

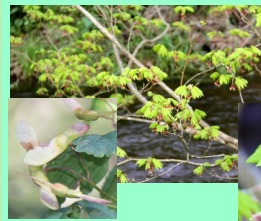
Trees

Western Red Cedar, *Thuja plicata*, a large tree to 60m tall with overlapping, scale-like, glossy leaves. Cones are small and turn upward with age. The bark tears off in long strips. The ‘tree of life’ was used extensively by First Nation people. It is also the BC tree.



Western Hemlock, *Tsuga heterophylla*, a conifer growing to 60m in highly organic soil. It is recognized by its bending leader, down sweeping branches and delicate foliage. A very important tree for First Nations people for tools, dye, food and medicine.

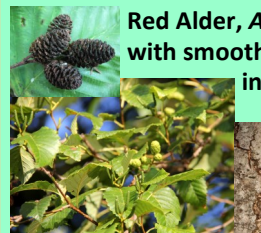
Douglas-Fir, *Pseudotsuga menziesii ssp. menziesii*, not a true fir, it is a conifer to 70m tall with thick, ridged, brown bark. Needles are flat yellow-green with pointed tips. Cones are distinctive with 3 pointed bracts. It arrived about 7,000 years ago and is used extensively by First Nation people for tools and medicine.



Vine maple, *Acer circinatum*, a small deciduous tree to 7m tall with rooting branches, white flower clusters and

straight, winged, reddish-brown fruit. Fall colour is spectacular.

White Birch, Paper Birch or Canoe Birch, *Betula papyrifera*, a deciduous tree to 30m tall, the peeling, white to copper bark has brown horizontal lines of raised pores. Male and female flowers are found in separate catkins. From earliest times, people used all parts of the tree for tools & the resin for chewing gum.



Red Alder, *Alnus rubra*, a deciduous tree to 25m tall, with smooth grey bark. Male and female flowers are in long catkins; clusters of small brown cones winter on the tree. It provides nitrogen to the soil and habitat for wildlife. It was much used by First Nations people.

Black Hawthorne, *Crataegus douglasii*, a deciduous tree to 10m.; it has 3cm long thorns, white flowers & small black-purple ‘apple’ like fruit. First Nations people used the wood, thorns, fruit & bark.



Resources

Native Plant Society www.npsbc.ca

Eflora/Efauna Project
www.geog.ubc.ca/biodiversity/eflora

Invasive Species Council of Metro Vancouver
www.iscmv.ca

UBC Botanical Garden www.ubcbotanicalgarden.org

Nature Vancouver—Botany Section
www.naturevancouver/Main_Botany

Naturescape BC www.naturescapebc.ca

Green Shores www.greenshores.ca

Northwest Native Plants
<http://green.kingcounty.gov/gonative>

Washington Native Plant Society www.wnps.org/education

Coastal Geologic Service www.coastalgeo.com

Planting native plants helps to re-establish local biodiversity. Their value lies not only in their beauty, but also in their use as a food source for insects, birds, animals and humans.
Plant only nursery grown plants!

Enjoy nature and see native plants by visiting:

1. Darts Hill Garden Park at 16th & 168th, Surrey
2. White Rock Native Plant Demonstration Garden at 14970 Marine Drive, White Rock
3. Little Campbell Forest Trail at 1284 184th St, Surrey
4. Serpentine Wildlife Management Area at 44th Ave off King George Blvd, Surrey
5. Surrey Parks: Blackie Spit; Elgin Heritage; Crescent; Hi-Knoll, Mud Bay, Redwood, Sunnyside & Green Timbers Urban Forests; check out: www.surrey.ca/parks
6. Metro Vancouver Regional Parks: Aldergrove; Brae Island; Burns Bog Ecological Conservancy Area; Boundary Bay; Campbell Valley; Deas Island; Derby Reach; Surrey Bend; Tynehead; check out: www.metrovancouver.org/services/parks



Friends of Semiahmoo Bay Society

Participate in: planting, invasive plant removals, beach cleanups; Shorekeepers, eelgrass mapping, nest box monitoring; school programs - marine, pond life & birds in focus; community outreach – Birds on the Bay; Beach Hero Marine Interpretation; World Ocean Weekend Festival & more.....

To Volunteer - You Can Make a Difference!
email: information@birdsonthebay.ca

Thank you Volunteers, Project Partners & Sponsors!

A Rocha Canada, BC Nature, City of Surrey—Urban Forestry, City of White Rock, Darts Hill Garden Conservancy Trust Society, Environment Canada, Fisheries and Oceans Canada, Little Campbell Watershed Society, Native Plant Society, Province of BC

Photo credits: Marg Cuthbert, Tineke Goebertus, Al & Jude Grass, Dawn Hanna, Jane McKay, Phillip Milligan, Virginia Skilton; Text & Layout: M. Cuthbert, ‘Plants of Coastal BC’, Pojar & MacKinnon

Get to Know Native Plants in our Coastal Douglas-fir Ecosystem.



Bumblebee pollinating Thimbleberry

Designed by nature to survive in our environment, once established, native plants require little attention - fertilizers, herbicides and constant watering are not needed.



Rufous Hummingbird & Red Flowering Current

As you enjoy your nature walks, note the subtle beauty of native plants.

Recommended resource books to help with identification are:

‘Plants of Coastal BC’, Pojar & MacKinnon

‘Wild Flowers of...’, Lewis Clark

‘Northwest Coastal Wildflowers’, Visalli, Ditchburn, Lockwood

Along our shores native trees and vegetation evolved over time to perform vital functions. They act as buffers for salt, wind and rain. They are natural sponges absorbing water that may erode slopes and take up excess nutrients & toxins before they reach the sea. They also act as anchors for soil that provides stability for a shifting shoreline and for steep slopes. They attract birds and pollinators to our gardens.

Trees & Shrubs

Pacific Dogwood, *Cornus nuttallii*, a deciduous tree to 20m; the flower is a small greenish-white cluster with white bracts; the berry is red. First Nations people used the wood for tools and the bark for medicine. Pacific Dogwood is a protected tree.



Cascara, *Rhamnus purshiana*, a small deciduous tree to 10m tall with silver-grey dimpled bark. It has leathery leaves, very small, star shaped green-yellow flowers and large black berries ripe in late summer.

Pacific Crabapple, *Malus fusca*, a small, deciduous tree to 12m with deeply grooved bark and fragrant, white to pink blossoms. Small tart yellow-red apples are an important food of First Nations people.



Bitter Cherry, *Prunus emarginata*, A deciduous shrub or small tree growing 2 to 15m tall with brown or grey ‘birch-like’ bark used by First Nations people for rope. White-pink flowers are clustered; bitter red cherries are inedible.

Beaked Hazelnut, California Hazelnut, *Corylus cornuta var. californica*, a small tree to 4m that spreads by suckers. Male flowers present as catkins and show before leaves in spring. Female flowers are tiny with a red stigma. Edible nuts are found in hairy husks that extend into a ‘beak’. The nuts are eaten by people, squirrels and stellar jays are nuts about them!



Red Elderberry, *Sambucus racemosa*, a deciduous shrub to 6m with creamy clustered flowers. Rubbed leaves smell like peanut butter. The red berries if cooked are edible but all other parts of the plant are poisonous.



Indian Plum, *Oemleria cerasiformis*, a deciduous shrub to 5m; whitish male and female flowers blossom on separate plants in early spring. Plum-like, blue-black berries are edible but bitter. Used for food and tea by First Nations people.

Native trees provide shade & protection for fish, birds & people, consider planting Arbutus, Garry Oak, Pacific Yew, Redwood, Rocky Mountain Maple, Shore Pine, Trembling Aspen or others noted in this brochure.

Contact us at: www.birdsonthebay.ca

Shrubs, Ferns & Vines

Nootka Rose, *Rosa nutkana*, a prickly shrub to 3m tall with large, single, pink flowers and purple-red, round hips used for food and medicine. Fragrant.



Bald Hip Rose, *Rosa gymnocarpa*, an open deciduous shrub to 1.5 m tall, with compound toothed leaflets, soft straight prickles and pink-red flowers. Hips are orange to red and pear-shaped. First Nations people used the plant for ceremonies, medicine and food.



Oceanspray, *Holodiscus discolor*, an erect, deciduous, shrub to 4m tall with arching stems. Small white to cream, pyramidal, flower clusters turn brown but stay on thru winter. The fruit is tiny, hairy achenes. Called 'ironwood', stems were used for tools and as 'nails' by First Nations people.



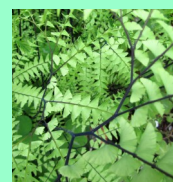
Goat's-beard or Spaghetti Flower, *Aruncus dioicus*, a smooth-stemmed perennial shrub growing from creeping rhizomes. Tiny, dense, white flower clusters are on a spike-like branch with the male and female on separate plants. Used medicinally by First Nations people.



Sword Fern, *Polystichum munitum*, an evergreen growing to 1.5m. It spreads by spores within a sorus. First Nations people used rhizomes as 'starvation' food and leaves for bedding.



Maidenhair Fern, *Adiantum pedatum*, a delicate fern with black stems to 60 cm tall from a chunky rhizome. Used medicinally and for basketry by First Nations.



Lady Fern, *Athyrium filix-femina*, an erect fern spreading to 2m tall; fronds taper at both ends in a diamond shape. The fiddleheads are edible.



Spiny Wood Fern, Shield Fern, *Dryopteris expansa*, an erect evergreen fern growing to 1m tall from a large rhizome. Fronds triangular with brown scales. Large protruding root was an important food for First Nations.



Western Trumpet Honeysuckle, *Lonicera ciliosa*, a deciduous vine to 6m tall with hollow branches. Oval leaves are opposite, whitish under; the end pair on a branch form a disk. Stems used for weaving and binding. Berries likely poisonous. Trumpet-shaped flowers attract hummingbirds.



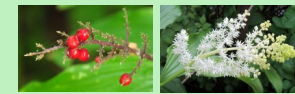
Flowers & Herbs

Thrift or Sea-Pink, *Armeria maritima*, a perennial herb growing from taproot. Clustered flowers are pink.



Shore Blue-eyed Grass, *Sisyrinchium littorale*, a tufted perennial with narrow basal leaves. Blue to purple flowers have a yellow 'eye'.

Pacific Bleeding Heart, *Dicentra formosa*, a perennial herb with fern-like leaves and pink heart-shaped flowers. Seeds are dispersed by ants.



False Solomon's Seal, *Maianthemum racemosum*, an unbranched hairy perennial growing to 1m tall from a fleshy rhizome. The creamy-white clustered flowers are strongly perfumed and the red berries are edible but not tasty. Used medicinally by First Nations.

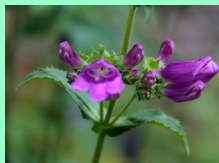


Common Harebell, *Campanula rotundifolia*, a perennial growing from rhizome or tap root and a branching stem-base. Oval basil leaves are toothed and wither before flowers open. The stem leaves alternate and lance-shaped. Nodding, purple-blue, bell-shaped flowers were known in Haida as 'blue rain flower'.



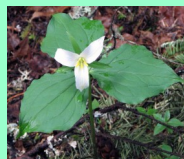
Douglas' Aster, *Aster subspicatus*, a perennial herb with blue to purple flowers growing from a creeping rhizome.

Coast Penstemon, *Penstemon serrulatus*, a perennial herb growing from woody branches to 70 cm tall. Leaves are saw-toothed, opposite and hairless. Clustered deep-blue to purple flowers are hairless.



Woolly Eriophyllum or Oregon Sunshine, *Eriophyllum lanatum*, a perennial herb to 60 cm tall. Yellow flower heads are on a single

Western or White Trillium, *Trillium ovatum*, a perennial wildflower that needs your protection. Trilliums grow to 45cm from rhizome, spread by seed. The white flower turns pink to purple with age.



Flowers & Herbs



White Fawn Lily, *Erythronium oregonum*, an 'at risk', white-flowered, perennial herb growing from a bead-like corm. Mottled leaves are oblong and paired.

Common Camas, *Camassia quamash*, a blue flowered perennial growing to 70cm. Bulbs were an important food to Coast Salish people. Look for Great Camas, *Camassia leichtlinii* in coastal meadows.



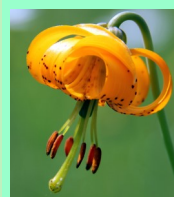
Broad-leaved Shooting Star, *Dodecatheon hendersonii*, a perennial to 50 cm tall with egg-shaped leaves. On a leafless stem, magenta to purple flowers have a reddish purple stamen tube.



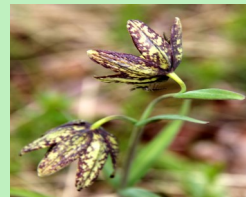
Red or Sitka Columbine, *Aquilegia formosa*, a perennial herb growing 1m tall from a taproot. Red and yellow flowers are important for hummingbirds and butterflies.



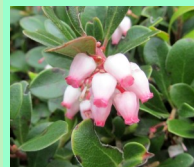
Tiger or Columbia Lily, *Lilium columbianum*, an 'at risk' perennial growing to 1m tall from a bulb. Narrow leaves are lance-shaped. Bright orange flowers have purple spots in the center. First Nations people steamed and ate the bitter tasting bulbs.



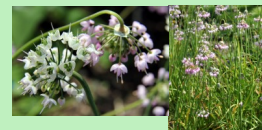
Chocolate Lily, *Fritillaria lanceolata*, an at risk perennial, growing to 80 cm, has spotted, deep purple, bell-shaped flowers and lance-shaped leaves. Coast Salish people steamed and ate the bitter tasting bulbs.



Kinnikinnick or Common Bearberry, *Arctostaphylos uva-ursi*, a low trailing evergreen with rooting reddish branches, smooth shiny leaves, small pink flowers, and edible red berries.



Nodding Onion, *Allium cernuum*, a perennial herb to 50cm from clustered bulbs. The cooked 'onion' was a delicacy to First Nations people.



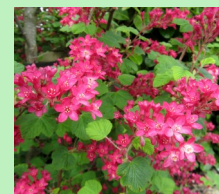
Pearly Everlasting, *Anaphalis margaritacea*, a perennial herb from rhizome to 100cm tall. Leaves woolly-white underneath. Yellowish flowers and white pearly bracts in dense clusters. Used medicinally by First Nations.



Small-flowered Alumroot, *Heuchera micrantha*, a perennial herb from rhizome with tiny white flowers on hairy stems. Used medicinally by First Nations.



Shrubs



Red-flowering Currant, *Ribes sanguineum*, a deciduous shrub to 3m tall. Deep-red flowers attract hummingbirds in early spring. Dark blue berries are edible but not tasty.

Coastal Saskatoon, *Amelanchier alnifolia*, a deciduous shrub to 5m, it spreads by rhizome or rooting branches. The white flowers are clustered and purple-black apple-like fruit is important food for people and wildlife.



Evergreen Huckleberry, *Vaccinium ovatum*, a bushy shrub to 4m tall with small pink bell-shaped flowers and purple edible berries that are best eaten after a first frost.



Coastal Mock Orange, *Philadelphus lewisii* var *gordonianus*, an erect shrub to 3m tall with fragrant white flowers. First Nations people used the flowers and leaves for cleansing and the wood for tools.



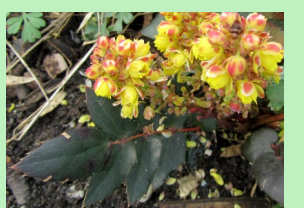
Black Twinberry or Bearberry Honeysuckle, *Lonicera involucrata*, a shrub to 3m tall with yellow tubular flowers. The black non-edible 'twin' berries are cupped in reddish bracts and used as pigment by First Nations.



Tall Oregon-grape, *Mahonia aquifolium*, an evergreen shrub, it grows to 3m tall, spreads by rhizome and has yellow flowers. Clustered blue berries are edible. Traditionally used by First Nations people for food and medicine, the bark and roots for dye.



Dull Oregon Grape, *Mahonia nervosa*, an erect, evergreen shrub to 60cm tall with 'holly-like' leaves and yellowish bark. Clustered flowers are yellow, berries are blue, tart and edible. Used as food, dye and medicine by First Nations people.



Salal, *Gaultheria shallon*, an evergreen shrub to 5m; it spreads by layering, suckering and sprouting, has small pinkish flowers, fleshy sepals and 'berries' are dark purple. An important food for First Nations people and wildlife.

