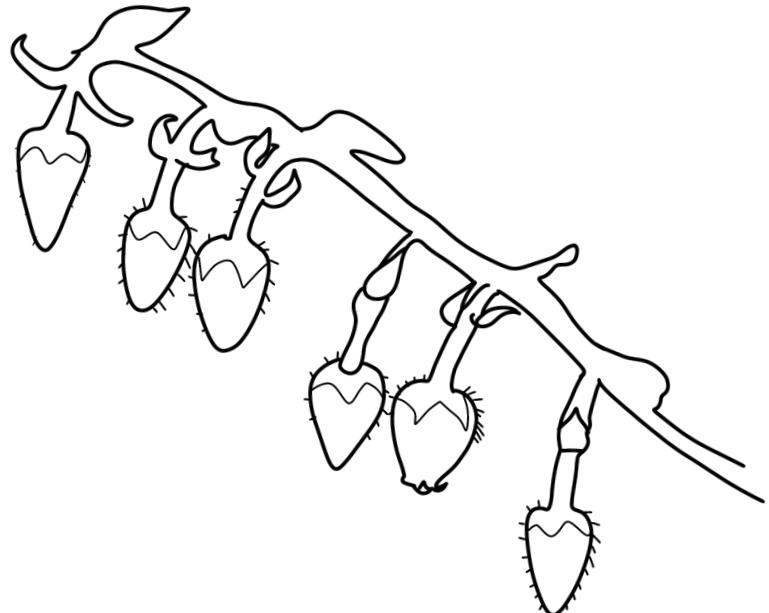
**hə́ñqəmíñə́m̍:** t̑eqe? (fruit)

**hə́ñqəmíñə́m̍:** t̑eqe?ət̑p (bush)

**SENĆOFEN:** *DAKE*

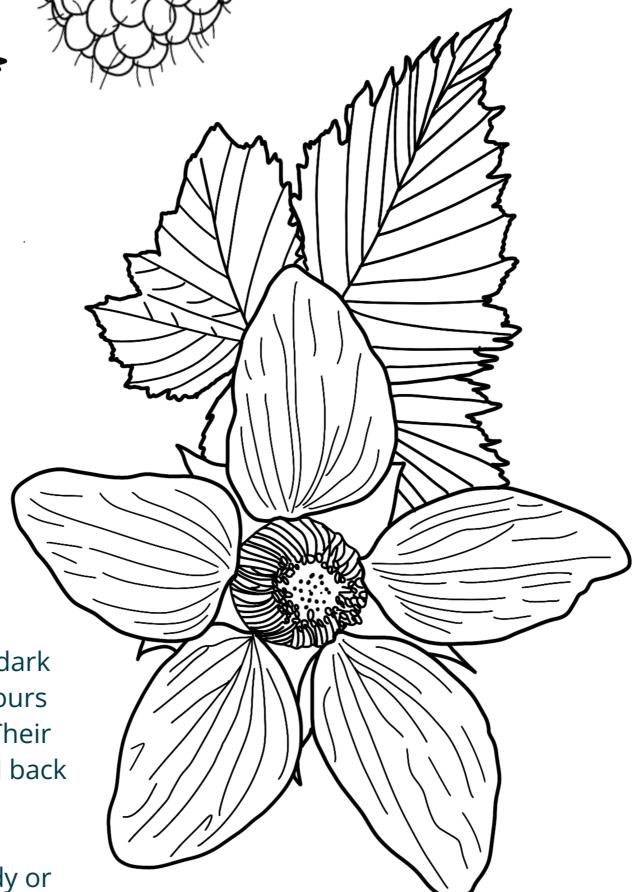
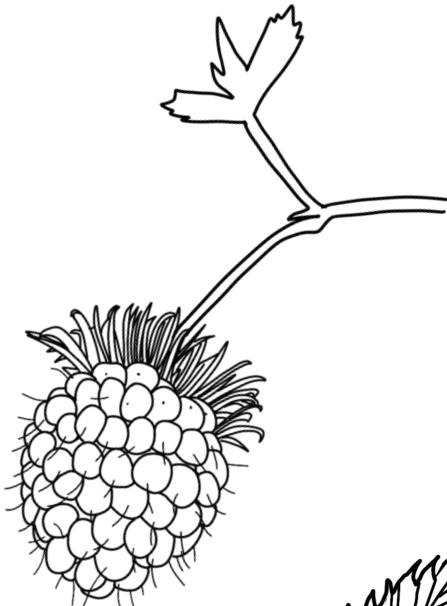
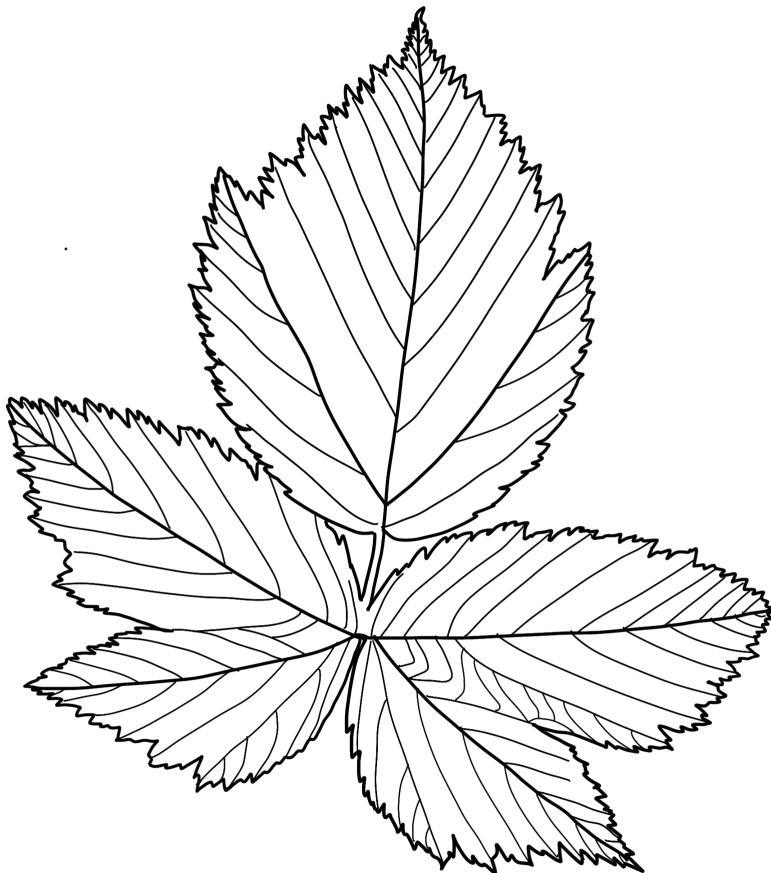
Salal is easily recognized in the understory with its thick, leathery, dark green leaves. White-to-pink bell-shaped flowers appear in early spring and mature into dark blue-to-purple berries in the summer and fall.

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*

**hə́ñqəmińə́m:** *lile?* (fruit)

**hə́ñqəmińə́m:** *lile?ət̪p* (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.

