



M. Blackmore

# European honey bee

*Apis mellifera*

I am a pollinator! I visit many flowers to gather pollen and nectar, and in doing so I help plants to produce fruits and seeds.

I was first brought to North America from Europe in the 17th Century for my ability to produce honey.





# Northern alligator lizard

*Elgaria coerulea*

I live in grasslands and woodlands on Southern Vancouver Island and the Lower Mainland of BC, and as far south as California.

I am shy and often hide under bark or rocks. I eat insects, spiders, and snails. I have a triangular head that looks like a miniature alligator's.





L. Scott

# Oregon grape

*Berberis spp.*

Indigenous people have used me as medicine for centuries.

My berries are tart but can be mixed with other berries to make delicious jam.





M. Blackmore

# Western red cedar

*Thuja plicata*

Indigenous people often know me as the “Tree of Life” because my wood and bark have so many uses, from clothing to baskets, cradles, canoes and totem poles. You may see me with part of my bark stripped off, removed in a traditional way that doesn’t harm me.

I grow in moist, shady forests where I can live to over 1,000 years.





**NATIVE**

## **Red-winged blackbird**

*Agelaius phoeniceus*

- Males are unmistakable with our loud “conk-la-ree!” call and the bright flash of our red shoulder pads. Females are less often noticed with brown and white streaky colouring.
- Look and listen for me in moist environments including marshes, ponds, and wet roadsides.
- I weave my nests out of bark and leaves, placed among tall stems of plants like cattails, sedges, and willows.





E. Springinotic

# Salal

*Gaultheria shallon*

I have thick, evergreen leaves and form a natural shrub and understory layer in coastal forests.

My bell-shaped flowers provide nectar to bees, hummingbirds, and butterflies. My blueberry-like fruits are food for people as well as bears and other wildlife.





**NATIVE**

# **Salmonberry**

*Rubus spectabilis*

- Many First Nations know when the spring salmon run will begin based on the timing of when my fruit ripens.
- My early blooming pink flowers are an important source of nectar to migratory Rufous hummingbirds.
- My fruits can range in colour from pale yellow to bright red.





# Shooting star

*Dodecatheon* spp.

I have evolved flowers that require specific native bees for pollination. Bumblebees vibrate their wings to a specific frequency, which causes the flower to release its pollen through pores in the anthers (“buzz pollination”).

Some First Nations use my leaves and roots as traditional medicines to help eyes and canker sores.





**NATIVE**

## **Sword fern**

*Polystichum munitum*

- I am a large, evergreen fern and grow in moist, shady forests. I can grow to 1.5 m tall!
- My leaves are traditionally used by Indigenous people to line cook pits, baskets, cover floors, and as bedding.
- You can tell me apart from other ferns by the forward-pointing 'thumb' shape of my leaflets, close to the leaf mid rib/stem.







**NATIVE**

## **Silky lupine**

*Lupinus sericea*

- First Nations people have used my seeds to mix with water to be used as an eye medicine.
- I am commonly found growing in open grasslands and in aspen and coniferous forests.
- White-tailed deer, bighorn sheep, some birds, and small mammals will eat me! Cattle and sheep may not want to eat me though as I am poisonous to them.





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**NATIVE**

# **Yarrow**

*Achillea millifolium*

- I have a broad range and can be found all over the province! Depending on the climate where I am growing, I can produce white or pink flowers.
- Traditionally, I have been used to treat sores, sore muscles, and toothaches.
- I have a strong floral scent and can grow up to 1 metre tall if I am left undisturbed.





**NATIVE**

# **Nodding Onion**

*Allium cernuum*

- My flowers are bell-shaped and range in colour from lilac to white. Each one of me teams may produce up to 30 flowers.
- I grow from a bulb that produces a strong smell of onion.
- Traditionally, my bulbs have been used as a food source for coastal First Nations.





**NATIVE**

# **Brown-eyed Susan**

*Gaillardia aristata*

- My bright yellow, wine red, orange, or peach coloured petals attract insects like butterflies and bees.
- First Nations have traditionally used me to help treat upset stomachs and sores on horses that were caused by saddles.
- You can typically find me growing in dry grasslands and shrublands.





**NATIVE**

# **Common Camas**

*Camassia quamash*

- I am a rare find! I grow in moist meadows and prairies in Southern British Columbia.
- Traditionally, I have been gathered and traded as a staple food source for many Indigenous people.
- My habitat has been reduced due to urban encroachment, agricultural production, and flood control along the Columbia River.







**NATIVE**

## **Ocean spray**

*Holodiscus discolor*

- My pretty white flowers come out in early summer, attracting many pollinators like butterflies and bees.
- Due to my hard wood, I have been traditionally used by First Nations to make tools, such as spears, bows, arrows, and harpoons.
- I provide food and habitat for many wildlife species, such as birds and mammals!







**NATIVE**

## **Arrowleaf balsamroot**

*Balsamorhiza sagittata*

- All parts of me can be eaten, including the leaves, taproots, and seeds. I am traditionally used by First Nations as an important food source.
- My root has medicinal uses and can be boiled to produce a resin to put on burns and cuts.
- Many different animals, such as cattle, horses, sheep, mice, and deer feed on me.





**NATIVE**

# **Snowberry**

*Symphoricarpos albus*

- I am a beautiful native plant that is sometimes used in floral arrangements and planted in gardens.
- My name, snowberry, refers to my white fruits. Be careful not to eat my fruits though! They are poorly absorbed in the body.
- My fruits have been used traditionally to treat burns, warts, rashes, and sores. They have also been used as shampoo and as an anti-perspirant.





**NATIVE**

# **Saskatoon**

*Amelanchier alnifolia*

- My berries are purplish to almost black in colour and are edible with a sweet taste.
- I am able to reproduce very effectively because I have an incredible underground root system and produce seeds that are eaten by animals and spread to new places.
- Traditionally, the juice from my berries has been used to cure stomach ailments and has been used to make eye and eardrops.





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**NATIVE**

# **Twinflower**

*Linnaea borealis*

- I am happy growing in dry, moist, swampy or forested areas! Typically, I can be found growing under shrubs where there is a lot of shade.
- Bees and other insects like the smell of my flowers which helps them to pollinate me.
- Traditionally, my leaves have been used for tea!





**NATIVE**

## **Prickly rose**

*Rosa acicularis*

- I typically grow 1.5 meters tall but sometimes I may reach up to 15 metres tall!
- My stems are very prickly but I have beautiful pink flowers that have a very nice smell.
- My rose hips are very high in vitamins, including vitamin C.





**NATIVE**

# **Heartleaf Arnica**

*Arnica cordifolia*

- I am a very important food source for deer and elk during the summer.
- I can be used to heal wounds and have been used by First Nations for medicinal purposes.
- I can spread underground by things on my roots called rhizomes which allow me to repopulate after wildfire or other disturbances.





## NATIVE

# Devil's club

*Oplopanax horridus*

- My stems and leaves are covered with hard yellow spines that are sharp to the touch.
- I have many traditional uses and can be used for arthritis, rheumatism, ulcers, diabetes, and other diseases.
- My small and white flowers mature into bright red berries that can be a tasty snack for bears.





## NATIVE

# Sockeye salmon

*Oncorhynchus nerka*

- Most salmon are anadromous, which means that they live in both fresh water and salt water! Kokanee salmon are the only salmon in BC that are not anadromous.
- Salmon are keystone species! This means that if they were to disappear, their whole entire ecosystem would change significantly.
- Historically, salmon have been a primary food source for First Nations and are a significant part of their culture.





## NATIVE

# White-tailed deer

*Odocoileus virginianus*

- I have a very wide range and can be found across southern Canada, through the entire US, Mexico, and Central America.
- Traditionally, First Nation people have relied on me as a source of food and as a way to make clothing.
- My triangular shaped tail is my most noticeable feature and it reaches one foot long!







**NATIVE**

## **Douglas-fir**

*Pseudotsuga menziesii*

- In Western North America, I am one of the most important and valuable timber tree species!
- I have been introduced successfully into many other parts of the world that have temperate forest regions.
- Traditionally, I have been used by First Nations to create things such as fires, fishing hooks, and snowshoes.





## NATIVE

# Big Sagebrush

*Artemisia tridentata*

- I have many important traditional uses as First Nations use my leaves and branches to make tea for colds and burn me for traditional cultural practices.
- I am covered in small yellow flowers on the end of my twigs, and I give off a very pleasant smell!
- Typically I am found growing in open grassland areas and I provide habitat for many small mammals, such as mice.







**NATIVE**

## **Western painted turtle**

*Chrysemys picta bellii*

- I live in shallow ponds, lakes and wetlands that have basking logs where I can rest and warm up in the sun.
- I am named for the bright red and yellow colours on my bottom shell (plastron).
- My populations in BC have been declining due to loss of my wetland habitat and other factors, including competition with invasive Red-eared slider turtles.







## NATIVE

# Western toad

*Anaxyrus boreas*

- I am an amphibian spending part of my life in the water as a tadpole and the adult part of my life on land. You may even find me in your garden.
- When I migrate to or from my wetland habitat, I have the dangerous task of crossing roads, where many of us get run over by cars.
- As an adult, I eat many invertebrates and my tadpoles eat algae in the water.





Terry M.

# Yellow jacket

*Vespula* and *Dolichovespula* spp.

I am a predator and scavenger, eating caterpillars and other insects as well as dead animals and plant nectar. I have a painful sting.

I build large nests from wood fibers that are usually below ground and in rodent burrows.

My populations are often kept in check by cold weather; when it is warm, my populations can explode and I may raid your picnic.





## NATIVE

# Yellow pond-lily

*Nuphar polysepala*

- You may find me growing in ponds and shallow lakes or in slow-flowing waterways.
- My floating heart-shaped leaves grow in a spiral around my thick stem and my flowers are yellow and sometimes tinged with green or red, up to 10 cm across.
- My roots (rhizomes) can grow 5 m long and are used traditionally as medicine to treat many illnesses, including colds, heart conditions, cancer, tuberculosis, and asthma.







## NATIVE

# Beaver

*Castor canadensis*

- I am an 'ecosystem engineer'. I build dams that create ponds and wetlands, increasing biodiversity and creating habitats for birds, amphibians, fish, and many other species. I also help nutrients cycle through ecosystems.
- By creating and maintaining wetlands, I help to minimize flooding and store water during droughts.
- Some people consider me a nuisance because I chew down trees and make dams, creating water bodies in places where people might not want them.





# Little brown bat

*Myotis lucifugus*

I can help keep mosquito populations in check - I can eat up 1,000 mosquitos an hour!

I can see fairly well, but mostly I use echolocation to find my prey. I emit high-pitched clicks that bounce off objects. The sound waves return to me as an echo and tell me where my prey and other objects are located.





## NATIVE

# Bull trout

*Salvelinus confluentus*

- I am a fish in the Salmon family, closely related to Dolly Varden and Arctic char.
- I live in cold, clear waters in high mountain headwaters, deep lakes or reservoirs, and coastal rivers. I am very sensitive to habitat disturbances and am considered a Species at Risk in BC.
- I eat aquatic invertebrates and zooplankton when I'm young, and other fish and fish eggs when I'm mature.





# Carpenter ant

*Camponotus modoc*

I make my home in rotting logs, trees and other wood (sometimes in houses) and play an important role in decomposition and nutrient cycling.

My colonies may contain more than 10,000 individuals.





**NATIVE**

## **Common cattail**

*Typha latifolia*

- I grow in shallow water or wet soils in marshes, ponds, lakeshores, or even in wet roadside ditches.
- I form many tiny flowers on my dark brown ‘cattail’. My pollen-producing flowers are on the top of the cattail and then fall off, leaving a bare spike. My flowers on the lower part of the cattail produce fluffy seeds that are spread by the wind.
- I provide habitat and food for many wetland animals, including fish, muskrats, waterfowl, and even people!





**NATIVE**

## **Common garter snake**

*Thamnophis sirtalis*

- I spend the winter hibernating underground in old mammal burrows or rocky crevices. I may share my winter den with many other snakes.
- Whether in forest, grasslands, in the mountains or in urban areas, I am most often found close to water where I hunt for frogs, slugs, salamanders, insects and even small fish.
- I am not harmful to people and don't have any venom.





Dario Taraborelli, iNaturalist.ca

# Douglas squirrel

*Tamiasciurus douglasii*

I live in damp forests along the Pacific coast from California to southern BC.

My favourite foods are the seeds from conifer cones. I collect and store many seeds, some of which I don't eat and will sprout and grow into new trees.





## NATIVE

# Four-spotted skimmer

*Libellula quadrimaculata*

- Like all dragonflies, I begin my life as an egg laid on aquatic vegetation. When I hatch, I'm called a nymph and I live in the water, where I hunt aquatic insects, tadpoles and even small fish.
- I become a winged adult when I crawl out of the water and moult out of my exoskeleton.
- I catch mosquitoes and other insect prey while I fly.