

# 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 twelve 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 foods specialist, Northwest Indian College

## PLANTS

acorn • mountain ash • bearberry • bedstraw • biscuit root • wild blackberry • bladderwrack • blueberry • bulrush  
camas • candy flower • wild carrot • cattail • bitter cherry • chokecherry • wild cherry • chickweed • clover • pacific crabapple • cranberry  
currant • golden currant • dandelion • dogwood • elderberry • bracken fern • lady fern • licorice fern • ostrich fern • spiny wood fern • douglas fir  
gooseberry • goosefoot • grape • hackberry • hazelnut • western hemlock • horsetail • huckleberry • bullwhip kelp • kinnikinnick • knotweed • lamb's quarters  
legume • miner's lettuce • lily root • mustard • nettle • nightshade • hooker's onion • nodding onion • wild onion • nori • nutmeat • indian plum • purslane  
blackcap raspberry • raspberry • wild rose • salal • salmonberry • seablite • seaweed • serviceberry • soapberry • spruce • coastal strawberry  
wild strawberry • woodland strawberry • thimbleberry • vetch • violet • wapato • watercress

## BIRDS

albatross • alcid • bufflehead • canvasback • american coot • cormorant • american crow • dove • ruddy duck • bald eagle  
barrow's goldeneye • common goldeneye • canada goose • eared grebe • horned grebe • pied-billed grebe • western grebe • blue grouse  
ruffed grouse • gull • harrier • hawk • great blue heron • belted kingfisher • common loon • pacific loon • red-throated loon • yellow-billed loon  
mallard • common merganser • red-breasted merganser • common murre • marbled murrelet • owl • pelican • pigeon • northern pintail  
tufted puffin • california quail • rail • sandpiper • lesser scaup • black scoter • surf scoter • white-winged scoter • shearwater  
trumpeter swan • tundra swan • wild turkey • turkey vulture • american wigeon • pileated woodpecker

## MAMMALS

black bear • american beaver • bobcat • townsend's chipmunk • cougar • coyote • deer • pocket gopher • snowshoe hare • eastern cottontail  
canada lynx • mink • coast mole • moose • deer mouse • mountain beaver • muskrat • north american river otter • dall's porpoise • raccoon • rat • eared seal  
hair seal • harbor seal • striped skunk • squirrel • meadow vole • steller sea lion • southern red-backed vole • wapiti • weasel • whale • grey wolf

## FISH & REPTILES

northern anchovy • candlefish • codfish • pacific cod • spiny dogfish • wolf eel • flatfish • lefteye flounder • righteye flounder  
starry flounder • greenling • pacific hake • pacific halibut • pacific herring • alaska jingle • lingcod • red irish lord • plainfin midshipman  
northern pike minnow • peamouth • pile perch • shiner perch • poacher • walleye pollock • spotted ratfish • ray • rockfish • sablefish • chinook salmon  
chum salmon • coho salmon • pink salmon • sockeye salmon • pacific sanddab • scorpionfish • buffalo sculpin • great sculpin • pacific sculpin  
staghorn sculpin • roughback sculpin • blue seaperch • striped seaperch • surfperch • shark • skate • smelt • c-o sole • curlfin sole • dover sole  
english sole • rock sole • sturgeon • largescale sucker • pacific tomcod • trout • western pond turtle • mountain whitefish

## SHELLFISH & OTHER MARINE LIFE

acorn barnacle • gooseneck barnacle • thatched barnacle • gumboot chiton • bent-nose clam • butter clam • california butter clam  
gaper clam • inconspicuous macoma clam • littleneck clam • pacific coast clam • sand clam • softshell clam • venus clam • basket cockle  
alaskan king crab • dungeness crab • dogwhelk • channeled dogwinkle • emarginate dogwinkle • frilled dogwinkle • oyster drill • geoduck • limpet  
blue mussel • california mussel • olympia oyster • pacific octopus • checkered periwinkle • sitka periwinkle • sand dollar • giant pacific scallop  
hind's scallop • pink scallop • rock scallop • moon snail • rock snail • sea snails • serpulid worm • pink shrimp • sidestripe shrimp • spot shrimp  
hooked slipper shell • wrinkled slipper shell • sea urchin • vitrinella • dire whelk • purple whelk • 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.

Courtesy of the Burke Museum and Elise Krohn