

***Sample Student Project Idea Prompts***  
**A Species Traditionally Utilized by First Peoples of BC**  
*Science 9 curriculum connections – Biology and Earth Systems Units*

**Name of the Species**

- Latin name
- Common English name
- Indigenous Language(s) name(s)

**Biological Information about the Species**

- Habitat
- Detailed diagram of the species (labeled)
- Explain and describe the method(s) of reproduction (asexual, sexual, or both?)
- Diagram of reproductive cycle

**Interdependence**

- In what ways is this species dependent on other species?
- In what ways do other species depend on this species?
- In what ways do earth systems and this species interact? (biosphere, geosphere, hydrosphere, atmosphere)

**First Peoples Utilization of the Species**

- Traditional use(s) of the species in BC
- Traditional harvesting and/or cultivation methods
- Medicinal properties (if applicable)
- Nutritional benefits (if applicable)

**Traditional Practices and Sustainability**

- Consider the reproductive processes, life cycle, and survival needs of the species. What conditions are necessary to sustain the species?
- Consider the traditional practices of harvesting, cultivating, utilizing, and disposing of waste, for this organism. Are traditional practices sustainable? (e.g. limits on quantities harvested? Locations? Cultivation methods? Timing of harvest within the life cycle of the organism?)

**Current Uses and Sustainability**

- Are First Peoples of BC still utilizing this resource? If so, are traditional methods still utilized, or have methods changed?
- Is the organism now commonly utilized in BC beyond First Peoples communities?
- Are current methods of harvesting, cultivation, and use, sustainable?

## **Most common traditionally harvested plants by First Nations peoples in B.C.**

Some of the most important traditional plant foods of British Columbia include:

- **Red laver**
- Nodding Onion (*Allium cernuum* Roth)
- Blue Camas (*Camassia quamash* Greene)
- Chocolate Lily (*Fritillaria lanceolata* Pursh *Fritillaria affinis*)
- Bog Cranberry
- Cow Parsnip (*Heracleum maximum*)
- Wild Hazelnuts (*Corylus cornuta*)
- Red Elderberry (*Sambucus racemosa*)
- High Bush Cranberry (*Viburnum edule*)
- Soapberries (*Shepherdia canadensis*)
- Kinnikinnick (Bearberry, *Arctostaphylos ova-ursi*)
- Salal (*Gaultheria shallon*)
- Mountain Bilberry (*Vaccinium membranaceum*)
- Canada Blueberry (*Vaccinium myrtilloides*)
- Oval Blueberry (*Vaccinium ovalifolium*)
- Evergreen Huckleberry (*Vaccinium ovatum*)
- Red Huckleberry (*Vaccinium parvifolium*)
- Nettle (*Urtica dioica*)
- Springbank Clover (*Trifolium wormskioldii*)
- Wapato (*Sagittaria latifolia*)
- Stink Current (*Ribes bracteosum*)
- Coast Black Gooseberry (*Ribes divaricatum*)
- Saskatoon Berry (*Amelanchier alnifolia*)
- Coastal Strawberry (*Fragaria chiloensis*)
- Pacific Silverweed
- Wild Crabapple (*Malus fusca*)
- Salmonberries (*Rubus spectabilis*).

### **Traditionally harvested berries**

**North Coast:** [bunchberries](#), [blueberries](#), [cloudberrries](#), [cranberries](#), [crowberries](#) (mossberries), currant, [gooseberry](#), [blue elderberry](#), [red huckleberry](#), [salmonberry](#), thimbleberries ([Rubus parviflorus](#)), [black hawthorn](#) (jam/jelly), [crabapple](#) (jam/jelly), [oregon grape](#) (jam/jelly), [soapberries](#), [strawberry](#)

**South Coast:** cranberries, red huckleberries, salmonberries, thimbleberries, strawberry, oregon grape (jam/jelly), [cherries](#), currants, [blackberries](#), gooseberries, soapberries, strawberries

**Southern interior:** blueberries, cranberries, currants, blue huckleberries/bilberry ([Vaccinium deliciosum](#)), blue elderberry, soapberries, black raspberry, strawberries

**Northern interior:** blueberries, cranberries, blue huckleberries/bilberry, crowberries (mossberry), currants, bunchberries, cloudberrries

