

**Chapter 5 KOOTENAI**

arrowleaf balsamroot (*Balsamorhiza sagittata*)

biscuitroot (*Lomatium montanum*)

bitterroot (*Lewisia rediviva*)

black cottonwood *Populus trichocarpa*

black hawthorne berries (*Crataegus douglasii*)

buffalo berries (*Shepherdia canadensis*)

camas (*Camassia quamash*)

chokecherries (*Prunus virginiana*)

cow parsnip (*Heracleum lanatum*)

death camas (*Zigadenus elegans*)

dogbane (*Apocrynum cannabinum*)

elderberries (*Sambucus cerulea*)

gooseberries (*Ribes inerme*)

huckleberries (*Vaccinium membranaceum*)

Indian paintbrush (*Calvatia gigantean*)

larch trees (*Larix occidentalis*)

lovage (*Ligusticum sp.*)

Oregon grape (*Mahonia repens*)

paper birch (*Betula papyrifera*)

raspberry (*Rubus idaeus*)

red currants (*Ribes rubrum*)

rose hips (*Rosa acicularis*)

serviceberry bushes (*Amelanchier alnifolia*)

silver berries (*Elaeagnus commutata*)

spring beauty (*Claytonia lanceolata*)

thimbleberry (*Rubus parviflorus*)

water hemlock (*Cicuta douglasii* or *Sium suave*)

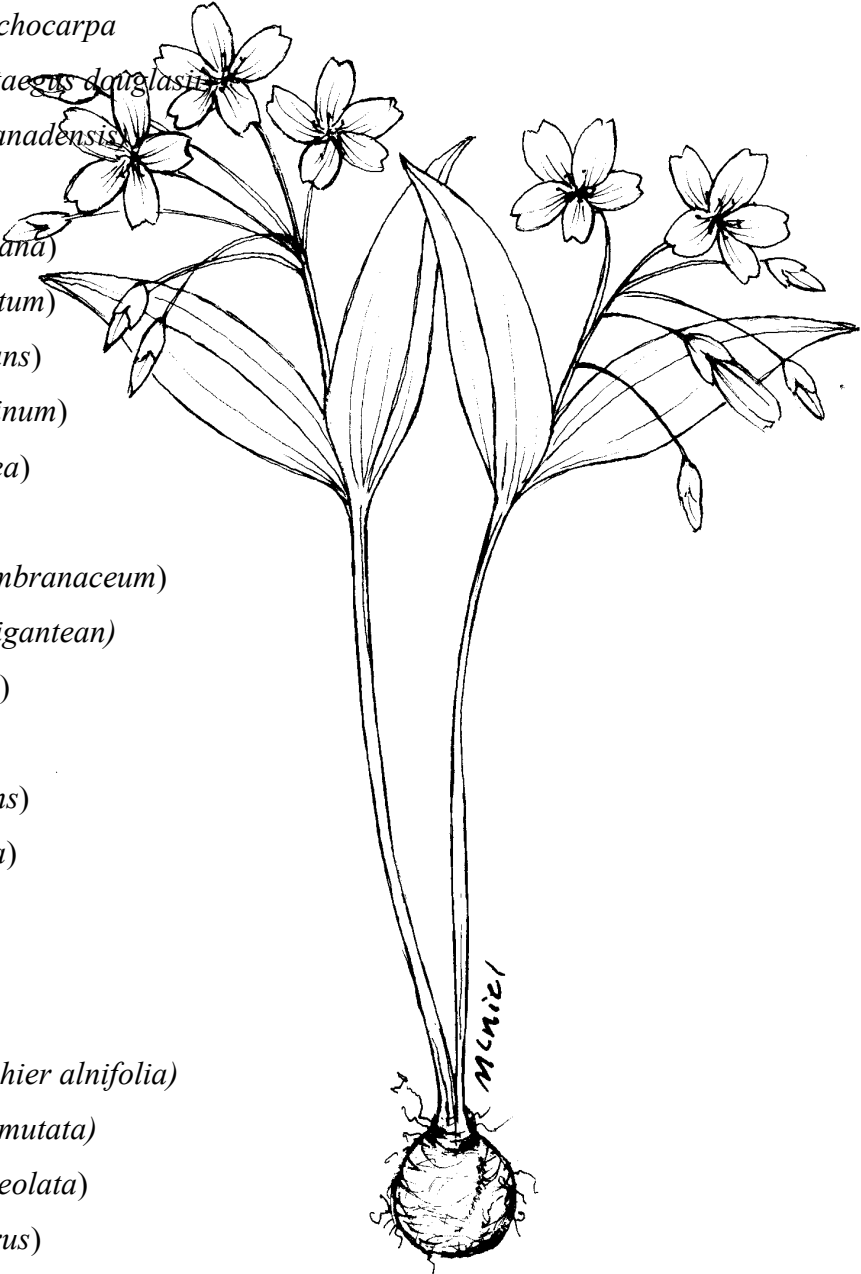
western red cedar (*Thuja plicata*)

whitebark pine (*Pinus albicaulis*)

wolf willow (*Elaeagnus commutata*)

yarrow (*Achillea millefolium*)

yellowbell (*Frittilaria pudica*)



**Chapter 6. BLACKFEET**

alpine fir (*Abies lasiocarpa*)  
American bistort (*Polygonum bistortoides*)  
balsamroot (*Balsamorhiza sagittata*)  
bearberry (*Arctostaphylos uva-ursi*)  
“big white-root” (*Musineon divaricatum*)  
bitterroot (*Lewisia rediviva*)  
blue grama grass (*Bouteloua gracilis*)  
buffalo-berries (*Shepherdia argentea*)  
“buffalo plant” or false lupine (*Thermopsis rhombifolia*)  
camas (*Camassia quamash*)  
Canadian milk vetch (*Astragalus canadensis*)  
chokecherries (*Prunus virginia*)  
cow parsnip (*Heracleum lanatum*)  
fairy bells (*Disporum trachycarpum*)  
glacier lily (*Erythronium grandiflorum*)  
gooseberry (*Ribes inerme*)  
huckleberries (*Vaccinium membranaceum*)  
juniper (*Juniperus spp.*)  
kinninnick berries (*Arctostaphylos uva-ursi*)  
*Lewisia pygmaea*, known as “white root”  
*Lewisia rediviva*, the larger of the two, known as “bitter root”  
mint leaves (*Mentha argenta*)  
Oregon grape (*Mahonia aquifolium*)  
prairie parsley (*Lomatium spp*)  
red-osier dogwood (*Cornus stolonifera*)  
sarvisberry, serviceberry (*Amelanchier alnifolia*)  
shooting stars (*Dodecatheon conjugens*)  
silver berry or buffaloberry (*Elaeagnus argentea*)  
spear grass, needle and thread (*Stipa comata*)  
spring beauty or wild potato (*Claytonia lanceolata*)  
water smartweed (*Polygonum amphibium*)  
wild chives (*Allium schoenoprasum*)  
wild onions (*Allium cernuum*)  
wild parsley (*Lomatium triternatum*)  
wild plums (*Prunus americana*)  
wild turnip (*Lithospermum incisum*)  
wild rose bushes (*Rosa acicularis*)  
wolf willow, silverberry (*Elaeagnus commutata*)  
yampa (*Perideria gairdneri*)  
yellow-bell (*Fritillaria pudica*)