

The People of Cascadia
Pacific Northwest Seasonal Rounds Calendar

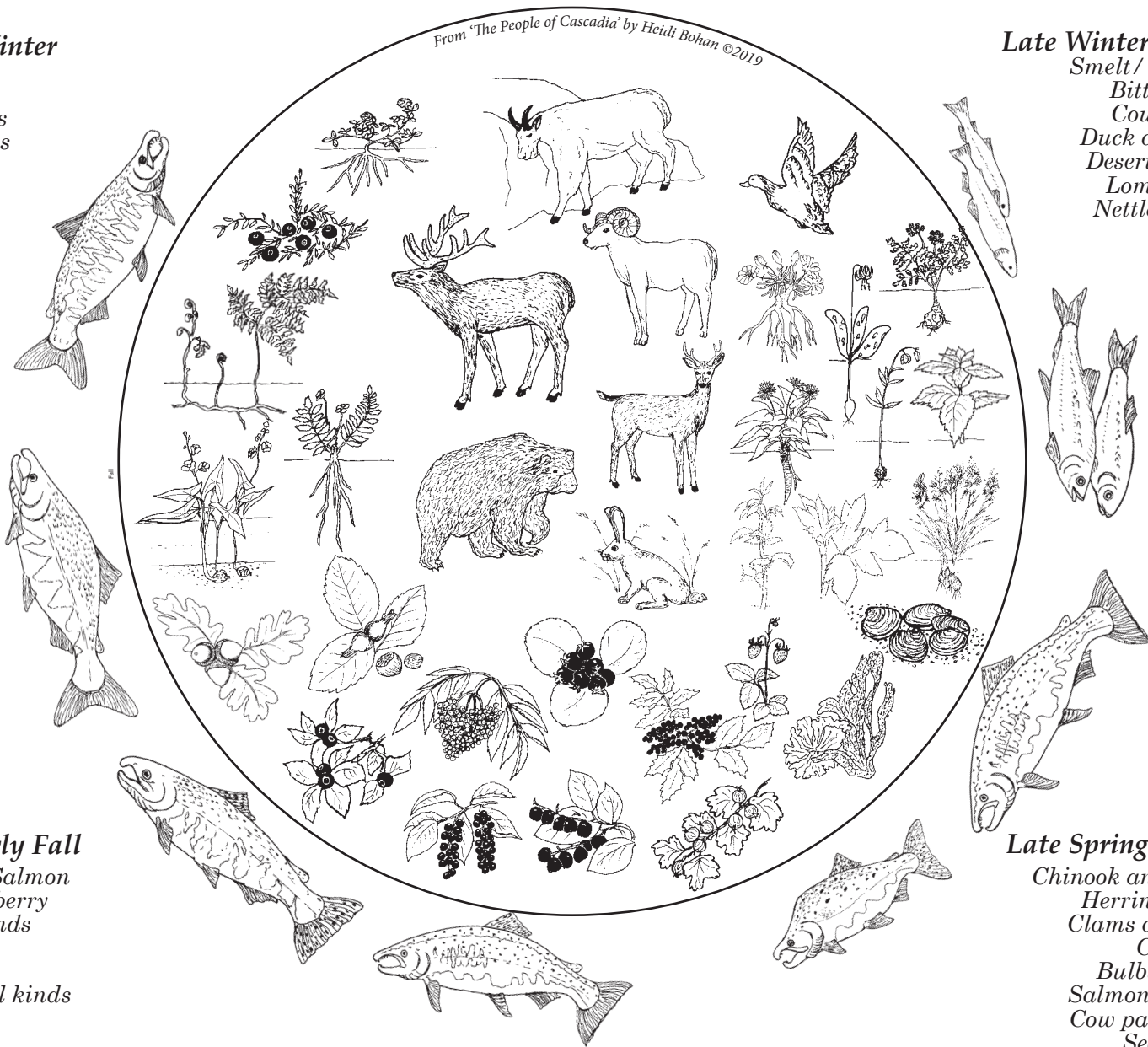
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Late Fall/ Early Winter

- Chum Salmon
- Steelhead
- Game of all kinds
- Bracken fern roots
- Wapato
- Silverweed roots
- Clover roots
- Cranberries

Late Winter/ Early Spring

- Smelt/ Eulachon
- Bitterroot
- Cous root
- Duck and Fowl
- Desert parsley
- Lomatium
- Nettle shoots



Late Summer/ Early Fall

- Sockeye and Coho Salmon
- Mountain huckleberry
- Berries of all kinds
- Hazelnuts
- Acorns
- Game animals of all kinds

Late Spring/ Early Summer

- Chinook and Pink Salmon
- Herring and eggs
- Clams and shellfish
- Camas
- Bulbs of kinds
- Salmonberry shoots
- Cow parsnip shoots
- Seaweeds
- Early berries of all kinds