

## Traditional Coast Salish Foods

*If you look at what people ate five or six generations ago on an annual basis, there are hundreds of types of foods. Research now is showing that most Americans eat less than 12 foods on a regular basis. In this very short period of a couple of generations, we've gone from an incredibly complex diet, eating with the seasons, eating many types of foods, to eating just a few.*

--Elise Krohn, traditional food specialist, Northwest Indian College

### PLANTS

Acorn	Cranberry	Kinnikinnick	Blackcap raspberry
Mountain ash	Currant	Knotweed	Raspberry
Bearberry	Dandelion	Western hemlock	Wild rose
Biscuit root	Lamb's quarters	Horsetail	Salal
Wild blackberry	Dogwood	Huckleberry	Salmonberry
Bladderwrack	Elderberry	Legume	Seablite
Blueberry	Bracken fern	Miner's lettuce	Seaweed
Bulrush	Lady fern	Lily root	Serviceberry
Camas	Licorice fern	Mustard	Soapberry
Candy flower	Ostrich fern	Nettle	Spruce
Wild carrot	Spiny wood fern	Nightshade	Coastal strawberry
Cattail	Douglas fir	Hooker's onion	Wild strawberry
Bitter cherry	Gooseberry	Nodding onion	Thimbleberry
Chokeberry	Goosefoot	Wild onion	Vetch
Wild cherry	Grape	Nori	Violet
Chickweed	Hackberry	Nutmeat	Wapato
Clover	Hazelnut	Indian plum	Watercress
Pacific crabapple	Bullwhip kelp	Purslane	

### BIRDS

Albatross	Eared grebe	Red-throated loon	Rail
Alcid	Horned grebe	Yellow-billed loon	Sandpiper
Bufflehead	Pied-billed grebe	Mallard	Lesser scaup
Canvasback	Western grebe	Common merganser	Black scoter
American coot	Blue grouse	Red-breasted merganser	Surf scoter
Cormorant	Ruffed grouse	Common murre	Winged scoter
American crow	Gull	Marbled murrelet	Shearwater
Dove	Harrier	Owl	Trumpeter swan
Ruddy duck	Hawk	Pelican	Tundra swan
Bald eagle	Great blue heron	Pigeon	Wild turkey
Barrow's goldeneye	Belted kingfisher	Northern pintail	Turkey vulture
Common goldeneye	Common loon	Tufted puffin	American wigeon
Canada goose	Pacific loon	California quail	Pileated woodpecker

## MAMMALS

Black bear	Eastern cottontail	North American	Squirrel
American beaver	Canada lynx	river otter	Meadow vole
Bobcat	Mink	Dall's porpoise	Steller sea lion
Townsend's chipmunk	Coast mole	Raccoon	Southern red-backed
Cougar	Moose	Eared seal	vole
Coyote	Deer mouse	Hair seal	Wapiti
Deer	Mountain beaver	Harbor seal	Weasel
Pocket gopher	Muskrat	Striped skunk	Whale
Snowshoe hare			Gray wolf

## FISH & REPTILES

Northern anchovy	Alaska jingle	Chum salmon	Shark
Candlefish	Lingcod	Coho salmon	Skate
Codfish	Red Irish lord	Pink salmon	Smelt
Pacific cod	Plainfin midshipman	Sockeye salmon	c-o sole
Spiny dogfish	Northern pike minnow	Pacific salmon	Curlfin sole
Wolf eel	Peamouth	Scorpionfish	Dover sole
Flatfish	Pile perch	Buffalo sculpin	English sole
Lefteye flounder	Poacher	Great sculpin	Rock sole
Righteye flounder	Walleye pollock	Pacific sculpin	Sturgeon
Starry flounder	Spotted ratfish	Staghorn sculpin	Largescale sucker
Greenling	Ray	Roughback sculpin	Pacific tomcod
Pacific Hake	Rockfish	Blue seaperch	Trout
Pacific halibut	Sablefish	Striped seaperch	Western pond turtle
Pacific herring	Chinook salmon	Surfperch	Mountain whitefish

## SHELLFISH & OTHER MARINE LIFE

Acorn barnacle	Softshell clam	Blue mussel	Rock snail
Gooseneck barnacle	Venus clam	California mussel	Sea snail
Thatched barnacle	Basket cockle	Olympia mussel	Serpulid worm
Gumboot chiton	Alaskan king crab	Pacific octopus	Pink shrimp
Bent-nose clam	Dungeness crab	Checkered periwinkle	Sidestripe shrimp
Butter clam	Channeled dogwinkle	Sitka periwinkle	Spot shrimp
California butter clam	Emarginate dogwinkle	Sand dollar	Hooked slipper shell
Gaper clam	Friiled dogwinkle	Giant Pacific scallop	Wrinkled slipper shell
Inconspicuous macoma clam	Oyster drill	Hind's scallop	Sea urchin
Littleneck clam	Geoduck	Pink scallop	Vitrinella
Pacific coast clam	Limpet	Moon snail	Dire whelk
Sand clam			Short-spined whelk
			Wrinkled purple whelk

*This list of nearly 300 food sources was compiled from a 2003 survey of 130 archaeological sites in King, Kitsap, and Snohomish counties and information collected by Northwest Indian College from ethnographic accounts and Coast Salish elders, hunters, fishermen, and gatherers.*