

## Student Activity #12

## Secwepemc Foods

The Secwepemc harvest many foods from the land.  
Some of the foods they gathered and harvested include:

### Animals and birds

moose  
deer  
elk  
grouse  
duck  
geese

### Roots

Wild onion *Allium cernuum*  
Avalanche lily *Erythronium grandiflorum*  
Chocolate lily *Fritillaria lanceolata Pursh*  
Tiger lily *Lilium columbianum Hanson*

### Berries

Blueberry (Canada blueberry) *Vaccinium myrtilloides Michx.*  
Saskatoon *Amelanchier alnifolia*  
Wild strawberry *Fragaria vesca L.*  
Choke Cherry *Prunus virginiana L.*

## Activity

Research Secwepemc food uses. Choose foods from one of the food groups or combine the groups and create some recipes.

Use references such as:

Rocky Mountain Berry Book. Bob Krumm. Falcon Press Publishing, Helena, Montana, 1991.

Wild Game Cookbook. Chase and District Fish and Game Club, Gateway Publishing Co. Ltd. Winnipeg, Manitoba