

Tulalip Lushootseed Family Activity

Dandelion

Traditional Foods and Healing Unit

Activity Overview:

This activity will introduce us to the dandelion as a food and medicine to enjoy the benefits of this amazing plant.

Traditional Foods and Healing explores different plants that have been essential to the survival of our ancestors and people today.

Lushootseed

sq̓iç̓əy - *Licorice Fern*

swəwaʔdis - *Dandelion*

st'əl̓jixʷ - *Medicine*

sʔətəd - *Food*

ʔuləχəd - *Gather from nature/Harvest*

stabaʔ χ'aχʷdup tiʔəʔ
What kind of plant is this?

swəwaʔdis tiʔəʔ
This is dandelion.

swəwaʔdis st'əl̓jixʷ ʔu
Is dandelion medicine?

ʔi - *Yes*

swəwaʔdis sʔətəd ʔu
Is dandelion food?

ʔi - *Yes*

Activity Instructions



- swəwaʔdis (dandelion) is easily identifiable because most of us have them in our yards and is generally referred to as a weed (see picture).
- Dandelion improves liver and kidney function, helps with high blood pressure, digestion problems, and arthritis.
- All parts of swəwaʔdis are edible, from the roots to the flower. We will need to go away from high traffic areas and treated lawns to ʔuləʔəd this plant.
- The protocol for gathering is always to introduce yourself, ask for permission, say thank you, and do not take more than you need or over-harvest in one area.
- The leaves and flowers can be consumed fresh in a salad, fritter, pesto, soup, or sautéed - any recipe that calls for any leafy green. The stem can be used as a biodegradable straw. The root can be consumed in any recipe that calls for a root vegetable, and once the root is boiled, the skin slips right off.
- Follow these links to learn how to preserve swəwaʔdis and find recipes to make with your family.

