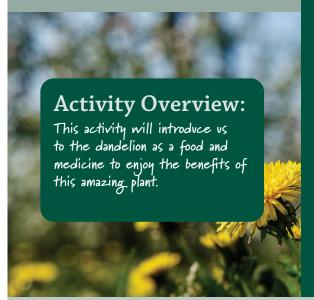
# Tulalip Lushootseed Family Activity

## Dandelion



## **Traditional** Foods and **Healing Unit**

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

#### Luchootseed

sqičəy - Licorice Fern

swawa?dis - Dandelion

sťaljixw - Medicine

s?əfəd - Food

?uləxəd - Gather from nature/Harvest

stabał X'axwdup ti?ə? What kind of plant is this?

#202100101, #202300085

swawa?dis ti?a? This is dandelion.

swəwa?dis st'əljixw ?u Is dandelion medicine?

7i - Yes

swawa?dis s?afad ?u Is dandelion food?

?i - Yes



## **Activity Instructions**



- swawa?dis (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 swawa?dis are edible, from the roots to the flower.
  We will need to go away from high traffic areas and treated lawns to ?ulaxad 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 swawa?dis and find recipes to make with your family.





