HEALTH

First Foods Fact Sheet

Proteins

Salmon

- Found in rivers and the ocean along the Oregon coast
- Travel between freshwater rivers and the ocean throughout their lives
- Gathered using knowledge of river systems, timing, and salmon movement
- Return to rivers at specific times of year
- Supports wellbeing and community as an important First Food

Clams

- Found along coastal beaches, bays, and estuaries
- Live in sand and tidal areas where ocean and river waters meet
- Gathered by digging in the sand during low tide using knowledge of place and timing
- Available when tides are low, and conditions allow safe gathering
- Provide nourishment and connect people to coastal places and seasonal patterns

Lamprey

- Found in rivers and ocean waters
- Travel between freshwater and the ocean during their life cycle
- Caught using knowledge of river systems, timing, and fish movement
- Available at specific times of year during their return to rivers
- Support wellbeing and are an important traditional food connected to river systems



Sea Urchins

- Found in ocean waters along rocky coastal areas
- Live in tidepools and along the ocean floor
- Gathered by hand using knowledge of tides and safe access to coastal areas
- Available when ocean conditions and tides allow for gathering
- Provide food and connect people to ocean environments and coastal knowledge

Deer (Venison)

- Found in forests, coastal mountain ranges, and inland areas
- Move through different landscapes depending on season and conditions
- Hunted using knowledge of animal behavior, habitat, and respectful practices
- Available at certain times of year based on seasonal patterns
- Provide nourishment, materials (leather, antler tools, bone needles), and connection to land-based ecosystems

Vegetables

Wapato

- Grows in wetlands, marshes, lakes, and slow-moving waters
- Found in shallow water where roots grow beneath the surface
- Gathered by wading into water and loosening the roots so they float to the surface
- Collected during seasons when the plant is ready to harvest
- Provides a reliable food source and connects people to wetland environments

Camas

- Grows in prairies, meadows, and inland areas within Tribal homelands
- Harvested during specific seasons when the plant signals it is ready
- Harvested using a digging tool based on knowledge passed through generations
- Cooked slowly in earth ovens and stored for use across seasons
- A staple First Food that is filling, provides lasting energy, and a connection to place

Bull Kelp

- Found in ocean waters along the Pacific Coast
- Grows in large underwater forests attached to the ocean floor
- Gathered from the ocean using knowledge of tides, currents, and safe conditions
- Available during times when kelp is accessible along the shore or in the water
- Provides food and materials and connects people to ocean ecosystems

Fruits and Nuts

Thimbleberry

- Found in forests, coastal hills, and along edges of open areas
- Grows on shrubs in places with sunlight and moisture
- Gathered by hand using knowledge of where and when berries ripen
- Available seasonally (summer) when berries turn red and are ready to pick
- Provide nourishment and connect people to seasonal gathering and forest ecosystems

  Interesting Fact
  - Traditionally used in teas for digestive health

Myrtle Nuts

- Found in coastal forests and areas where Myrtle trees grow
- Grow on trees that produce small, hard nuts
- Gathered from the ground or directly from trees using knowledge of place and timing (early harvest impacts taste)
- Available in season when nuts fall and are ready to collect
- Provide food and materials (adornment) and connect people to forest environments and long-term use of resources

Salmonberries, Huckleberries, Madrone Berries

- Found in coastal forests, along streams, and in moist, shaded areas
- Grow on shrubs (Salmonberries and Huckleberries) and trees (Madrone Berries) in places where water and forest meet
- Gathered by hand using knowledge of where and when berries ripen
- Available in late spring and early summer when berries are ready to pick
- Provide nourishment and connect people to seasonal cycles and relationships between land, water, and animals
- Berries were harvested, stored, and dried for later use.

Drinks

Bog/Labrador Tea

- Found in coastal and inland forests, wetlands, and boggy areas
- Grows as a low shrub in cool, moist environments
- Gathered by hand using knowledge of where the plant grows and how to harvest with care
- Available during seasons when leaves are healthy and ready to pick
- Used as a tea and connects people to plant knowledge, wellbeing, and forest ecosystems

  Interesting Facts:
  - Traditional herbal tea known for various soothing properties

Grains & Other Plant Foods

Tarweed Seeds (“Indian Oats”)

- Found in open, sunny areas such as prairies and fields
- Grow on flowering plants that produce small seeds
- Gathered by collecting and processing seeds using knowledge of timing and preparation
- Available in late summer and early fall when seeds are mature
- Provide nourishment and connect people to seasonal harvests and prairie ecosystems

Manzanita Seeds

- Found in dry, open forests and coastal areas where manzanita shrubs grow
- Grow on shrubs that produce small berries with seeds inside
- Gathered by collecting berries and processing seeds using knowledge of use and preparation
- Available when berries ripen during the warmer seasons
- Provide food and connect people to long-term use of plant resources and seasonal cycles

Acorns (for flour)

- Found in forests and woodlands where Oak trees grow
- Grow on large trees that produce acorns each year
- Gathered from the ground and processed using knowledge to prepare them safely for eating
- Available in the fall when acorns drop from the trees
- Provide a reliable food source and connect people with long-term food preparation and storage

  <u>Interesting Facts:</u>
  - Made by grinding acorns and soaking out bitter tannins
  - Eaten as a hot cereal (mush) and ground into flour

